



WAUSAU WEST CROSS COUNTRY YOUTH RUNNING CAMP



Who: Students entering grades 4-9 (in Fall 2017)
When: June 12-June 15, 2017
Time: 3:00-4:30 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 2017 Youth Running Camp. Our camp provides kids an opportunity to learn how to have fun while learning to identify themselves as "runners". Each session includes 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: keeping it fun, commitment and being a supportive teammate, age appropriate training, and the importance of functional strength training.

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 Head 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 2017) _____ School (Fall 2017) _____

T-shirt size (Circle One): 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