NICOLET RECREATION DEPARTMENT

HIGH SCHOOL RUN CLUB

The program is organized to promote cardio training over the summer break in preparation for fall sports or the achievement of personal running related goals. Participants will have the opportunity to train with others who have similar fitness levels in a group environment. Workouts include plyometrics, strength, speed, and endurance training to get you in top shape to reach your potential and meet your goals. This program is highly recommended for cross country athletes.

Mondays, Tuesdays & Thursdays, June 16 - August 7
8:30 - 10:00am | Kletzsch Park - Pavillion
$200.00R/$230.00NR | Program#: 323080-01
Grade: 9th - 12th (grade as of Fall 2025)
Nicolet High School Cross Country Coaching Staff

REGISTER ONLINE AT:
HTTPS://WEB2.VERMONTSYSTEMS.COM/NICOLET.HTML

NICOLET RECREATION DEPARTMENT

MIDDLE SCHOOL RUN CLUB

The program is organized to promote cardio training over the summer break in preparation for fall sports or the achievement of personal running related goals. Participants will have the opportunity to train with others who have similar fitness levels in a group environment. Workouts include plyometrics, strength, speed, and endurance training to get you in top shape to reach your potential and meet your goals. This program is highly recommended for cross country athletes.

Mondays, Tuesdays & Thursdays, June 16 - August 7
8:30 - 10:00am | Kletzsch Park - Pavillion
$200.00R/$230.00NR | Program#: 323081-01
Grade: 4th - 8th (grade as of Fall 2025)
Nicolet High School Cross Country Coaching Staff

REGISTER ONLINE AT:
HTTPS://WEB2.VERMONTSYSTEMS.COM/NICOLET.HTML