

The Basilio Mendoza Distance Camp

Donna High School

CAMP DATES: June 20st to June 24th / 5K FUN RUN June 25th, 2011

About the Camp: The Basilio Mendoza Cross-Country camp will feature fundamentals of running such as exercise drills, training, injury prevention, healthy habits, competition, and stretches. Since young people mature at different rates, it is important to work on fundamentals on a day-to-day basis in order for them to improve as a runner. The camp will provide a learning and safe environment as coaches motivate and work daily with each camper. We hope that this camp will make a difference for each child as a runner and as a person. The camp will allow campers to make friends, have fun, and enjoy the sport of running.

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| • Registration Wed-Fri., June 15 th -17 th 9:00 -11:00 a.m. HS Gym | Camp Cost |
| • Late registration Monday, June 20 th from 7:00 -11:00 a.m. | \$25 per camper |
| • Location of Camp & Registration: Donna High School Gym | \$40 for 2 family members |
| • Camp dates: June 20 st – 24 th , 2010 | \$60 for 3 family members |
| • June 25th 5K Run//Walk & Kids Mile Run @7:30 | |
| • Camp time: 7:00 a.m. to 12:00 a.m. | |
| • Ages 8 to high school students: First 50 campers will receive t-shirt, towel and gym bag. | |

Contact the athletic office for more information at 956-464-1707 or 212-0883: Basilio Mendoza, Donna Head Boys Cross-Country & Track Coach or you can email at bmendoza33@aol.com. **All checks payable to: Donna High School Boys Cross-Country Club.**

Typical Day Schedule

7:00 -7:15	Roll Call
7:15 -7:45	Stretch
7:45-9:00	Individual Daily Workout: Pool Workout
9:00-9:10	Break
9:10-9:45	Monday Drills or Tuesday Drills
9:45-10:00	Team Competition: Ultimate Frisbee, Soccer, Flag Football, etc.
10:00-10:15	Cool Down
10:15-12:00	Guest Speaker/Clinic/Movie

CAMP FEATURES

*CAMP T-SHIRT
 *CAMP TOWEL
 *DAILY LECTURES
 *DAILY GUEST SPEAKERS
 *SIGNED UP FOR 5RUN/WALK
 *TEAM COMPETITION
 *POOL WORKOUTS
 *GREAT TEAM ATMOSPHERE
 *STRENGTH DRILLS

Name: _____ Address: _____
 City: _____ Zip: _____ Age: _____
 Phone: _____ Grade: _____ School: _____
 T-Shirt (Adult Size): S M L XL XXL Child Size: S M L

My son/daughter _____ has my permission to participate in any and all camp activities. This is to certify that Donna I.S.D., Camp Director Basilio Mendoza, guest speakers, staff will not be responsible for accidents or injuries that may occur from participation in the Basilio Mendoza Distance Camp. In case of any injuries, the camp staff or school will not be liable for medical expenses.

 SIGNATURE OF PARENT OR GUARDIAN _____
 DATE

Discipline Creates Performance!