

Bella Vista Cross Country Camp Registration Form 2018

Date: July 27th –July 31st, 2018

Cost: \$350 (Deposit \$75.00)

Payable to: Bella Vista XC Booster Club

Return registration and camp deposit to:

Mary Shade:
9142 Junewood Lane
Fair Oaks, CA 95628

XC Camp Dates

Leave: Friday, July 27th at 1:00pm

Return: 1:00 pm Tuesday, July 31st

What to bring:

19940 Donner Pass Rd, Norden, CA 95724

Place: Clair Tappaan Lodge: (near Donner Lake) <http://clairtappaanlodge.com/>

- **Sleeping bag or blankets and (a pillow and fitted bed sheet are provided.**
- **Running Shoes. Optional second pair.**
- **Water bottle. Very important!! Some runs may require you to bring your water bottle with you.**
- **Bathing suit. We will go to Donner Lake beach one afternoon.**
- **Pajamas, clothes to relax in**
- **Toiletries (don't forget sunscreen and chapstick)**
- **Towel and washcloth**
- **Shorts, t-shirts, underwear, socks, hat**
- **Jacket or sweatshirt (evenings, early morning can be cool)**
- **Pen / Paper / Journal (for goal setting)**
- **Book / Favorite game (for downtime)**
- **Flashlight**
- **Optional camp chair (there will be several outdoor chairs and logs, but not enough for everyone)**
- **A positive attitude + enthusiasm**

2018 Bella Vista XC Cross Country Camp Athlete Registration Information

Please fill out and return to Coach Jon

Athlete Name: _____ School Year _____

Cell Phone: _____ Home Phone: _____

Address: _____ City: _____

Zip: _____ Email: _____

T-shirt Size: S M L XL

Special food requirements/allergies: _____

Any health issues/concerns: _____

Parent 1 Name: _____

Home Phone: _____

Cell Phone (P1): _____ Cell Phone(P1): _____

Parent 2 Name: _____

Home Phone: _____

Cell Phone (P1) : _____ Cell Phone(P1): _____

Willing to drive athletes up to camp on Monday 7/27? Yes / No

Willing to drive athletes home from camp on Friday 7/31? Yes / No

If "Yes" How many does your vehicle seat including the driver? _____