

Warrior Cross Country Camp

For: male middle school through high school athletes

Where:

Mon, Tue, Thrus, Fri Meet at the Waubonsie Valley J.V. Softball field

Wed Meet at McDowell Forest Preserve

Saturday Meet at Blackwell Forest Preserve

When: July 3rd – July 29th from 7:30-9:30a.m.

Instructors: WV Boys' coaching staff

Cost: \$50(includes cost of WV track camp)

Spend time learning the conditioning routine that the Waubonsie Valley Boys' team uses to compete in the State Meet. Athletes will participate in aerobic conditioning, form drills, core exercise drills, and weight lifting. Training is determined by subdividing athletes into ability groups that are appropriate for their current fitness level. The older boys will have the option to attend a leadership camp the last week of the summer if they demonstrate an appropriate level of fitness during the camp.

Send to

Kevin Rafferty

2590 Route 34

Aurora, IL 60504

Name: _____ T-Shirt Size: S M L

Address: _____

Home Phone(____)_____ Emergency Phone (____)_____

Grade level for 2017-2018 _____ School _____