

# BBCATS

PALM VALLEY ACADEMY

## RUNNING CAMP

Do you love to run, have fun and be active?  
If you answered "YES!" then the Running Camp is for you!  
We will meet once a week to train for a 5K race or Fun Run.  
Participants will receive a Dri-fit Running Camp T-shirt!

**Cost:** \$60 Check payable to PVA Running Camp or Use QR code below.  
(Race entries are NOT included)

**Who:** Coach Henson, Ms. Buckner, Ms. Crawford, Mrs. Lombardi, Ms. Weber,  
Ms. Ridout, and Ms. Smalling  
2<sup>nd</sup> – 8<sup>th</sup> graders (space is limited and fills up fast, so register soon)

**When:** Tuesdays 2:50 - 4:15

**Start date: December 5th, 2023**

**End date: February 6th, 2024**

**Race Optional:**

*\*more race registration information will be sent to Running Camp members\**

**\*\* THERE ARE LIMITED SPOTS FOR EACH GRADE LEVEL. RUNNING CAMP FILLS UP QUICKLY, SO IF YOU ARE INTERESTED, PLEASE FILL OUT THE FORM BELOW AND RETURN TO COACH HENSON USE THE QR CODE TO MAKE PAYMENT\*\***



If you have any questions, please contact  
Coach Henson @ [al.henson@stjohns.k12.fl.us](mailto:al.henson@stjohns.k12.fl.us)



# RUNNING CAMP REGISTRATION FORM

Child's Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

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

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Transportation Home: \_\_\_\_\_

Child's Shirt Size (INCLUDED WITH REGISTRATION) - circle one:

Youth Small	Youth Medium	Youth Large	Youth X-Large
Adult Small	Adult Medium	Adult Large	Adult X-Large

Parents/Siblings: Plan to join us at the race? Get a matching Running Camp T-shirt for just \$13 each.

Circle size(s) needed:

Women's X-Small	Women's Small	Women's Medium	Women's Large	Women's X-Large
Men's Small	Men's Medium	Men's Large	Men's X-Large	Men's XX-Large
Youth Small	Youth Medium	Youth Large	Youth X-Large	

