

# 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 17 - August 9 (skip 7/4)**

**8:30 - 10:00am | Kletzsch Park - Pavillion**

**\$95.00R/\$105.00NR | Program#: 323080-01**

**Grade: 9th - 12th (grade as of Fall 2024)**

**Jeff Fishbach and the  
High School Cross Country Coaching Staff**

**REGISTER ONLINE AT:**

**[HTTPS://WEB2.VERMONTSYSTEMS.COM/NICOLET.HTML](https://web2.vermontsystems.com/nicolet.html)**

Nicolet Recreation Department | 6701 N. Jean Nicolet Rd. Glendale, WI 53217

Phone: (414) 351-7566 | Fax: (414) 351-4053

Website: <https://www.nicolet.us/page/nicolet-recreation-department>



# 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 17 - August 9 (skip 7/4)**

**8:30 - 10:00am | Kletzsch Park - Pavillion**

**\$95.00R/\$105.00NR | Program#: 323081-01**

**Grade: 4th - 8th (grade as of Fall 2024)**

**Jeff Fishbach and the  
High School Cross Country Coaching Staff**

**REGISTER ONLINE AT:**

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