



2023 CROSS COUNTRY

JUNE 7 – JULY 27

MON, WED, & THU FROM 7 AM – 9 AM

(QUEENY PARK)

COST IS \$40

The camp is under the direction of the Cross Country coaches Mr. Ed Hamer and Mr. Bernie Sill. The camp will focus on building endurance through running and strength training.

The camp will meet Monday, Wednesday and Thursday from 7 am – 9 am. We will start on Monday June 7. Monday we will meet at Queeny Park in the Upper Parking Lot.

All checks should be made out to:

Coach Ed Hamer.

DO NOT make checks out to CBC.

For more information, call Ed Hamer at (314) 985-6052 or e-mail him at hamere@cbchs.org

Mail to: Attn: Ed Hamer 1850 De La Salle Dr. St. Louis, MO 63141

Student name: _____

Phone #1: _____ Phone #2: _____

Address: _____

Email: _____

Insurance Carrier: _____

Policy #: _____

Because of rising insurance costs and our efforts to keep our fee reasonable, all campers must cover themselves for any injury or sickness incurred while attending CBC Cross Country Camp. I hereby authorize and direct the camp staff to exercise and act in their best judgment in the event any medical emergency regarding my child may arise. I confirm that my son is covered by medical insurance.

I hereby give my permission for emergency medical treatment in the event I cannot be reached. This also assures the CBC Cross Country Staff that my son is in good physical condition and health and that he may participate in all camp activities.

Parent/Guardian Name (printed): _____

Signature: _____ Date: _____

CBC follows St. Louis County Health Department guidelines that may be in place at the time camps are conducted. Be prepared to adapt to restrictions such as face covers and social distancing during camps.