

Washington Local Schools 2021 Elementary Cross Country



For WLS students entering grades 1st-6th in the 2021-2022 school year.
\$40 registration fee (includes shirt, race fee, awards)
*****Due by August 30th, 2021*****

2021 Meet Schedule

Thur. 9/9 5pm @ Whitmer High School, CTC Field
 Thur. 9/16 5pm @ Whitmer High School, CTC Field
 Thur. 9/23 6pm @ Wernert-Snake Dance Fun Run -FREE
 Thur. 10/7 5pm @ Whitmer High School, CTC Field
 Thur. 10/14 5pm @ Whitmer High School, CTC Field

Practices begin the week of August 23rd, 2021, coaches will contact runners or check our facebook page for updates.

Find us on Facebook at WASHINGTON LOCAL CROSS COUNTRY or the Remind App under WLXC

Please fill out the bottom portion and return to either

Tony Scott
 Meadowvale Elementary
 2755 Edgebrook DR
 Toledo, OH 43613

Reis Baidel
 Whitmer High School
 5601 Clegg DR
 Toledo, OH 43613

Runner's Name: _____ Gender: M or F Grade (2021-2022): _____

School: _____ Parent Name: _____ Cell Phone _____

Phone #2 _____ Email _____

- \$40 Registration for only WLXC
- \$40 Registration for only Running Camp
- \$70 Registration for both(Save \$10 if sign up for both)

WLXC Shirt size: YS YM Ylg. S M L Extra WLXC Shirts: YS YM YLg. S M L (\$10 each)

Total amount: \$ _____

Checks payable to Whitmer High School

I as a parent/guardian will be totally responsible for any and all injury medical costs incurred by this student as a result of participation in any extracurricular activity. As a parent/guardian, I acknowledge that participation in extracurricular activities can be dangerous and involve the possibility of serious injury and hereby assume all of the risks associated with participation and agree to hold harmless, the Washington Local School District, it's employees, coaches, athletic trainers, representatives, agents, and volunteers from any and all liability.

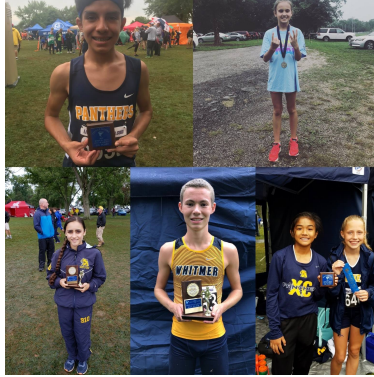
Please list any medical issues you feel we should be aware of

 X

 Signature of Parent/Guardian

 Date

2021 WHITMER RUNNING CAMP



**Hosted by Whitmer and Washington Cross Country
August 2nd-4th, 9am-11am at CTC Field at Whitmer.**

Our camp pairs your young athletes with Jr. High, High School, and Collegiate runners to explore running as both a lifelong fitness activity and competitive sport. Our goal is to help develop a passion for running and provide the knowledge, techniques, and tools to be successful. Past special guests have included collegiate coaches, athletes, and elite runners.

Cost: \$40 Includes T-Shirt and gift.

Bring a water bottle and running attire each day.

Camp topics include:

● Training Methods ● Running Mechanic ● Strength and Core Training ● Stretching ● Nutrition ● Mental Preparation ● Race Strategy ...and more.