

Kingdom Fitness Running Club



Summer Day Camp



A USA Track & Field Member Club

When?

Session 1 June 1 - 5
Session 2 June 8 - 12
9:00A.M. - 2:30P.M.

Cost: \$85

per session
Includes lunches, snacks,
and t-shirt

Where?

The Gospel Christian Training Center
Home of Choudrant XC Invitational

Who we Are

Kingdom Fitness is a faith-based running club that encourages young runners to reach their full potentials in every area. Our purpose for this camp is to prepare elementary cross country runners for the fall season.

Who can Attend?

Any runner entering 2nd grade through 6th grade.
The day camp is appropriate for any level runner, including beginners. Activities will include runs on wooded trails, games, watersliding and more.

What to Bring

Campers should wear cool, loose clothing and running shoes each day. They should also bring a swimsuit (one piece or tankini for girls), flip flops or crocs, and a towel.

More Information

Jennifer Ham
Jennifer@thegospelinc.com
318-245-8025

Mail registration form & fee to

Kingdom Fitness Day Camp

814 Sandy Lane

Ruston, LA 71270

Checks payable to Kingdom Fitness Running Club

Registration Deadline

Friday, May 15, 2015

Space is Limited!



Name _____ Preferred Name _____

Male Female Birthdate _____ Age _____ Grade completed _____ School _____

T-shirt size (circle one) YS (6-8) YM (10-12) YL (14-16) AS AM AL AXL

Has child run cross country before? Yes No If yes, how many years? _____

Does child have any health problems, allergies, or medications of which we should be aware? _____

Parent's Name _____ Daytime phone _____ E-mail _____

I give Kingdom Fitness staff permission to obtain medical care for my child. (Please include a copy of child's insurance card.)

This form is fillable online

Parent Signature _____

Session Preferred (please circle) **Session 1** (\$85) **Session 2** (\$85) **Both Sessions 1 and 2** (\$150)
(only one t-shirt will be provided)