



“You don’t have to be great to get started, but you have to get started to be great.”



BE ELITE.



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**West Aurora
Endurance Camp
Entering 5th-8th grades**



**Tues, Wed, Thurs
July 13-July 22
8:30-9:40 am**

**Monday-Friday
July 26- August 12th
8:30-9:40 am**

WEST AURORA ENDURANCE CAMP 2020

CAMP LOCATION

July 13-July 22

Tuesday's @ Herget M.S. Meet at outdoor Basketball court

Wed. and Thurs. @ Lincoln Park on South Russell Ave., Aurora

July 26- August 6

Mon-Friday Herget M.S.

Meet at outdoor basketball court

August 9-August 12

Mon-Friday Lincoln Park

on South Russell Ave., Aurora

All dates meet from

8:30-9:40 AM

CAMP DETAILS

The West Aurora Endurance Camp will provide participants with guided distance training based on the ability of each individual. In no way is experience or talent a prerequisite for the camp. Training will include a variety of workouts, each of which will take into account the capabilities of the athlete. With this being said, those thinking of participating in the camp should not be discouraged by their current endurance. The intention of the Endurance Camp is to direct the individual to a desired level of fitness for their sport.

CAMP ATTENDANCE

Come to some or come to them all! Daily attendance is not required. We want to provide a flexible schedule where athletes have multiple opportunities to improve their endurance. As usual, parents are always welcome to join us in runs, walk the grounds or just visit with other parents watching practice.



Pick up meets

We will have several opportunities throughout the summer when athletes can participate in meets and time trials with the Batavia Accelerators at no extra cost. More information will be handed out at camp.

Endurance Camp Registration

To register please visit us at:

<http://il.8to18.com/herget>

Click on register to begin the process. If you already have an account please use that. If you do not have an account please select create an account. If you have any questions about registration please contact Adam White (awhite@sd129.org) 630-301-5755.

CAMP WILL BE FREE OF COST THIS SUMMER

For any questions concerning the camp please contact Mark Banholzer at (mbanholzer@sd129.org) 630-301-5042

