

## Fees

Session I or Session II      \$75  
Full Summer                      \$120

## Team Discount

5 or more runners from same school  
Running the full summer      \$ 100

*\*We will offer a number of spaces for economically disadvantaged students at a discounted rate. Please contact program directors for details.*

## Coaches

### **Will Henderson**

- Founder of WillsHills running program
- Coaches runners of all ages and abilities
- Over 80 Marathons, & 20 years of racing experience
- Red Cross first aid, CPR and AED certified

### **Brett Hervat**

- Head Cross country and track coach at Bellaire HS
- 17 years high school coaching experience
- 25 years of running and racing experience
- Red Cross first aid, CPR and AED certified

## **What participants are saying?**

"I run in the program and it's the perfect summer program for any runner, high school or not that wants to improve"

- Cole Daily, #1 American finisher 2008  
Houston Marathon

"I went from a JV runner my junior year to the number one runner my senior year. Wills Hills over the summer made the difference."

-Sergio Leal, Bellaire grad 2008

"The workouts are hard but never boring, having the group there to push you is the key"

-Mickey Cuarezma, Bellaire runner

"After running only one year in high school, I was able to make the cross country and track teams at Texas A&M. Wills Hills help me achieve my goal."

-Kiya Dandena, Bellaire grad 2007

## WillsHills

### **Boys and Girls**

### **High School Program**



**Run Your Best!**



**Summer 2009**

<http://www.WillsHills.net>

## What is WillsHills and how can it help my running?

WillsHills is a not-for-profit running group. Started to help runners of all skill levels develop their running abilities. Our main objective is to build a solid running foundation and prepare you for the upcoming track/cross country season.

Our runners develop stamina, strength, endurance and team work. We encourage running and total body fitness, by using a combination of hill and speed work, tempo runs, plyometrics and calasthetics. We're a very fun, supportive and enthusiastic group.



## Workouts that work!

- Hill repeats
- Speed work
- Long intervals
- Tempo runs
- Strength training
- Cross country races
- Personalized Training

All workouts are designed for high school cross country runners of all abilities.

### Session I June 1-July 3

### Session II July 13-August 14

Workout Times  
**Mon. Wed. Fri.**  
**7:15-8:15 am**

Spotts Park YMCA  
**Waugh Dr. just north of  
Memorial Drive**

## Registration Form

Runners Name \_\_\_\_\_

Age \_\_\_\_\_ School \_\_\_\_\_

Home Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Check appropriate box

\_\_\_\_\_ Session I \$75  
\_\_\_\_\_ Session II \$75  
\_\_\_\_\_ Full Summer \$120  
\_\_\_\_\_ Team Discount \$100

### T-Shirt Size XL L M S Circle Choice

Checks Payable to: WillsHills P.O. Box 1382  
Bellaire, TX 77402-1382

By signing this form is agree to have read and fully understand all of the terms and conditions of The WillsHills release, waiver, discharge and covenant found on the first page of the WillsHills Web Site. (<http://willsHills.net>). I grant my child my permission to participate in WillsHills Summer Program.

Students Signature \_\_\_\_\_

Parents signature \_\_\_\_\_