

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

Mon, July 8 - Jamestown	Mon, July 22 – Jamestown	Mon, July 29 – Jamestown
Tues July 9 – WISC	Tues, July 23 – WISC	Tues, July 30 – WISC
Wed, July 10- Jamestown	Wed, July 24 – Jamestown	Wed, July 31 - Jamestown
Thurs, July 11- WISC	Thur, July 25 - WISC	
Frid, July 12 – No Practice	Fri, July 26 – No practice	

Jamestown HS - meet at track

WISC – meet on grass field adjacent to WISC

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: \$35.00 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