

# Mammoth Camp

## 22<sup>nd</sup> Annual XC High Altitude Training Camp August 7<sup>th</sup> - August 13<sup>th</sup>, 2023

**What:** Our annual, summertime, high altitude, 7 day long, Cross Country training camp

**How:** Meet at Malaga Cove Soccer Field at 9:00am, August 7<sup>th</sup> to catch the van caravan. We return Sunday evening, 5pm, back at Malaga Cove

**Where:** Mammoth Mountain. We have reserved condos at:

Snow Creek Resort  
1254 Old Mammoth Rd  
Mammoth Lakes, CA 93546  
760-935-4944

**Bring:** Running gear (shoes, socks, shorts, tops, sweats because it will get cold), recreation gear (swim suit, fishing, guitar, volleyball, etc.), toiletries, sunscreen, hat, sunglasses, and spending cash

**Cost:** \$750 gets us the 7 days lodging, gas, food, pizza nights, etc. Each athlete should bring a little extra for recreation, gifts, souvenirs, etc. Make checks payable to "Malaga Cove Track Club"

**Fun:** Our focus will be on training and team bonding, with workouts (not always runs) twice a day. There will be plenty of time for hiking, swimming, exploring, shopping, movies, and sightseeing. We will visit Earthquake Fault, Hot Creek, June Lake, Devil's Postpile, Yosemite, and generally taking in the beauty of the Sierra. Less electronics and more reading please!

**Help:** Coaches/Chaperones Brian Shapiro, Kevin Farrington, Kirsty Shapiro, Frank Ponce and a few parent volunteers and special guests.

**Questions:** Brian Shapiro (805)708-1422

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### Waiver, Consent, and Release

In consideration of the acceptance of my entry, I the undersigned, my heirs, assigned executors and administrators hereby waive, release and discharge any and all rights of claims of personal injury, death or property damage which I may have or which may hereafter accrue as a result of my participation in travel to or from the Mammoth Mountain Training Camp. This release is intended to discharge in advance all coaches, counselors, chaperones, promoters, and sponsors or any individual or entities associated with the above subject from and against any and all liability arising out of or connected in any way with me participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons, groups or entities mentioned above. I hereby attest and verify that I have full knowledge of all risks involved in this event and am physical fit to participate in said event. In the event of accident, injury, or illness of the named participant, consent is hereby given to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care that is deemed advisable by and is to be rendered under the general or special supervision of any physician or surgeon.

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 and any resulting financial obligations.

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

Athlete Name \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_ Athlete Email: \_\_\_\_\_