

WDP

WILDCAT DISTANCE PROJECT



1ST ANNUAL YOUTH RUNNING CAMP HOSTED BY PLAINFIELD CENTRAL CROSS COUNTRY



CAMP DATES

June 4th-7th, 11th-14th

-FROM-

8:00am-9:30am

-AT-

Wildcat Stadium

Plainfield Central High School



JOIN IN ON THE FUN!

We are looking for any boys and girls, **grades 6-9**, who enjoy running, or would like to learn more about the sport of long distance running and Cross Country.

No prior experience is needed! All you need is a pair of running shoes and a positive attitude!

Each camper has the unique opportunity to work with experienced coaches and athletes that will offer constructive feedback and advice!



CAMP INCLUDES:

- A variety of runs and distances to develop your aerobic fitness.
- Exercises to improve your flexibility, mobility, and strength.
- Games to emphasize fun and team building.
- Guest speakers discussing various topics related to the sport of running.
- 'Wildcat Distance Project' t-shirt for all participants.
- A 1 mile race at the conclusion of camp.

CAMP REGISTRATION

The cost of the camp is \$75.00. You can register online at the Plainfield Central High School Athletics webpage.

il.8to18.com/plainfieldcentral



2017 Plainfield Central Wildcats Cross Country Program

LOCATION



Enter into the gate near the visitor's bleachers. We will take attendance and begin warm-ups from the track.

All of our distance runs will be done through neighborhoods on sidewalks or on paved paths near Downtown Plainfield.

Safety is our number one priority, so we will never go anywhere where our campers will be at risk. No campers will ever run unsupervised.

We are very fortunate that Plainfield is a great place to run!

WDP COACHES

Jeff Purdom

Head Boys Cross Country Coach



John Prieboy

Head Girls Cross Country Coach



WE LOOK FORWARD TO SEEING YOU THIS SUMMER!