

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 (19 years)
- 105 Marathons & 33 years of racing experience
- 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



Summer 2023

[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

2023

Summer Session

**Wednesday June 7th -
Friday July 7th**

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 \$90

_____ Team Discount \$80 per person (5 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

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 _____