

2008 XC TRAINING CAMP RULES & REGULATIONS

All rules & regulations must be followed at all times and not doing so will result in removal from the camp with NO REFUNDS!

Follow directions from all adults and coaches, no questions ask!

Each student MUST have a medical waiver and rules agreement signed and turned in to coach with final payment

Absolutely no alcohol, illegal drugs, or smoking.

Respect all camp property and other people's property. If it isn't yours, leave it alone. Don't damage camp property – you break it, you buy it!

No off-road or all-terrain vehicles allowed.

No swimming or boating except for during designated free time with life guard and adults supervising.

NO fireworks or firearms.

No pets

Keep camp grounds clean

Clean cabin before leaving

Quite time 11:00pm to 6:00am No one is allowed out of cabin during this time.

NO cell phones, I-pods, MP3 players etc... This is to prevent these items from being lost, stolen, or broken. Adults will have cell phones for emergencies! Please leave yours at home! If you bring it and we find it, we will keep it until camp is over.

Boys & Girls will be separated into different cabins (with one adult in charge per cabin) and **are NOT** allowed in the cabin of an opposite sex **AT ANY TIME!**

Free time is to be spent in your own cabin, or other designated area where adults are supervising.

Do NOT wander away from designated areas alone, with a friends, or a group of friends at any time.

I have read and understand the above rules. I understand not following these rules can result in contact of my parents for immediate removal without refunds. I further understand that I will be held responsible for any damages I cause to camp property or other students property.

Student _____ Date _____

Parent _____ Date _____