



Summer 2019

“Living Life with Passion, Running Miles with Purpose”

## COME RUN WITH US!

Join us as we prepare for a great 2019 season! Camp is open to all girls and boys who will be in grades 9-12 for the 2019-20 school year. We will meet at the locations listed on the attached sheet.

As coaches we encourage all runners to sign up for BHS summer fitness. It provides cross country runners with the necessary core development through conditioning, strength training, dynamic stretching, and agility training. Summer fitness is held on Monday, Wednesday, and Friday. Athletes are expected to go after running on those days.

**Cost: \$50.00**

**Make Checks Payable To:**

**Girls: Erin Flynn**

**Boys: Dave Terronez**

**Mail Registration to:**

**Girls: Erin Flynn, 4812 Kynnelworth Drive, Bettendorf, Iowa 52722**

**Boys: Dave Terronez, 5153 Brentwood Drive, Bettendorf, Iowa 52722**

**Questions: Call Coach Flynn @ 332-7514 or email [eflynn@bettendorf.k12.ia.us](mailto:eflynn@bettendorf.k12.ia.us)**

**Call Coach Terronez @ 505-2440 or email [jen\\_davet@mchsi.com](mailto:jen_davet@mchsi.com)**

Name: \_\_\_\_\_ Grade in 19-20: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Parent cell phone: \_\_\_\_\_

Parent e-mail: \_\_\_\_\_

Runner e-mail: \_\_\_\_\_

t-shirt size:    Small                                  Medium                                  Large                                  X Large

We have adequate health insurance and will not hold the Bettendorf Community School District or its employees responsible for any injuries that may occur while our son/daughter is a participant at the Bulldog Cross Country Camp.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

ALL TIMES are 7:45 a.m.

SITES are subject to change

UPDATES ON TWITTER:

bettTFXC

Bett Boys XC/TF

Monday, June 10: BHS

Tuesday, June 11: Crow Creek Park by the soccer fields

Wednesday, June 12: BHS

Thursday, June 13: Middle Park Lagoon

Friday, June 14: BHS

Monday, June 17: BHS

Tuesday, June 18: Crow Creek Park

Wednesday, June 19: BHS

**\*\*\*Coach Flynn is out of town June 20 - July 5. Girls are welcome to run with the boys team. Seniors will also organize runs those days for girls wishing to meet their teammates to run. \*\*\***

**\*\*\*Coach Terronez will be available.\*\*\***

Monday, July 8: BHS

Tuesday, July 9: Crow Creek

Thursday, July 11: Bruegger's Bagels on Middle Road

Friday, July 12: BHS

Monday, July 15: BHS

Tuesday, July 16: Crow Creek

Thursday, July 18: Middle Park Lagoon

Friday, July 19: BHS

Monday, July 22: BHS

Tuesday, July 23: Crow Creek Park

Thursday, July 24: Bruegger's Bagels

Friday, July 25: BHS

Monday, July 29: BHS

Tuesday, July 30: Crow Creek Park

Thursday, August 1: Grant Wood School

Friday, August 2: BHS

**\*\*\*Captain led runs the week of August 4 - 8. \*\***

**Season starts Monday, August 12 at 7:45 a.m. at BHS. A physical and new concussion form must be on file with FAMILY ID in order to participate in practice beginning August 12.**

