

# **SOUTH BAY HIGH ALTITUDE RUNNING CAMP IN BIG BEAR 2016**

**DATE: Aug 8<sup>th</sup>-12<sup>th</sup>** (Monday – Friday)

Depart at 10:30am from West High

**COST: \$325 before July 18<sup>th</sup> After \$350**

This includes:

- Transportation from West High to Big Bear
- 3 good meals a day
- Activities
  - Swimming pool
  - Private Beach
  - Canoes and Kayaks
  - Basketball courts
  - Sand Volleyball
  - High Ropes Course

- 2 runs every day (AM long run and PM short run)
- Build TEAM unity
- A great way for the TEAM to test their overall fitness!
- Different runs to fit all levels (Freshman Boys and Girls will have no problems)

We will stay at the Santa Monica YMCA Camp Big Bear in Boulder Bay.

If you have any questions regarding the camp please give me a call!

Jason Druten

West Torrance Cross-Country Coach

310-701-8923

DRUTEN@OUTLOOK.COM

# 2016 REGISTRATION FORM

## SOUTH BAY HIGH ALTITUDE RUNNING CAMP

Name \_\_\_\_\_ School \_\_\_\_\_  
(please print)

Grade \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Emergency Phone: (\_\_\_\_) \_\_\_\_\_

In case of an emergency, please notify: \_\_\_\_\_  
(name)

\_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Address Phone

Any allergies, sensitivities to foods or medications? \_\_\_\_\_

Date of last Tetanus Shot \_\_\_\_\_ Currently taking any medication? yes/no

Family Doctor: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

**COST OF CAMP IS \$325 prior to July 18<sup>th</sup> \$350 after**

\*\*We are limited to 110 people so don't get left out!

**Please make checks payable to Jason Druten**

**GIVE COMPLETE FORM TO COACH DRUTEN OR MAIL TO-**

**Jason Druten**

**2418 Rockefeller Lane #B**

**Redondo Beach CA 90278**

**Druten@outlook.com**

**Camp begins: Monday August 8th, 2016 Camp ends: Friday, August 12, 2016**

In consideration of being accepted to the Southbay High Altitude Running Camp to be held at the PCCI in Big Bear, California on the dates indicated above, I hereby for myself, my heirs, executors, administrators and assigns waive and release forever any and all rights, claims or causes of action whatsoever that I may now or hereafter have against Southbay High Altitude Running Camp, the adult counselors and coaches attending said camp, or their representatives, successors or assigns for any injury, death, or property damage that may be suffered by me arising out of or in any way connected with the Southbay High Altitude Running Camp, and all related events or activities, including traveling to and from said camp.

If I am under eighteen (18) years of age my parent or legal guardian has signed below as well to indicate their agreement with and consent to the above provisions. Parents hereby agree they are responsible for the actions of their child.

\_\_\_\_\_ Date: \_\_\_\_\_  
Signature in full

\_\_\_\_\_ Date: \_\_\_\_\_  
Parents signature if under 18 years of age

## VERY IMPORTANT

**Parents, please read and emphasize the following with your athlete. A parent signature is required to attend camp!**

### BEHAVIOR

We have approximately 100 athletes going to camp. Athletes are expected to behave properly and obey all clearly stated camp rules. As a parent, you may be responsible to come pick up your athlete at Big Bear if they become a behavior problem or willfully disobey clearly stated camp rules especially during sleep hours between 10 pm and 7 am.

Be assured we do not wish to ask any parent to pick up their son or daughter at Big Bear. Therefore, the rules and behavior will be clearly stated, reviewed with the athletes by both camp management and their individual coaches, and finally the athlete will be required to sign a sheet of paper acknowledging these rules and their consequences.

### PICK UP

Friday at West Torrance High School; approximately 1:30 – 2:30 pm

Your coaches supervision ends when your son or daughter departs the bus on the return to West High. Please be there to meet them and/or arrange for their transportation and any other needs.

Parents, we greatly appreciate your help, especially with the behavior. I have read and reviewed this information with my son or daughter.

PARENTS SIGNATURE \_\_\_\_\_ DAY TELEPHONE \_\_\_\_\_  
NIGHT TELEPHONE \_\_\_\_\_

### AUTHORIZATION TO CONSENT TREATMENT OF MINOR

(I), (WE), the undersigned, parent(s)/guardian of \_\_\_\_\_ a minor, do hereby authorize Camp Coaches and Camp Counselors as agent(s) for the undersigned to consent to any x-ray exam, anesthetic, medical or surgical diagnosis to treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provision of the Medical Practice Act on the medical staff of a licensed hospital, whether such diagnosis or treatment at the office said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment, or hospital care which the aforementioned physicians in the exercise of his best judgment may deem advisable.

This shall remain effective until August 12<sup>th</sup>, 2016 unless sooner revoked in writing delivered to said agent(s).

Dated: \_\_\_\_\_

Witness \_\_\_\_\_ Father \_\_\_\_\_

Witness \_\_\_\_\_ Mother \_\_\_\_\_

Witness \_\_\_\_\_ Legal Guardian \_\_\_\_\_

**Please indicate your medical insurance carrier (company, policy/card No.), below:**

## DETAILS TO HELP YOU GET READY

Dust off your sleeping bags and running shoes. We're off to Big Bear for Pre-Season High Altitude Training on the 8th of August!

**DEPARTURE:** Monday morning, August 8<sup>th</sup> at 10:30 sharp. Be on time, the bus waits for no one. We will depart from West Torrance High School parking lot located at which is located in front of the school.  
20401 Victor St. Torrance CA 90503)

**RETURN:** Friday afternoon, August 12<sup>th</sup>, we will leave Big Bear between 10:00-11:00 am and will be arriving at West between 12:30 –1:30 pm.

### **WHAT TO BRING:**

1. Sleeping bag, pillow
2. Warm Jacket, (it can get cold after the sun goes down)
3. Running clothes and Running Shoes (minimum 10 pairs of socks)
4. Lotion for dry skin, and lip balm.
5. FLASHLIGHT A MUST
6. Bring cell phones at your own risk.
7. Spending money for munchies.
8. Swimsuits, towels

Sack lunch for Monday. Lunch will not be served the day we arrive. (The bus will stop at foot of the mountain on the way up).

**FOR PARENTS:** Where we are staying and contact info  
Santa Monica YMCA Camp Big Bear in Boulder Bay.  
38908 North Bay Rd, Big Bear Lake, CA 92315

**SPACE IS LIMITED:** Please pack all you wonderfules in one suitcase or duffel bag and a sleeping bag.  
**Limit 2 pieces per runner.**

**QUESTIONS???????**

Call Jason Druten  
Home # 310-701-8923  
E-mail druten@outlook.com

P.S.: We would like donations of fruit again this year so we can have something for the runners when they return from their morning and afternoon runs. Anything you could donate would be greatly appreciated, (melons, grapes, bananas.). **NO APPLES** Bring fruit to the parking lot the day we depart.