

# Kingdom Fitness Running Club



## Summer Day Camp



A USA Track & Field Member Club

### When?

Session 1 June 10 - 14  
Session 2 June 17 - 21  
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 CC meet and  
the Ruston Bearcat 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

Coach Williams  
278-0681 or 251-3522  
or  
Jennifer Ham  
Jennifer@thegospelinc.com

Mail registration form & fee to  
Kingdom Fitness Day Camp  
814 Sandy Lane  
Ruston, LA 71270  
Checks payable to Kingdom Fitness Running Club

**Registration Deadline**  
Wednesday, May 29, 2013  
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.)

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)