

CROSS COUNTRY CAMP **REGISTRATION FORM**

Name: _____

City/State/: _____

Grade: _____ Sex: M/F: _____ School: _____

Parent's Name: _____

E-mail Address: _____

Phone Number: _____

T-Shirt Size: YS YM YL S M L XL

Emergency Contact: _____

Emergency Phone Number: _____

Insurance Company: _____

LIABILITY WAIVER & MEDICAL COVERAGE ACKNOWLEDGMENT

PLEASE READ AND SIGN BELOW: I certify that it is with my full knowledge and consent that my child, named above, may take part in the NXC Clinic July 22-25, 2024. **I RELEASE AND HOLD HARMLESS** on behalf of my child, myself, and our representatives, the Northville Public Schools, the NXC Program, their coaches, their volunteers, and their players from liability for injuries or damages which my child may sustain while participating in this activity even if the injuries or damages are caused by the sole negligence of the Northville Public Schools, the NXC Program, their coaches, their volunteers and their players. **I UNDERSTAND I AM RESPONSIBLE** for medical coverage.

Parent Signature: _____ Date: _____

How did you hear about us: **NPS ListServ PE Teacher**

Social Media Elementary Meet Middle School Meet

Other: _____

Mail completed forms & payment to:

Northville High School

Attn: **Tim Dalton NHS Cross Country**

45700 W. Six Mile Road

Northville, Michigan 481678



CHECKS PAYABLE TO: Northville Public Schools

OR register online at: <https://northvilleschools.revtrak.net/rwyouthcamps/>

Questions? Contact Coach Tim Dalton at:
DaltonTI@NorthvilleSchools.org

CAMP GOALS

The purpose of this camp is to provide high quality, individual instruction in the sport of cross country. We strive to provide our youth with the knowledge and understanding of our sport! Everything is designed to instruct and motivate athletes through entertaining training sessions, games, and fun activities! In addition to a variety of successful coaches, a number of current NXC student-athletes and NXC alumni currently competing at the collegiate level will be on hand serving as camp counselors. **The most important takeaway is to have FUN!**

COST - REGISTRATION

The Northville Cross Country camp is open to male and female students in next year's 3rd-8th grades. ****The camp will be held at Northville High School!**

Monday July 22nd to Thursday July 25th
9:00 am – 11:00 am

- **Monday:** Running & form at NHS
- **Tuesday:** Running & weights at NHS
- **Wednesday:** Running & pool at NHS (certified lifeguards will be present)
- **Thursday:** Time Trial at Cass Benton Park (1 Mile for 3rd-5th grade, 2 Mile for 6th-8th grade)
*Food and games to follow!!

COST

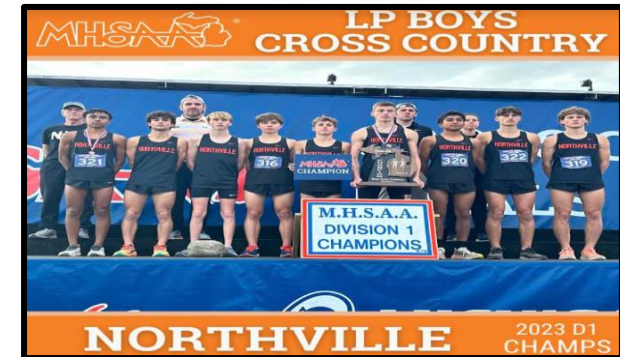
- **\$100** early registration (by June 17th)
- **\$85** *for campers who also attend the 2024 NHS Track & Field Camp (by June 17th)
- **\$70** for 2 days of camp only
- **\$125** late registration or walk-ins
***T-shirt not guaranteed for late/walk-in registration

NXC

2024

NORTHVILLE CROSS COUNTRY

YOUTH CAMP



OPEN TO NEXT YEAR'S 3rd-8th Graders!

July 22nd-25th, 2024

****At the Northville High School****



@RunNorthville



RunNorthville



Northville Track & Field and Cross Country

www.RunNXC.com



DIRECTORS - COACHES



Coaches T. Dalton, T. Brown, L. Peck and J. Dalton

TIM DALTON-CAMP DIRECTOR/HEAD COACH

Dalton is in his eight year as head coach of the Mustang Cross Country Program. Prior to that he spent seven seasons as the assistant cross country coach. Tim was named MITCA Coach of the Year in 2023, 2022 and 2014. Tim is also the head boys and girls track and field coach at Northville.

TOM BROWN – ASSISTANT COACH

Tom Brown has over 20 years of experience coaching at Northville. He has coached, in some capacity, every event in track & field while also coaching cross country

JACK DALTON – ASSISTANT COACH

Jack Dalton is in his 12th season as an assistant cross country coach at Northville. With his running and physical therapy background, J. Dalton brings a wealth of knowledge and is vital to the operation of both the cross country and track and field programs.

Lauren Peck – ASSISTANT COACH

Lauren is in her 2nd season helping coach the Mustang Cross Country program. Before that she spent years coaching at Rochester Stoney Creek High School.



Gazelle Sports

39737 Traditions Dr.
Northville, MI 48168

NOTHING RUNS LIKE A MUSTANG

Learn from the NXC coaching staff, current student athletes, and NXC alumni currently competing at the collegiate level. Learn from the 2023 AND 2022 MHSAA Div. 1 Cross Country State Champions!!!!

- Cross country training, including workouts and recovery runs
- Interactive learning technique sessions
- Competition strategy
- Drills, warm-ups and cool-downs
- Proper nutrition
- Prize and discount opportunities from Sports!!

2023 Boys and Girls Cross Country Teams!



CAMP PICTURES!

