



Summer 2021

“Living Life with Passion, Running Miles with Purpose”

COME RUN WITH US!

Join us as we prepare for a great 2021 season! Camp is open to all girls and boys who will be in grades 9-12 for the 2021-22 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 camp 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 @ 340-3173 or email eflynn@bettendorf.k12.ia.us

Call Coach Terronez @ 505-2440 or email jen_davet@mchsi.com

Name: _____ Grade in 21-22: _____

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.

UPDATES ON TWITTER:

SITES are subject to change

bettTFXC

Bett Boys XC/TF

Monday, June 14: BHS on the track

Tuesday, June 15: Crow Creek Park at the soccer fields

Thursday, June 17: Grant Wood Elementary School 1423 Hillside Drive

Monday, June 21: BHS on the track

Tuesday, June 22: Crow Creek Park

Thursday, June 24: Middle Park at Splash Landing (corner of Spruce Hills and Middle Road)

Monday, June 28: BHS

Tuesday, June 29: Crow Creek Park

Thursday, July 1: Duck Creek Park (top of the hill off Locust by the gazebo)

Monday, July 5: BHS

Tuesday, July 6: Crow Creek Park

Thursday, July 8: HyVee on 53rd Street

Monday, July 12: BHS

Tuesday, July 13: Crow Creek Park

Thursday, July 15: Grant Wood Elementary School

Monday, July 19: BHS

Tuesday, July 20: Crow Creek Park

Thursday, July 22: Leach Park along the Mississippi

Week of July 26: Family Week - run on your own - week is set aside by IGHSAU and IAHSAA -

Week of August 2: Captains' Practices (more information to follow)

Season starts Monday, August 9 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 9.
