



Summer Fitness and Conditioning 2019

When: June 17th–August 9th **Location:** Grants Pass All-Sports Park

Time: 7:00-8:30am- Monday thru Friday---No charge/fees

Train with others who are at the same fitness level as you. Fun, bonding and a great opportunity to improve your cardiovascular system.

Contacts: Coach Goodell-660-7895, Coach Stuart-441-1708, Coach Bogart 218-6628

- Meet at the tennis courts
- Location: Bridge Street, turn left on Spruce to tennis court
- Steens Mountain Running Camp---July 21-27 (Closed)
- Grades: 6-12, parents welcome to run.
- We ask that rides please arrive by 8:30 am for pick-up.
- Bring—Water Bottle, Good running shoes, Positive attitude.
- Daily practice not mandatory, come when you want.
- You will make many new friends, our motto is, “FAMILY”

BRING:

WATER BOTTLE, REGULAR RUNNING SHOES AND POSITIVE ATTITUDE