

**Parent Consent/Participation Waiver:**

I hereby grant permission for my child to join and participate in all activities of the Wilmington Youth Cross Country Camp. I verify that my child has had a physical exam in the past year and is capable to participate in all activities related to this camp. I agree to indemnify, hold harmless and defend Michael Lo Sapio/Wilmington Youth Cross Country Camp/The State Parks of Delaware/and / or their agents or employees from any and all liability for injury to my child, as well as any injury or damage caused by my child. Should medical treatment for my child be necessary, I hereby authorize any physician or trainer selected by club personnel to order and conduct medical treatment. I hereby grant permission for Wilmington Youth Cross Country Camp to use any photography or videotape of related club activities for advertising or educational video materials.

**Parent/Guardian Signature**

.....Date .....



**WYXC**

3016 N. Harrison St.  
Wilmington, DE 19802  
Phone: (201) 919-2643  
mlosapio@gmail.com

**July 11th—15th 2016**

**Wilmington Youth**

**CROSS COUNTRY CAMP**

[WWW.wilmingtonyouthxc.com](http://WWW.wilmingtonyouthxc.com)



For boys and girls going  
into 4th through 8th  
grades.

Have Fun

Make friends

Fall in love with running

**July 11th—15th 2016**

wilmingtonyouthxc.com

The Wilmington Youth Cross Country camp provides a fun and exciting foundation for your up-coming cross country season. The camp is geared towards the first time runner all the way to the experienced athlete.

The camp features 5 days of running, at some of the best state parks in the area!

WYXC is run by Michael Lo Sapio, USATF Certified Coach and the head coach of the Salesianum Cross Country team. Camp counselors will feature boys and girls state champions, county champions and nationally ranked high school cross country runners from the area ready to share their knowledge, experiences and love of running!

Each day will feature a guest speaker or lecture. Speakers include coaches, high school and NCAA athletes and Olympic trials qualifiers!

**Campers will learn:**

- The love of running
- Summer and in season training
- Running games
- Warm-up/cool down/stretching
- Running/form drills
- Nutrition
- Core and Strength training
- Fun activities for you and your team

**Sample Day**

8:15—8:30 a.m	Arrive at Camp
8:30-8:40 a.m.	Camp game
8:45-9 a.m.	Camp warm up and stretching drills.
9—10a.m.	Morning run (groups will go 1.5—5 miles)
10—10:30 a.m.	Learn By Doing (Drills, Core exercises, running games, etc)
10:30-11 a.m.	Drinks and snack (provided by WYXC)  Please bring your own water bottle to help use less plastics
11—11:45 a.m.	Guest speaker/ Lecture and Q/A.
12:00 p.m.	Pick up

\*Friday of camp will feature a special activity day!!!

Each day will involve a similar format. Campers will learn the skills, both mentally and physically, necessary to have the cross country season of a lifetime!

**Schedule for the week:**

- Mon: Brandywine Creek State Park
- Tue: Bellevue State Park
- Wed: Brandywine Creek State Park
- Thur: Bellevue State Park
- Fri: Baynard Stadium—special activity day!
- Sat: Rain Make Up Day if necessary

**Registration**

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

Grade entering: 4th 5th 6th 7th 8th

T-shirt size XS S M L XL

School/CYM Team: \_\_\_\_\_

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

Phone#:(\_\_\_\_\_) \_\_\_\_\_

Parent email: \_\_\_\_\_

Running background and personal bests:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Price:** \$150 before June 1st   
\$175 after June 1st

10% teammate/sibling discount!!!  
Bring a teammate or sibling...it's cheaper!!!  
Contact Coach Lo Sapio for Multi-family discounts!!!

Checks made payable:  
Michael Lo Sapio  
3016 N. Harrison St.  
Wilmington, DE 19802  
201-919-2643 mlosapio@gmail.com