



Lakeshore Middle School



# Endurance Adventure



• Team Building • Leadership • Running • Physical Challenges • Problem Solving • Mountain Biking • Canoeing

Does Adventure Racing appeal to you?

Do you WANT to learn or improve your running, biking & fast thinking?

If the answer to these is "yes" then you should join the:

## LAKESHORE ENDURANCE ADVENTURE TEAM

**Endurance Adventure builds leadership, fitness and team building through competition & camaraderie in a variety of activities and training sessions. You will be fully engaged in a totally different adventure- an ENDURANCE ADVENTURE.**

For more information check out the site at: <http://www.enduranceadventure.org/>

### **Expectations:**

- You will give your personal best, work hard and be ready to sweat!
- We run! Meaning you need to be willing to run!
- We bike! You need a bike that is tuned up, safe, and ready to ride.

### **Cost:**

\$50 includes t-shirt, practices/clinics and an incredible Final Adventure Race.

A limited number of scholarships may be available. Financial Aid Applications can be picked up in student services. Payment not due until application is accepted.

**Equipment Needs: Mountain bike, helmet, athletic shoes and water bottle.** It is important that you have a bike you can bring to the final event as well as to the practice sessions. Bike days will be announced in advance. Students are welcome to store their bikes in a locked storage room during the week.

### **Endurance Adventure Deadlines and Practice Times**

- Application must be completed and turned in by Tuesday, March 28<sup>th</sup>
- Practice twice per week (Monday/Wednesday) from 2:50-4:00 starting after spring break. Bike days and clinics may go later. Times will be provided in advance.
- The first full practice is Monday, April 10<sup>th</sup>
- The final event will be on Saturday, June 10, 2017

\*Endurance Adventure is a team commitment. Boys and Girls on the Endurance Adventure team will not be able to participate in other spring sports: track, baseball, lacrosse, soccer etc.

# Endurance Adventure 2017 Application

Student's name: \_\_\_\_\_  
  First  Last

Grade \_\_\_\_\_ Connections teacher \_\_\_\_\_ Locker # \_\_\_\_\_

<p><b>* Answer the following questions on the back of this application:</b> What skill(s) or qualities will you bring to the team? What skill(s) are you looking forward to learning or improving?</p>
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Parent(s) Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ e-mail \_\_\_\_\_

**Yes we have a mountain bike to use.**       **No we do not have a mountain bike to use.**

My child has permission to participate in Endurance Adventure and to ride with coaches to all off-site/school EA clinics and activities \_\_\_\_\_

parent signature

**Shirt Size:** Circle one

**Youth: Large**

**Adult: Sm Medium Large XL XXL**

**I am able to help by:**

- \_\_\_\_ Donating a used or new mountain bike
- \_\_\_\_ Transporting bikes (or use of your trailer)
- \_\_\_\_ Providing a team snack for outings
- \_\_\_\_ Driving to clinics
- \_\_\_\_ Helping with the final competition June 10, 2017
- \_\_\_\_ Donating food items to the final event BBQ June 10, 2017
- \_\_\_\_ Financially helping to sponsor a teammate



**Payment of \$50 is not due until students have been informed of making the team. Checks will be made out to Grand Haven Area Public Schools.**

Questions? Please call or email Jeff McClintic 616.850.6541 – mcclinticj@ghaps.org

**Please note:** the number of boys and girls that can be on the Endurance Adventure team is limited to 18. 9 Boys & 9 Girls spots are available. **Applications Due by Tuesday, March 28<sup>th</sup>**

**Return completed application to student services, Mrs. Gesiakowski or Mr. McClintic.**