



# WAUSAU WEST CROSS COUNTRY YOUTH RUNNING CAMP



**Who:** Students entering grades 4-6 & 7-9 (in Fall 2019)

**When:** June 17-June 20, 2019

**Time:** 3:30-5:00 pm

**Where:** Wausau West Outdoor Track

**Cost:** \$25 (includes t-shirt)

The Wausau West Boys and Girls Cross Country teams would like to invite you to our 2019 Youth Running Camp.

This year our camp will be organized into two separate sections...those entering 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, proper running technique, 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 ext. 34197 (Home) 715-432-7905**

**email: [jmyers@wausauschools.org](mailto:jmyers@wausauschools.org)**

*CUT HERE—AND SEND LOWER PORTION*

Athlete's Name \_\_\_\_\_ Parent/Guardian Phone # \_\_\_\_\_

Grade entering (Fall 2019) \_\_\_\_\_ School (Fall 2019) \_\_\_\_\_

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

\_\_\_\_\_ included is camp fee of \$25.00 (Check payable to: **Wausau West Cross Country**)

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Date