

# Monarch Cross Country Camp



## 2026

### Middle School & High School Boys/Girls Entering Grades 7 - 12

Dates: August 3rd - 6th

Time: 9:00 - 10:30 A.M.

Cost: \$25.00 Individual / \$40.00 Family

**Location of All Camps:** Denison High School main lobby. We will meet in the parking lot east of the high school.

### **Coach Contact Information:**

Head Coach Raegan Andersen - [randersen@denisoncsd.org](mailto:randersen@denisoncsd.org) Phone: 712-263-3104

Assistant Coach Monica Lara - [mlara@denisoncsd.org](mailto:mlara@denisoncsd.org) Phone: 712-263-3103

Middle School Coach - Trey Kluender - [tkluender@denisoncsd.org](mailto:tkluender@denisoncsd.org) Phone: 712-263-3104

#### **What to Bring:**

Shorts, running shoes, socks, t-shirt, and a water bottle.

Water will be provided, campers are encouraged to bring their own water bottle.

The camp will be conducted according to the Iowa High School Athletic Association camp rules.

#### **What to Expect**

The camp will help prepare you mentally and physically for the 2026 season.

Each camper will get individual work on running form, and a better understanding of the sport of cross country.

All campers will receive a T-Shirt.

- **You CAN register the day of camp.**
- **If you can't make it to camp please talk to any of the coaches beforehand.**  
    **"To settle for anything less than your best, is to sacrifice the gift" - Steve Prefontaine**

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## Monarch Cross Country Camp Registration Form 2026

Name: \_\_\_\_\_

Grade (2026): \_\_\_\_\_

Phone: \_\_\_\_\_ Please Check: Individual \_\_\_ Family \_\_\_ (Indicate #)

We (I) request that you accept the application for enrollment of our (my) son and/or daughter in the 2026 Monarch Cross Country Camp. We (I) hereby release the Denison School Board and the Monarch Cross Country Coaching Staff from claims due to injuries that may be sustained by our (my) son and/or daughter while attending or traveling to or from the 2026 Monarch Cross Country Camp. We (I) also certify that our (my) son or daughter is/are medically fit to participate in this camp.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*\* Please make checks out to Monarch Cross Country

\*\* Return to High School Office or Mail to:

Denison Community Schools c/o Raegan Andersen

819 N 16th St Denison IA 51442