

IRON EAGLE CROSS COUNTRY CAMP 2019



Open to all rising 6th to 12th graders in Williamsburg area with a completed VHSL Sports Physical Form – Can be found at JHSAthletics.org – “More” – “Files & Links”

Iron Eagle Camp Dates

Subject to Change

6:30-8:15AM

July 8,9,10,11

July 22, 23, 24, 25

July 29, 30, 31

Cost \$35.00

General Schedule: Check in 6:30-6:40 AM Drills and Strength 6:40-7:10 AM Run and wrap up: 7:10-8:15 AM

Sign up at gwrn.org Click on Iron Eagle CC Camp - Sign up Link

Cost: \$20.00 per athlete includes: Iron Eagle Camp T-shirt, Popsicles, Watermelon and Duck Donut!

- Proceeds go to Jamestown Cross Country
- **Bring copy of sports physical to first day of practice! (Must be dated after May 1st, 2019)**
- Make Checks Payable to JHS or Jamestown HS Bring Payment to 1st day JHS
- WISC - Meet at grass soccer field adjacent to WISC
- Jamestown H.S.– Meet at Track
- For more information contact Coach Mark Tompkins at Mark.Tompkins@wjccschools.org