

T. Fuqua

HBU Distance Camp

Location: Memorial Park
Track and Tennis Center / West Memorial Loop Drive

Date: June 7-9 (8:00 a.m.-11:45 a.m daily)

Cost: 150.00 for the full session. Make check payable to HBU Track and Field

Camp Includes: The T. Fuqua / HBU Distance Camp will include coaching of running mechanics, video instruction, running drills, various types of distance training, water running and cross training, warm-up and cool-down methods, and summer training workouts. A camp T-Shirt, water bottle, and stretching tools will be provided. Athletes should expect to run up to 4-6 miles daily. Each day will include a lecture on various beneficial aspects of training.

Mail Application to: T. Fuqua / HBU Distance Camp
7502 Fondren Rd
Houston, TX 77074
tfuqua@hbu.edu 281-649-3093 (For Additional Information)

Name _____ Date of Birth _____

Street _____ City, State Zip _____

Phone _____ E-Mail _____

Age _____ School Attending _____

Method of Payment: _____ T-Shirt Size _____

I hereby authorize the staff of the Houston Baptist University distance camp to act for me according to their best judgment in any emergency requiring attention. I hereby waive and release the Houston Baptist University Distance Camp, its affiliates, coaches, and facilities of all legal responsibility in the event of an injury to my child. I know of no mental or physical problems that might affect my child's ability to safely participate in this program. I will be responsible for any medical or other charges in connection with his or her attendance at the program. Any health or medical problems concerning my child have been listed in the area provided.

Insurance Company: _____ Policy Number: _____

Parent/Guardian Signature: _____