

REGISTER AND PAY ONLINE:
visit blcvikingscamps.com

PAYMENT

Enclosed is a check for: \$ _____
payable to **Bethany Cross Country and Track & Field Clinic**

Please Return form with payment to:
Michael Dunn - Head Cross Country/Track & Field Coach
Bethany Lutheran College
700 Luther Drive
Mankato, MN 56001

CREDIT CARD PAYMENT

Camper name(s):

Type of Credit Card: Visa Discover MasterCard

Account #:
_____ - _____ - _____

Expiration date: month: _____ year: _____

Name of Cardholder:

Address of Cardholder:

City: _____

State _____ Zip _____ TOTAL: \$ _____

I hereby authorize Bethany Lutheran College to debit the designated registration fee per child per camp for the 2018 Bethany Lutheran College Cross Country and Track & Field Clinic from my credit card listed above.

(signature required)

CAMP DETAILS

*All clinics will be from 3-6 PM

Section 1: Half Marathon

Tuesday, June 19 / Bethany Lutheran College
Thursday, June 21 / Land of Memories Park
Tuesday, June 26 / Sibley Park
Thursday, June 28 / Rasmussen Woods

Section 2: Full Marathon (includes section 1)

Tuesday, July 10 / Ray Erlandson Park
Thursday, July 12 / Red Jacket Trail
Tuesday, July 17 / Sibley Park
Thursday, July 19 / Land of Memories

COST

Section 1 Only: \$150
Section 1 + Final Meet: \$175
Sections 1 & 2: \$300 (includes meet fee of \$25)

Cost Includes:

T-shirt, Instruction, Water, and Healthy Snacks

*Please let Coach Soper know of any food allergies

MISCELLANEOUS INFORMATION

Transportation Not Included

***Clinic is open to 7th graders through 12th graders

CONTACT INFORMATION

Ashley Soper
(507) 469-1063 or asoaps@gmail.com

Michael Dunn
(507) 344-7426 or michael.dunn@blc.edu

NO PHONE RESERVATIONS WILL BE TAKEN

BETHANY LUTHERAN COLLEGE

2018 CROSS COUNTRY AND TRACK & FIELD CLINIC



Section 1: Half Marathon
June 19 – 28
Tuesdays & Thursdays

Section 2: Full Marathon
(includes section 1 as well)

July 10 - July 19
Tuesdays & Thursdays

***Clinics are for Grades 7 - 12**



BETHANY

VIKINGS

2018 CAMP DESCRIPTION

- Each week we will complete two workouts together, one building on speed, and the other focusing on endurance. Coaches will also provide athletes with an additional workout to do on their own.
- This camp will be broken into two sections. An athlete may choose to attend section 1 only, or they may choose to attend both sections. Please note that participation in section 1 is required if an athlete wishes to participate in section 2. Attending the full camp is encouraged.
- We will lead each practice with an educational piece covering topics such as the fundamentals of running, choosing proper footwear, hydration, nutrition, recovery, and more!
- At the end of the two sections there will be a meet that athletes can participate in whether it's for fun or to see how much they've improved over the course of the camp.
- Please note that the meet registration fee is included if athletes attend both sections. However, if athletes are only able to attend the first section, they may pay the additional \$25.00 fee to participate in the final meet event (Thursday, July 19th at 6:30pm).
- Questions: Contact Bethany Assistant Cross Country/Track and Field Coach Ashley Soper: 507-469-1063 or asoaps@gmail.com or contact Bethany Head Cross Country/Track and Field Coach Michael Dunn: 507-344-7426 or michael.dunn@blc.edu

CAMP DIRECTORS

Andrew Ferguson



Andrew Ferguson is entering his fourth season as the Assistant Track & Field Coach at Bethany Lutheran. Andrew is a graduate of Hamline University, where he majored in exercise science and psychology. As a student athlete, he competed on the track and field team for Hamline. In his four years of athletics, he was a top five finisher in the Minnesota Intercollegiate Athletic Conference in the 60m hurdles, 110m hurdles, 400m hurdles and decathlon. In addition to coaching, Andrew is a personal trainer at the Mankato YMCA. Andrew's career goal is to become a podiatrist.

Ashley Soper



Ashley Soper is entering her third season as the Assistant Cross Country and Track & Field Coach for the Vikings. In her first two seasons with Bethany, Soper worked mainly with the distance and mid-distance athletes under head coach Michael Dunn. Soper is a graduate of Minnesota State University, Mankato, where she earned a bachelor of science degree in food and nutrition and exercise science while competing on the MSU Cross Country and Track & Field teams.

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2018 CROSS COUNTRY AND TRACK & FIELD CLINIC REGISTRATION

Camper Name _____

Address _____

City _____

State _____ Zip _____

School Attending _____

Contact Person _____

Emergency Phone _____

Contact Person's Email _____

Grade (Fall 2018) _____

Shirt size: (Adult) S M L XL XXL

(Youth) S M L XL XXL

My child will be attending the following clinic(s):

Section 1 Only (No final meet) - \$150

Section 1 + Final Meet - \$175

Section 1 and 2 - \$300 (meet fee is included)

Parent/Guardian Release and Indemnity Agreement:
I hereby release Bethany Lutheran College, Bethany Cross Country and Track and Field Clinic, its directors and employees from all claims on account of injuries which may be sustained by my child while attending the camp. I agree to indemnify Bethany Lutheran College and Bethany clinic and its directors and employees for each claim which may hereafter be presented by my child as a result of such injuries. I also certify that my child is medically fit to participate in your program and grant permission for medical attention if needed during camp activities.

(Parent or Guardian Signature required)

(PAYMENT INFORMATION ON BACK SIDE)