

# WAY 2 GO

## Obstacle Course Race

MR. ANDRÉS

Way to Go Programs Assistant Director and Program Coordinator. After School Director and Physical Education Teacher at LACS. Participates in Spartan Races all over the Country including the World Championship Races Spartan Race Elite Runner for 3 Years.

### Be Fast!

wk4,5

Campers will learn what the world's fastest growing sport is all about. This new style of fitness is changing people around the globe both mentally and physically.

### Be Brave!

wk 6

Campers will learn carrying, climbing, swinging, crawling, and running technique.