

# GET FIT CAMP

Stretching  
Relay Games  
Sprints

Conditioning Drills  
Proper Running Form  
Circuit Training

Nutrition  
Speed Drills  
Flexibility

**Having Fun – Getting Healthy**



**Saturday, April 26, 2008 - 9:00am – 12:00pm**

**Boys and Girls 1<sup>st</sup> – 6<sup>th</sup> Grade**

**Registration 8:00am - 9:00am**

**Wyatt Gymnasium – Delta State University**

**Registration Fee - \$25.00**

**\*Proceeds benefit the Delta State Cross Country Team**

Contact: Doug Pinkerton

662-719-5303 • dpinkrtn@deltastate.edu

**T-shirts and water bottles for all participants!!!**

**Water and fruit will be provided!!!**

## 2008 DSU XC GET FIT CAMP - Registration Form

Mail to: Doug Pinkerton – DSU XC, PO Box B2, Cleveland, MS 38733

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

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

Age: \_\_\_\_\_

City/ST/Zip: \_\_\_\_\_

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

M \_\_\_\_ F \_\_\_\_

T-Shirt Size:    YS    YM    S    M    L    XL    2X

Make checks payable to Delta State Cross Country

Waiver: In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against any party or any persons associated with this camp.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail to: Lisa Pinkerton - 1205 W Sunflower Rd - Cleveland, MS 38732 (662) 843-2117 [halzac1991@yahoo.com](mailto:halzac1991@yahoo.com)

