



Summer 2017

“Living Life with Passion, Running Miles with Purpose”

## COME RUN WITH US!

Join us as we prepare for a great 2017 season! Camp is open to all girls and boys who will be in grades 9-12 for the 2017-2018 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.

**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 17-18: \_\_\_\_\_

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\_Track**

Monday, June 12: BHS

Tuesday, June 13: Crow Creek Park soccer fields

Wednesday, June 14: BHS

Thursday, June 15: Middle Park lagoon

Friday, June 16: BHS

Tuesday, June 21: BHs

Thursday, June 22: Bruegger's Bagels on Middle Road

Friday, June 23: BHS

Tuesday, June 27: Crow Creek Park

Wednesday, June 28: BHS

Thursday, June 29: Middle Park lagoon

Friday, June 30: BHS

Wednesday, July 5: BHS

Thursday, July 6: Bruegger's

Friday, July 7: BHS

Tuesday, July 11: Crow Creek Park

Wednesday, July 12: BHS

Thursday, July 13: Hy Vee on Devil's Glen Road

Friday, July 14: BHS

Monday, July 17: BHS

Tuesday, July 18: Crow Creek Park

Wednesday, July 19: BHS

Thursday, July 20: Bruegger's

Friday, July 21: BHS

Tuesday, July 25: Crow Creek Park

Wednesday, July 26: BHS

Thursday, July 27: Middle Park lagoon

\*\*\*Official season practice begins on Monday, August 7.

\*\*\*Girls at 8:00 a.m.

\*\*\*Boys TBD

\*\*\*Physical form must be on file and up to date along with a concussion form to practice August 7.