
CAMP DESCRIPTION

EAGLE MIDDLE SCHOOL RUNNING CAMP

July 15-18, 2019

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

WHEN? July 15-18, 2019

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

WHERE? Long Lake Recreation Area, Yankee Springs.

COST? \$170.00 (Includes all meals, lodging and a t-shirt)

The popular high school camp is now in its seventh year for middle school. We run just once each day. The focus is to have fun and build stronger relationships with team members. Besides running, activities include: biking, swimming, outdoor games and indoor games. All workouts are geared towards each runner's fitness level.

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 mailed about one week before camp



Name: _____

Address: _____

Grade Entering: _____

T-Shirt size: _____

E-mail: _____

Special Diet
Concerns: _____
