



# ENERGIZED CROSS COUNTRY



## Coaching and Racing

**3.30-4.30pm**

**Monday 30 July, 6, 13, 20 August 2018**

Minogue Park – meet at Walsh St entrance

Suitable for ages 8-12 who are keen to be coached in running  
and racing for cross country

What to bring: shoes, drink bottle, light clothing

For more info contact Melissa - [melissas@sportwaikato.org.nz](mailto:melissas@sportwaikato.org.nz), 021 907 984

Register through Sport Waikato website - [www.sportwaikato.org.nz](http://www.sportwaikato.org.nz) and go to  
the date in the calendar. Limited to first 50 registrations