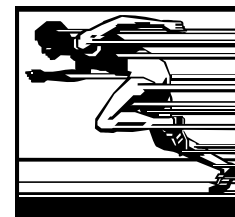


2011 Boys' & Girls' Running Camp

Ages 12 to 18 years

LOCATION: Nathan Hale High School, 116th & W Cleveland Ave.
Meet at the west entrance of the school



DAYS: Mondays, Tuesdays, and Thursdays
Program begins Monday, June 20 and ends Thursday, July 28, 2011

TIME: 9:00 -10:30 a.m.

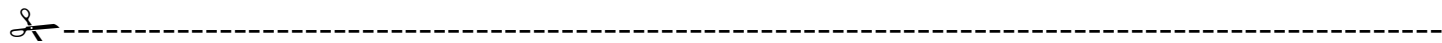
FEE: \$54.00 Residents
\$81.00 Non-Residents

REGISTRATION: Register in person or by mail at the WA-WM Recreation Dept., 1205 S 70th St., West Allis 53214 or register online at <http://www.wawmrec.com> . Deadline to register is Friday, June 11, 2011.

This running program is designed to help develop and strengthen your running skills through the following:

- Proper stretching techniques
- Running drills, weight lifting
- Running form
- Distance running
- Interval track workouts
- Hill workouts
- Speedplay relays
- Introduce some track and field events

The instructor and creator of this running program is Terry Labinski (home phone: 262-549-1754; work number until June 11: 604-4600, ext 1623).



**WEST ALLIS-WEST MILWAUKEE RECREATION DEPARTMENT
RUNNING CAMP 2011 REGISTRATION FORM**

Child's Name: _____ Date of Birth: _____
Month/Day/Year

Address: _____ City: _____ Zip: _____

Phone _____ Grade (10-11 School Year): _____

Adult T-Shirt Size: Sm Med Lrg XL

Name of Person Paying: _____ Home Phone: _____ Work Phone: _____

Address: _____ City: _____ Zip: _____

Check payable to: WA-WM Recreation Department (Money must accompany form)

FEE: \$54.00 Resident \$81.00 Non-Resident check cash

Registration Number: 8131.201