

Wayzata Boys XC Running Clinic (Grades 7-12)

When: 8:30-10:00 M, W, Th (Wednesdays go until 10:15) @ WHS.

June 10th through July 31st

-No clinic on June 19 (district-wide) or July 4-10 (MSHSL)

Schedule: 8:30-8:40. Short lecture on training, racing, and health
8:45-9:45/10:00. Running workout and strength training
9:45-10:15. Yoga on Wednesdays

Cost: \$100 to cover Clinic T-shirt, water bottle, yoga, etc. Please register by June 7th at the latest.

Location: **Wayzata High School.** We will meet at the basketball courts near the Elm Creek Play fields. Our training, brief meetings, and yoga sessions will all take place outdoors. Athletes will be encouraged to bring their own clearly labeled water bottle. We will cancel due to thunderstorms or downpours – but otherwise we will go each day.

Payment: Venmo – @wayzatayouthxc

Please make checks payable to: “Wayzata Youth Cross Country Club”

****If paying by check, bring check to first day of Clinic on June 10th****

Questions: Mark Popp: mark.popp@wayzataschools.org

TO REGISTER:

Submit payment through Venmo
Complete the [Google Form](#)

