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## CAMP DESCRIPTION

Grand Rapids Christian High has featured this running camp for 25 years now. The 2018 camp had an enrollment of 72 athletes. While we run each day, the focus is to have fun and to become closer as a team. Besides running, activities will include: biking, swimming, outdoor games and indoor games. All workouts are geared to each runner's fitness level. Financial assistance may be available as needed.

### TO JOIN THE 2019 CAMP, FILL OUT THE APPLICATION TO THE RIGHT AND MAIL IN WITH YOUR CAMP FEES TO:

Doug Jager  
1910 Pokogon SE  
Grand Rapids, MI 49506

\*Camp packets will be emailed about one week before camp\*

### EAGLE RUNNING CAMP

July 21-26, 2019

**WHO?** Any and all members of Grand Rapids Christian cross country teams.

**WHEN?** July 21-26, 2019

**WHY?** To train for the 2019 season, have fun and meet team members.

**WHERE?** Long Lake Recreation Area, Yankee Springs.

**COST?** \$220.00 (Includes all meals, lodging and a t-shirt.)



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Name: \_\_\_\_\_

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

Grade Entering: \_\_\_\_\_

T-Shirt size: \_\_\_\_\_

E-mail: \_\_\_\_\_

Special Diet  
Concerns: \_\_\_\_\_  
\_\_\_\_\_

**EAGLES HS RUNNING CAMP**

**JULY 21-26, 2019**

**Long Lake Recreation Area  
Yankee Springs**