

# Cross Country Camp

entering

## 5th-8th Grade

Got **ENDURANCE**? Get IT this summer! Hit the trails at Cross Country Camp, sponsored by **GENERATION ENDURANCE**. Perfect for ANY athlete looking to build their ability to endure!

8 weeks / 20 training sessions / 90 min

### WHERE:

Varying locations at Three Rivers Parks in Maple Grove, Plymouth and Coon Rapids

### WHO:

ANY incoming 5-8th grader - NO EXPERIENCE necessary

### WHEN:

June 17th - August 9th, 2019

### TIME:

8:00-9:30AM: June 19, 26, July 2, 17, 24, 31 & Aug 6

3:00-4:30PM: June 17, 20, 24, 27 July 1, 8, 11, 15, 22, 25, & Aug 1

July 19 & Aug 9 are "field trip" days!!!

### COST: \$175

30 hours of triumphant training & weekly powerful snacks

Contact:

[PamBaker@GenerationEndurance.com](mailto:PamBaker@GenerationEndurance.com)

or 612-940-3149

or visit [www.generationendurance.com](http://www.generationendurance.com)



**Inspiring Independent Victories**  
*Improving Muscular, Cardiovascular & Nutritional Health*



### Endurance

Muscular Endurance - the #1 way to prevent injury in youth. Our muscles serve as a "shock absorber". Most youth injuries happen late in the game, when the muscle become fatigued. Quick, powerful movements and the continued increased load and force, cannot be absorbed or supported by the fatigued muscle - causing potential ligament strains and bone fractures.

### Strength

Most youth between the ages of 10-14 have not reached physical maturity, gaining muscular girth is not the focus of training. Rather, strength training provides an opportunity to safely develop a strong musculoskeletal system that can help them improve their health and fitness and also withstand the rigors of sport participation for years to come!

### Camp Staff:

Pam Baker has been running for nearly 30 years, completed 44 marathons/ultras, coaching youth sports and believes passionately in the power of muscular endurance as a way to optimize ALL youth athletics. Combining her degree in nursing with a graduate degree in Kinesiology - she lives to move, and moves to live! This camp is also staffed by young high school runner who LOVE to MOVE!

## Date reminders



DAY OF THE WEEK - LOCATIONS VARY	TIME	DATE
<b>Mondays</b> - Elm Creek Park, Acorn Lot	3:00-4:30PM	6-17, 6-24, 7-1, 7-8, 7-22
<b>Tuesdays</b> - French Lake Park, Plymouth	8:00-9:30AM	7-2, 8-6
<b>Wednesdays</b> - Fish Lake Park, Maple Grove	8:00-9:30AM	6-19, 6-26, 7-17, 7-24, 7-31
<b>Thursdays</b> - Coon Rapids Dam, West Side	3:00-4:30PM	6-20, 6-27, 7-11, 7-25, 8-1
<b>Fridays</b> - Minnehaha Falls Trail Running Lake Harriet Band Shel	9:00-11:00AM 9:00-11:00AM	7-19 8-9

Be sure to bring simple snack, water bottle, running shoes, warm outdoor clothing and a positive attitude!!

## FRIEND

Fitness



FUN

## REGISTRATION here or Online at [www.generationendurance.com](http://www.generationendurance.com)

Student's Name: \_\_\_\_\_

School \_\_\_\_\_ Grade(Fall 2019) \_\_\_\_\_ Age: \_\_\_\_\_

Experience Running??? \_\_\_\_\_

Email Address: \_\_\_\_\_

Cell Contact: \_\_\_\_\_

Emergency Contact, NAME AND PHONE \_\_\_\_\_

Allergies: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Fee Made Payable to **GENERATION ENDURANCE** \$175 \_\_\_\_\_



Remit Payment, Registration & Waiver to:  
**GENERATION ENDURANCE**  
6640 Jonquil Ct  
Maple Grove, MN 55369

# Waiver & Release

I, \_\_\_\_\_ hereby grant my permission for my child \_\_\_\_\_ to participate in the  
(parent or guardian) (child's name)  
prepared activities, developed by Generation Endurance between **June 15th, 2019 and June 14th, 2020**

## Description of Potential Risks:

I understand that engaging in aerobic conditioning may result in irregular heart rhythms, abnormal blood pressure changes, light-headedness, dizziness, fainting, chest pain, and other discomforts. In rare cases, a heart attack, a stroke, or even death may occur. If adequate warm-up, gradual progression, and safety procedures are not followed. In consideration of my child's participation, I understand that participation in the described activity may lead to musculoskeletal strains, pain and injury. I agree to indemnify Generation Endurance and volunteer group leaders from any claims or lawsuits brought by myself, my child or arises out of any behavior by my child at the programming events. Generation Endurance and volunteer group leaders will not be held liable for any damages arising from personal injuries sustained by the participant while and during the training program. Injuries are often a part of physical activity. I also agree to pay reasonable attorney fee's or expenses incurred by Generation Endurance in defense of such a claim/lawsuit.

I hereby fully and forever release and discharge Generation Endurance and volunteer group leader(s), its assigns and agents from all claims, demands, damages, rights of action, present future therein.

I understand and warrant release and agree that my son/daughter is in good physical condition and that they have no disability, impairment or ailment preventing them from engaging in active or passive exercise that will be detrimental to heart, safety, comfort, or physical condition.

I understand that my child must have had a recent physical checkup and physician's permission to engage in aerobic and/or anaerobic conditioning.

## Description of Potential Benefits:

I understand that participation in a regular exercise training program will often result in numerous health benefits such as reduced blood pressure, reduced risk of Coronary Heart Disease, improved body composition, reduced risk of diabetes, and increased energy. Typically, with continued exercise, increases in aerobic capacity, heart and lung capacity and improved circulation are also observed.

**The undersigned further grants full permission to Generation Endurance to use any photographs of this program for further promotion and development of the program itself.**

## Please Read the Following Statements Carefully and Initial

\_\_\_\_\_ I acknowledge that I have read this form in its entirety or it has been read to me, and I understand my responsibility in this training program that I will be engaged in. I accept the risks, rules and regulations set forth and consent to the participation.

\_\_\_\_\_ I, for myself and my heirs, fully release from liability and waive all legal claims against Generation Endurance and group volunteers for injury or damage that I might incur during this community program.

**Name (signed)** \_\_\_\_\_

**Name (printed)** \_\_\_\_\_

**Date** \_\_\_\_\_

