



5th Annual **Royals Running Camp**

JUNE 5-8, 2023

BOYS AND GIRLS ENTERING 3RD-9TH GRADE

TIME: 7-9 P.M. - RICHLAND HIGH SCHOOL

5201 Holiday Lane E., NRH, TX 76180

Areas of Focus:

Sprints, Middle /Long Distance, & Field Events

Proper Running Form & Training Methods

Pacing & Race Strategies

Injury Prevention

Proper Warm-Up & Cool-Down Drills

Leadership & Team Building

Complete the registration online:

<https://tinyurl.com/royalsrunningcamp23>



Payment options: Cash, Check (checks made to Mark Ashley)

Venmo (@Mark-Ashley-10)

Mail To: Mark Ashley

7033 Hovenkamp Avenue, Richland Hills, TX 76118

*Qualifying for a team or participating in any RHS summer program does not ensure open enrollment status. If you are an open enrollment student, you must complete the application and meet all the requirements to attend RHS.



Birdville Independent School District



PARENT/GUARDIAN NAME(S):_____

GRADE (2022-2023) _____

ADDRESS:_____

CITY/STATE/ZIP _____

HOME PHONE (____)_____ CELL (____)_____

CAMPER T-SHIRT SIZE _____

EMAIL:_____

I hereby consent to having my child participate in the Richland Royals Running Camp. I understand that there are physical risks involved in such participation, and that it is the responsibility of each participant to engage in only those activities for which he/she has the necessary participation and skills. I certify that my child is medically fit to participate in the camp and hereby authorize the camp coaches to act for me according to their best judgment in an emergency requiring medical attention for my child.

I also understand that the Richland Royals Running Camp does not carry accident or health insurance of any type. My child plays at his/her own risk if he/she is not covered by my accident or medical health insurance plan through private or group sources. Neither the Richland Royals Running Camp nor Birdville ISD is responsible if my child is playing without insurance protection described above.

SIGNATURE OF PARENT/ GUARDIAN:_____

CAMPER’S NAME:_____

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