

## Fees

Summer Session                      \$125

## Team Discount

6 or more runners from same school  
running the full summer (each)                      \$100

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

## Coach

### Will Henderson

- Founder of Wills Hills running program (21 years)
- 105 Marathons & 33 years of racing experience
- Red Cross first aid, CPR and AED certified

### Brett Hervat

- Running Coach Bellaire HS over 15 years
- Red Cross first aid, CPR and AED certified

## What participants are saying:

*"Thank you for an excellent summer. I had so much fun at Wills Hills. I got to meet new people, challenge myself with workouts and spend time with others who share my joy of running. I can't wait for next year!"*

—Bethany Vuyk, Pope John HS.

*"Most of my team participates in Wills Hills every summer, the kids loved it. We are having a great season!"*

—Bret Ramsey, Head Cross Country & Track Coach, St. Thomas Episcopal High School

*"I've always needed to run with a group during the summer to stay in shape. It's difficult because my cross country team doesn't practice. This summer was amazing with Wills Hills. I'm in the best shape ever! The workouts were killer but you and Coach Hervat were really encouraging. Thank you so much for doing this, I loved it."*

—Jennifer Melcher St. John's High School

*"I run in the program, 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 (#11 overall 2:25:06)



## Boys and Girls High School Program



[Http://WillsHills.Net](http://WillsHills.Net)

## What is Wills Hills' and how can it help my fitness and running?

Will's Hills helps high school athletes of all skill levels develop their aerobic and running abilities. The goal of Wills Hills Training is to help our athletes achieve their best season ever, be it Cross Country, Track, Soccer, Football, Lacrosse, etc. Having fun is an essential part of the process too.

By training throughout the summer you will return to school, faster, stronger and with more confidence than before. Our training also strengthens muscles, joints and tendons which helps prevent injury. Wills Hills is not just for runners, it will help you excel in **any sport** that involves running quickness and/or agility.

Our approach focuses on total body fitness. In addition to running, our workouts include plyometrics, calisthenics, and stretching. The workouts are challenging fun, and very effective.



## Workouts that work!

- Hill repeats
- Speed work
- Interval training
- Tempo runs
- Time trials
- Strength training
- Personalized training



All workouts are designed for high school athletes

## 2024 Summer Session

Wednesday June 3th -  
Friday June 28th

## Workouts

Mon. Wed. Fri.  
7:15 - 8:30 am

Spotts Park  
401 South Heights  
Boulevard  
Houston, TX 77007



### Registration Form (Please **PRINT VERY, VERY** Clearly)

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

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

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Check appropriate box

\_\_\_\_\_ Session I \$125

\_\_\_\_\_ Team Discount \$100 per person (6 or more)

T-Shirt Size XL L M S Circle Choice

Pay Online: Willshills.Net

Checks Payable to: Will's Hills 2213 Fulham  
Ct. Houston TX, 77063 Houston, TX, 77036

By signing this form I acknowledge to have read and fully understand all terms and conditions of, " The Wills Hills Release Waiver Discharge and Covenant" found by link on the first page of The Wills Hills Website (<http://willshills.net>). I grant my child permission to participate in Wills Hills High School Program.

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

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