



WAUSAU WEST CROSS COUNTRY YOUTH RUNNING CAMP



Who: Students entering grades 4-6 & 7-9 (in Fall 2018)

When: June 11-June 14, 2018

Time: 2:30-4:00 pm

Where: Wausau West Outdoor Track

Cost: \$30 (includes t-shirt)

The Wausau West Boys and Girls Cross Country teams would like to invite you to our 2018 Youth Running Camp.

This year our camp will be organized into two separate sections...grades 4-6 & grades 7-9. Our focus is on athletes having fun while learning to identify themselves as "runners". Both sections include ability group and age appropriate running activities, mentoring from current high school runners, active/dynamic warm-up routines, advice on proper running technique, snacks, and games. Learning targets include: functional strength, commitment and being a supportive teammate, adequate recovery, age appropriate training, and the importance of keeping it fun!

Come have fun and promote your enjoyment of overall fitness!

Please complete the following form and return to:
Coach Jason Myers 1200 W. Wausau Ave. Wausau, WI 54401

Questions? Contact Coach Jason Myers
(Work) 261-0850 (Home) 432-7905
email: jmyers@wausauschools.org

CUT HERE—AND SEND LOWER PORTION

Athlete's Name _____ Parent/Guardian Phone # _____

Grade entering (Fall 2018) _____ School (Fall 2018) _____

T-shirt size (Circle One): Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult XL

_____ included is camp fee of \$30.00 **(Check payable to: Wausau West Cross Country)**

I authorize emergency First Aid to be administered in case of injury and will assume responsibility for health, medical and accidental injury insurance for my child while enrolled in camp.

 Parent/Guardian Name (Printed) Parent/Guardian Signature Date