

SOUTH BAY HIGH ALTITUDE RUNNING CAMP IN BIG BEAR

DATE: Aug 11th-15th (Monday – Friday)

COST: \$325

This includes:

- Transportation from West High to Big Bear
- 3 good meals a day (coaches **don't** cook or clean)
- Use of the facilities
- Activities
 - Private Beach
 - Canoes and Kayaks
 - Basketball courts
 - Sand Volleyball
 - High Ropes Course

- **Coaches have total control of their team**
- 2 runs every day (AM long run and PM short run)
- Build TEAM unity
- For every 10 runners a coach goes for FREE.
- A great way for the TEAM to test their overall fitness!
- Different runs to fit all levels (Freshman Boys and Girls will have no problems)
- Friday is the LAKE RUN, 15 miles (The kids love it . . .you can run too!)
New runners can run a 8 or 10 mile lake run.

If you have any questions regarding the camp please give me a call!

Jason Druten

West Torrance Cross-Country Coach

310-701-8923

DRUTEN@OUTLOOK.COM

2014

REGISTRATION FOR SOUTH BAY HIGH ALTITUDE RUNNING CAMP

Name _____ **School** _____

(please print)

Grade _____ **Male** _____ **Female** _____

Address _____ **City** _____ **Zip** _____

Home Phone: (____) _____ **Emergency Phone:** (____) _____

In case of an emergency, please notify: _____
(name)

_____ (____) _____
Address Phone

Any allergies, sensitivities to foods or medications? _____

Date of last Tetanus Shot _____ **Currently taking any medication? yes/no**

Family Doctor: _____ **Telephone:** (____) _____

Address _____ **City** _____ **Zip** _____

COST OF CAMP IS \$325

**We are limited to 100 people so don't get left out!

Please make checks payable to **Jason Druten**

PLEASE GIVE COMPLETE FORM TO COACH DRUTEN OR MAIL TO-

Jason Druten
20401 Victor St
Torrance, CA 90503
310-701-8923

Camp begins: Monday August 11th, 2014 **Camp ends: Friday, August 15, 2014**

In consideration of being accepted to the Southbay High Altitude Running Camp to be held at the PCCI in Big Bear, California on the dates indicated above, I hereby for myself, my heirs, executors, administrators and assigns waive and release forever any and all rights, claims or causes of action whatsoever that I may now or hereafter have against Southbay High Altitude Running Camp, the adult counselors and coaches attending said camp, or their representatives, successors or assigns for any injury, death, or property damage that may be suffered by me arising out of or in any way connected with the Southbay High Altitude Running Camp, and all related events or activities, including traveling to and from said camp.

If I am under eighteen (18) years of age my parent or legal guardian has signed below as well to indicate their agreement with and consent to the above provisions. Parents hereby agree they are responsible for the actions of their child.

_____ Date: _____
Signature in full

_____ Date: _____
Parents signature if under 18 years of age

VERY IMPORTANT

Parents, please read and emphasize the following with your athlete. A parent signature is required to attend camp!

BEHAVIOR

We have approximately 80 athletes going to camp. Athletes are expected to behave properly and obey all clearly stated camp rules. As a parent, you may be responsible to come pick up your athlete at Big Bear if they become a behavior problem or willfully disobey clearly stated camp rules especially during sleep hours between 10 pm and 7 am.

Be assured we do not wish to ask any parent to pick up their son or daughter at Big Bear. Therefore, the rules and behavior will be clearly stated, reviewed with the athletes by both camp management and their individual coaches, and finally the athlete will be required to sign a sheet of paper acknowledging these rules and their consequences.

PICK UP

Saturday at West Torrance High School; approximately 1:30 – 2:30 pm

Your coaches supervision ends when your son or daughter departs the bus on the return to West High. Please be there to meet them and/or arrange for their transportation and any other needs.

Parents, we greatly appreciate your help, especially with the behavior. I have read and reviewed this information with my son or daughter.

PARENTS SIGNATURE _____ DAY TELEPHONE _____
NIGHT TELEPHONE _____

AUTHORIZATION TO CONSENT TREATMENT OF MINOR

(I), (WE), the undersigned, parent(s)/guardian of _____ a minor, do hereby authorize Camp Coaches and Camp Counselors as agent(s) for the undersigned to consent to any x-ray exam, anesthetic, medical or surgical diagnosis to treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provision of the Medical Practice Act on the medical staff of a licensed hospital, whether such diagnosis or treatment at the office said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment, or hospital care which the aforementioned physicians in the exercise of his best judgment may deem advisable.

This shall remain effective until August 16th, 2013 unless sooner revoked in writing delivered to said agent(s).

Dated: _____
Witness _____ Father _____
Witness _____ Mother _____
Witness _____ Legal Guardian _____

Please indicate your medical insurance carrier (company, policy/card No.), below:

DETAILS TO HELP YOU GET READY

Dust off your sleeping bags and running shoes. We're off to Big Bear for Pre-Season High Altitude Training on the 11th of August!

DEPARTURE: Monday morning, August 11th at 9:30 sharp. Be on time, the bus waits for no one. We will depart from West Torrance High School parking lot located at which is located in front of the school.
20401 Victor St. Torrance CA 90503

RETURN: Friday afternoon, August 15th, we will leave Big Bear between 10:00-11:00 am and will be arriving at West between 12:30 –1:30 pm.

WHAT TO BRING:

1. Sleeping bag, pillow
2. Warm Jacket, (it can get cold after the sun goes down)
3. Running clothes and Running Shoes (minimum 12 pairs of socks)
4. Lotion for dry skin, and lip balm.
5. FLASHLIGHT A MUST
6. Bring radios at your own risk.
7. Spending money for munchies.
8. Swimsuits, towels

Sack lunch for Monday. Lunch will not be served the day we arrive. (The bus may or may-not stop at the Jack in the Box at the foot of the mountain on the way up).

FOR PARENTS: Where we are staying and contact info
Presbyterian Conference Center
Telephone – 909-866-2360
Address – 575 Prairie Lane Big Bear, CA 92315
Webpage – PCCCI.ORG

SPACE IS LIMITED: Please pack all you wonderfals in one suitcase or duffel bag and a sleeping bag.
Limit 2 pieces per runner.

QUESTIONS???????

Call Jason Druten
Home # 310-701-8923
E-mail druten@outlook.com

Visit our website for more information **WWW.WESTXC.COM**

P.S.: We would like donations of fruit again this year so we can have something for the runners when they return from their morning and afternoon runs. Anything you could donate would be greatly appreciated, (melons, grapes, bananas, nectarines). **NO APPLES** Bring fruit to the parking lot the day we depart.