



# WAUSAU WEST CROSS COUNTRY YOUTH RUNNING CAMP



**For athletes entering grades 3-8 in Fall 2025**

**Monday, June 9 through Thursday, June 12  
3:15 - 5:00 PM**

**Meet on the Wausau West Track**

**Camp Fee is \$25 (includes snacks & t-shirt)**

The Wausau West Girls and Boys Cross Country teams would like to invite you to our 2025 Youth Running Camp.

The goal of our camp is to introduce young runners to the fundamentals of running, conditioning, and healthy habits. Camp activities include ability group and age appropriate running activities, mentoring from current high school runners, snacks, and games.

Come have fun and promote your enjoyment of overall fitness!

**Please complete the form below or register ONLINE:**

**Questions? Contact Coach Jason Myers**  
**(Work) 261-0850 ext. 34147 (Home) 715-432-7905**  
**email: [jmyers@wausauschools.org](mailto:jmyers@wausauschools.org)**



*CUT HERE—AND SEND LOWER PORTION*

Athlete's Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Grade entering (Fall 2025) \_\_\_\_\_

Phone: \_\_\_\_\_

School Attending (Fall 2025) \_\_\_\_\_

Email: \_\_\_\_\_

T-shirt size (Circle One): Youth Small Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult XL

\_\_\_\_\_ included is camp fee of \$25.00 **(Check payable to: Wausau West Cross Country)**

\_\_\_\_\_  
Parent/Guardian Name (Printed)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**Mail Payment To: Coach Jason Myers 1200 W. Wausau Ave. Wausau, WI 54401**