

# RIVER NATION

## COLUMBIA RIVER CROSS COUNTRY

We're going to camp! This year's team camp will take place in Eugene, Oregon - Track Town, USA. Camp is an opportunity to get away for a few days, enjoy your teammates, establish expectations for the upcoming season, run a lot, and take advantage of our time in Eugene to spend time learning about our sport's rich tradition.

**When is camp?** June 27-30, 2019. We aim to depart from River at 9:00am on Thursday and return by 2:00pm on Sunday.

**Where is it?** Eugene, Oregon

**How are we getting there?** Coaches and chaperones will be driving personal vehicles

**What are we going to do?** We're going to be very active. Plan on running twice a day, playing games, doing some hiking, exploring Eugene, relaxing at our house, and capping it all off with a race at the storied Eugene All-Comers meet on Thursday night. We're going to live the lives of professional runners for a few days.

**What will we eat?** Each runner is responsible for bringing some money for groceries to buy groceries for their own breakfasts and lunches. Coaches will provide dinner each night.

**What do I bring?** Lots of clean running clothes, extra deodorant, running hat, sunscreen, your favorite pair(s) of running shoes, clothes for lounging around and exploring town, all toiletries, a towel, water bottle, snacks, a sleeping bag, and a pillow. The goal of our camp is to get away together and spend time as a team. Bring items that will assist in this goal and leave items that will detract from this at home.

**Who can come to camp?** Every member of the Columbia River Cross Country team is welcome to join if you have demonstrated that you have been training and desire to work hard while having fun. We are limited to 25 runners this year. The first 25 to turn in their paperwork and money will have a spot at camp.

**How much does it cost?** This year's camp will cost each runner \$275. This includes transportation, lodging in our huge house, a camp t-shirt, your race entry fee, and all of your dinners. Runners are responsible for bringing an additional \$30 to contribute to buying groceries with your cooking group and for purchasing groceries for breakfast and lunch for three days during our camp. Money for souvenirs is suggested, but not required.

**More Questions?** See Coach Christensen or email [joshchristensenrunning@gmail.com](mailto:joshchristensenrunning@gmail.com) .

**What's next?** Fill out and turn in all of the attached paperwork along with a check for \$275 made out to *Columbia River High School* to Coach Christensen. The first 25 who turn everything in will have a spot at camp.

- The student rider form is crucial. Here's how we suggest completing this form:
  - Activity: All 2019 Cross Country Activities or at the very least 2019 Cross Country Team Camp
  - Dates: June 26th-November 9th is our entire season. Or June 26-30th for just camp.
  - Private Vehicle Driven By: All Cross Country Coaches and approved Parent Volunteers
  - Please check appropriate: To attend, your athlete must be permitted to ride with both a staff member and a volunteer parent; there will be no student drivers on this trip.

# RIVER NATION

## COLUMBIA RIVER CROSS COUNTRY

### TEAM CAMP REGISTRATION

EUGENE, OREGON - JUNE 27-30

Camper's name \_\_\_\_\_

Parent/Guardian name \_\_\_\_\_

Parent/Guardian e-mail address \_\_\_\_\_

Parent/Guardian phone number \_\_\_\_\_

Camper T-Shirt Size: (Unisex sizing)    Small    Medium    Large

Camper Medical Insurance Company \_\_\_\_\_

Group/Policy Number \_\_\_\_\_

In case of emergency, please list name and phone number of the person we should contact:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_ Alternative Phone (if applicable) \_\_\_\_\_

#### **Parental/Guardian Consent and Acknowledgement of Risk**

I hereby grant permission for my son/daughter to attend Columbia River Cross Country Team Camp in Eugene, Oregon. I understand the inherent risks that my son/daughter will be exposed to by travelling to Eugene and by running each day on varying terrain and potential weather conditions. I verify that my son/daughter has passed a physical examination within the past two years and is physically capable to participate in the camp's activities. I hereby authorize Columbia River High School staff to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive, release, and indemnify Columbia River Cross Country, Columbia River High School, Vancouver Public Schools, and individuals acting on their behalf from any and all liability for any injury or illness incurred while at camp.

**I have read and give my consent and acknowledgement of risk.**

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

# RIVER NATION

## COLUMBIA RIVER CROSS COUNTRY

### 2019 TEAM CAMP ATHLETE STANDARDS

Team camp is a great opportunity for us to bond as a team, get some quality running in, and create memories. We expect that you are coming to camp because you want to be a part of something special. Because of this, we have some standards that will be followed by every athlete. While at camp, athletes are expected to abide by our ever-present ACE standards by demonstrating a positive *attitude*, a *commitment* to the team, and display the appropriate amount of *effort* at all times. In addition to these expectations, there are some specific expectations that we have for athletes joining us for camp.

1. All athletes will respect each other in every way.
  - a. We will build each other up on runs. This trip is an opportunity for each of us to grow in our running.
  - b. Keep topics of conversation appropriate. Again, this trip is designed to build our team up and not to tear each other or others down.
  - c. Respect others privacy. Honor the wishes of those who need some time to themselves.
  - d. There will be no bullying/hazing of any sort. We are a team; if you have any plans or desires to take part in bullying or hazing activities, then you are not welcome on this trip or to be a member of our team.
2. All athletes will respect coaches and chaperones in charge.
  - a. Coaches and chaperones are there for supervision and for safety purposes. Athletes are expected to follow their direction understanding that the adults have the athletes' best interest in mind.
3. All athletes will bring the appropriate materials to camp and will not bring any inappropriate materials.
  - a. Each athlete is expected to bring all appropriate running equipment: shoes, lots of clean clothes, socks, hats, sunscreen, and deodorant are non-negotiables.
  - b. Each athlete will not bring anything illegal to camp. This includes but is not limited to alcohol, tobacco, fireworks, etc. Bags may be checked and searched for these inappropriate materials and athletes will not be allowed to come to Eugene if any of these items are found. If something inappropriate is found while we are in Eugene, the athlete's parent will be notified and will be asked to come pick up their child.

If you agree to meet these standards, then you are welcome at our team camp. We are hopeful that the above standards are common sense and that we will have no issues.

I agree to the above standards and will abide by them while at camp.

---

Athlete signature

---

Parent/Guardian Signature

This waiver is required in order to participate in the track meet on Thursday evening. All athletes attending team camp are expected to run in this race as their workout for the day.

2018 OTC ALL COMERS WAIVER FORM

NAME: (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ Date of birth \_\_\_\_\_

( May include all children in same household on one form)

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**RETURN THIS WAIVER TO A REGISTRATION VOLUNTEER FOR YOUR ENTRY TAGS**

**MANDATORY WAIVER (Please read and sign below)** I know that a running, field or throwing event is a potentially hazardous activity. I should not enter and participate in this event unless I am medically able and properly trained and have sufficient stamina to safely and successfully complete this event without harm or injury to myself. In consideration of the acceptance of my entry, my heirs, executors, administrators and assigns, waive, release and discharge any and all rights and claims for damages against the Oregon Track Club race directors and designated race officials, USA Track and Field, Inc. and its Associations and Sports Disciplines, University of Oregon, Lane Community College, and all other participating sponsors, agents and employees of such parties for all claims of damages, demands, actions, whatsoever in any manner arising from my participation in this event. I grant permission to all of the foregoing the use of any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.



Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_ (Parent/Guardian to sign if under 18)

This event is sanctioned by USA Track and Field

This waiver is required in order to ride in the vehicles of our coaches and/or parent chaperones. The camp information page explains this further.

**VANCOUVER PUBLIC SCHOOLS**  
**STUDENT RIDER**  
**CONSENT FOR STUDENT TO RIDE IN A PRIVATE VEHICLE**

I/we, the undersigned parent(s) or legal guardian(s) of \_\_\_\_\_ give permission for my/our child to ride in a private vehicle to attend the following school sponsored event/activity. The district may allow a student to ride in a private vehicle to certain activities, but only if this Consent form is approved and on file at the school prior to the activity. Students may not ride in a private vehicle that is capable of carrying more than a driver and nine (9) passengers.

Activity: \_\_\_\_\_

Date(s) \_\_\_\_\_ for \_\_\_\_\_ School.

Private vehicle will be driven by (Name): \_\_\_\_\_

Please Check Appropriate:     Staff Member\*     Volunteer Parent\*\*     Student Driver\*\*\*

\* Must have Type II designation from district prior to Activity date.

\*\* Volunteer Parent Driver Statement must be provided by the driver to school administrator prior to Activity date.

\*\*\* Consent to Use Private Transportation/Consent to Transport Other Students form must be provided by parent of driver to school administrator prior to Activity date.

I/we hereby release Vancouver Public Schools from any and all liabilities incurred and further hold harmless and indemnify Vancouver Public Schools from any and all claims that may result while my/our child is traveling to and from this activity.

I/we further acknowledge that Vancouver Public Schools, its employees and volunteers have no responsibility to supervise my/our child while riding with a student driver to and from the Activity.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Parent/Guardian

Reviewed By: \_\_\_\_\_  
School/Department                      Initials                      Date