

# *Howell Central Spartans*

## **Cross Country Camp**

**June 4<sup>th</sup> - 7<sup>th</sup>**

**6:00p - 8:00p**

**Grades 6-12**

**Cost: \$40**

**(t-shirt included)**

**Monday @ Howell Central**

**Tuesday @ Fiber Park**

**Wednesday @ Laurel Park**

**(XC Strength and Conditioning Presentation)**

**Thursday @ Legacy Park (pizza)**

**Directions to parks on back**



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**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Parents E-mail:** \_\_\_\_\_

**T-shirt size:** \_\_\_\_\_

Call Michelle Breuer @ 314.749.3530 if there are any questions!

Mail checks to: 1171 Shorewinds Trail, St. Charles, MO 63303

Make checks payable to "FHC" or you may register online at:

[www.fhcsummercamps.com](http://www.fhcsummercamps.com)

**REFUND POLICY - NO REFUNDS AFTER JUNE 4TH**

## Directions to:

**Fiber Park** (this was the original name, not sure of the official name) - this park is off Mexico Rd. very close to the Rec-plex. It is actually right next to Tom Mansfield's nursery. There is a big playground behind the parking lot.

**Laurel Park** - I know there are a couple of entrances. If you take McClay Rd. to McClay Valley Rd, turn left, then follow McClay Valley Rd back to the 1<sup>st</sup> parking lot on the left.

**Legacy Park** - New park in Cottleville...off Hwy N behind City Hall.