

Consent for Medical Treatment
and
Release of Liability

I hereby desire my child to participate in the Millsaps Boys and Girls Cross Country Camp offered by Andy Till at Millsaps College and Camp Bratton Green and have had my child checked by his/her physician and he/she is able to participate with no restrictions. By the execution of this release, I acknowledge and agree that all requirements, directions, supervision, and standards set by the directors of this program shall be established for his/her benefit. I hereby voluntarily assume all risk of accident or injury to my child which may arise out of his/her participation in this program and therefore hold harmless Andy Till, all personnel associated with this program, and Millsaps College and Camp Bratton Green from any and all liability that may result from his/her participation. In addition, I give my permission for emergency medical treatment in the event I cannot be reached.

Parent or Guardian Signature:

Emergency #: _____

Date _____

Any conditions the staff should know about _____

Coach Till Running, LLC
Cross Country Camp
Andy Till
Millsaps College
1701 North State Street
Jackson, MS 39210

MILLSAPS



Boys & Girls Cross Country Camp

August 3 - 6, 2009

at Camp Bratton Green

Photos of Bratton Green at
<http://graycenter.diomsorg>

Coach Andy Till

601-955-9597

andy.till@millsaps.edu

Millsaps Boys & Girls Cross Country Camp

Get a head start on the competition by attending Millsaps Cross Country Camp at Bratton Green. The camp is open to rising 7th graders thru high school seniors. The first 15 boys and 15 girls will be accepted.

Campers will experience two runs daily on soft surface trails. Guest speakers will instruct campers on: nutrition; proper warm up and cool down; biomechanics; strength training; race strategies; goal setting; and injury prevention.

Campers will also learn team building strategies, running games, and what it takes to be a successful cross country runner.

Camp Bratton Green offers swimming, fishing, and canoeing in the lake, and hanging out at the pool between runs.

Sample Daily Schedule:

6:45 Wake up
7:00 - 8:30 Morning workout/run
8:30 - 9:30 Breakfast
10:00 Clinic
12:30pm Lunch
1:30 - 3:30 Free time
3:30 - 5:00 Afternoon workout/run
5:30 - 6:30 Dinner
6:30 - 7:30 Speaker
7:30 - 10:00 Recreation
10:00 Curfew
10:15 Room Check
10:30 Lights Out - quiet hours begin

Check in: **Monday 1:00-2:30**

Check out: **Thursday 11:00-12:00**

Cost: **\$325**
(\$50 nonrefundable deposit due with application and physical)

Items to bring: sleeping bag/bedding, pillow, bug spray, sunscreen, swimsuit, towel, running shoes, running clothes, socks, toiletries, etc...

Directions to Bratton Green

From the South: I-55 North to exit 124 (North Canton/Yazoo City) Turn right (East) on Hwy 16 East - then turn left almost immediately after entering Hwy 16E onto Davis Cross Road (which is same as Frontage Rd) stay on Davis Cross for close to 4 miles - Turn left (North) onto US Hwy 51 N at Duncan M. Gray Episcopal Camp and Conference Center sign - Stay on Way Road for one mile to stop sign. Turn left to Camp Bratton Green.

From the North: I-55 South to exit 139 (Benton/Pickens/Yazoo City/Hwy432) Travel East on 432 for 3 miles to US Hwy 51. Turn right (South) on US 51 and continue for 9.5 miles. Turn right at the Duncan M. Gray Episcopal Camp and Conference Center sign onto Way Rd. Stay on Way Rd. for one mile to stop sign. Turn left to Camp Bratton Green.

About Coach Till

Coach Till is the first full-time Head Cross Country Coach at Millsaps College and is currently building the track & field team from the ground up. At St. Andrews, Till developed one of the most dominant cross country and track & field programs in the state. Coach Till's Girls Cross Country team won 10 consecutive 2A State Championships with eight individual State Champions. He has been both the boys and girls track & field coach since 1997. During his tenure, the Saints won five 2A State Championships and had six runner-up finishes in addition to 50 individual Track & Field State Champions.

Millsaps Cross Country Camp Application 2009

Name _____

Address _____

Phone # _____

School _____

Grade _____ Age _____

Years running _____

5km p.r. _____ 1600m p.r. _____

Parent _____

Work/Cell # _____

Email _____

\$50 deposit will reserve your spot. Balance is due first day of camp.

T-shirt size (circle one):

AXS AS AM AL AXL

****Make checks payable to
Coach Till Running, LLC
Send Application & Payment to
Coach Andy Till
Millsaps College
1701 North State Street
Jackson, MS 39210**