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## Minicamp

Minicamp is run the week in between Endurance Camp and cross country practice. It is free to all runners who plan to run on the middle school cross country team.

Minicamp will be from 7:00 to 8:30am on Monday, July 23, Wednesday, July 25, and Friday, July 27. We will meet at the high school track on those three days.

The middle school cross country coaches will be at minicamp, but we ask that all runners turn in the waiver below in order to participate.

The waiver must be turned in by Monday, July 23 in order for runners to participate in cross country minicamp.

## Minicamp Waiver

As a parent/guardian of	wledge that he/she is ivities. I further hool District staff will in no way be held
Parent/Guardian	Date