



Summer 2018

“Living Life with Passion, Running Miles with Purpose”

COME RUN WITH US!

Join us as we prepare for a great 2018 season! Camp is open to all girls and boys who will be in grades 9-12 for the 2018-19 school year. We will meet at the locations listed on the attached sheet.

As coaches we encourage all runners to sign up for BHS summer fitness. It provides cross country runners with the necessary core development through conditioning, strength training, dynamic stretching, and agility training.

Cost: \$50.00

Make Checks Payable To:

Girls: Erin Flynn

Boys: Dave Terronez

Mail Registration to:

Girls: Erin Flynn, 4812 Kynnelworth Drive, Bettendorf, Iowa 52722

Boys: Dave Terronez, 5153 Brentwood Drive, Bettendorf, Iowa 52722

Questions: Call Coach Flynn @ 332-7514 or email eflynn@bettendorf.k12.ia.us

Call Coach Terronez @ 505-2440 or email jen_davet@mchsi.com

Name: _____ Grade in 18-19: _____

Address: _____

Phone: _____

Parent cell phone: _____

Parent e-mail: _____

Runner e-mail: _____

t-shirt size: Small Medium Large X Large

We have adequate health insurance and will not hold the Bettendorf Community School District or its employees responsible for any injuries that may occur while our son/daughter is a participant at the Bulldog Cross Country Camp.

Signature of parent/guardian: _____ Date: _____

ALL TIMES are 7:45 a.m.

SITES are subject to change

UPDATES ON TWITTER:

bettTFXC

BettXC/Track&Field

Monday, June 4: BHS

Tuesday, June 5: Crow Creek Park soccer fields

Wednesday, June 6: BHS

Thursday, June 7: Middle Park lagoon

Monday, June 11: BHS

Tuesday, June 12: Crow Creek

Wednesday, June 13: BHS

Thursday, June 14: Bruegger's Bagels on Middle Road

Monday, June 18: BHS

Tuesday, June 19: Crow Creek Park

Wednesday, June 20: BHS

Thursday, June 21: Thomas Jefferson Elementary

Monday, June 25: BHS

Tuesday, June 26: Crow Creek Park

Wednesday, June 27: BHS

Thursday, June 28: HyVee on Middle/Devil's Glen

Monday, July 2: BHS

Tuesday, July 3: Crow Creek Park

Monday, July 9: BHS

Tuesday, July 10: Crow Creek Park

Wednesday, July 11: BHS

Thursday, July 12: Bruegger's Bagels on Middle Road

Monday, July 16: BHS

Tuesday, July 17: Crow Creek Park

Wednesday, July 18: BHS

Thursday, July 19: HyVee on 53rd/Utica Ridge (by Tesla station)

Monday, July 23: BHS

Tuesday, July 24: Crow Creek

Wednesday, July 25: BHS

Thursday, July 26: Lagoon

Week of July 30-August 2: captain practices

OFFICIAL PRACTICE STARTS MONDAY, AUGUST 6

