



2019 WEBO Youth Running Camp



Activities covered:

- Running fundamentals
- Fun activities
- Core strength
- Flexibility

What to do:

- Complete online registration form

What to wear:

- T-shirt & shorts
- Running shoes

What to bring:

- Water bottle

When: July 8th – 10th from 5:30pm – 6:45pm

Price: Free

Where: Western Boone High School – by Sycamore trees next to tennis courts

Who: Granville Wells and Thorntown students who will be entering 4th, 5th and 6th grades in the 2019 – 2020 school year

What: The Western Boone High School and Junior High Cross Country coaches will be holding a 3-day Youth Running Camp. Participants will be introduced to the sport of Cross Country. Activities will include running, stretching, and core-strengthening exercises. There will also be fun running activities to promote a positive experience.

RSVP: Please register online by July 1 @ <https://www.simplyregister.net/register/?e=116079>

Questions: Feel free to contact Coach Keith Lively @ keith.lively@outlook.com – or – Coach Alan Miller @ alan.brenda.2006@hotmail.com with any questions.