

Walnut Grove HS

Cross Country (C)



## ATH - 1st - 6th Grade Cross Country Camp

Athletes will learn the basics of cross country running. This will include proper warm-ups, running mechanics, nutrition and competition. Campers should bring a water bottle/sports drink and comfortable shoes to run in. There will be sports drinks, water and light snacks to purchase at the halfway point if they did not bring any. This will make sure the campers are hydrated and have enough fuel.

**Camp Start Date:** June 8, 2026

**Start Time:** 7:00:00 AM

**Camp End Date:** June 11, 2026

**End Time:** 9:00:00 AM

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**Venue Name:** WGHS Turf and Track

**Venue Address:** 3500 East 1st Street, Prosper, TX 75078

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**Camp Cost:** \$105.00

**Questions:** John Fletcher [jhletcher@prosper-isd.net](mailto:jhfletcher@prosper-isd.net)

**Special Notes:**

Campers should be dropped off and picked up at the back of the school near the football field ticket booth.