



UW-L Athletic Camps & Clinics
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**University of Wisconsin-La Crosse
 WINTER YOUTH SPORTS &
 FITNESS CAMP 2011**



December 27-29, 2011

**For boys and girls
 ages 5-12**



**UW-LA CROSSE
 WINTER YOUTH SPORTS
 & FITNESS CAMP 2011**

Dear Campers:

The University of Wisconsin-La Crosse Winter Youth Sports and Fitness Camp has been designed to help children 5 to 12 years old realize the benefits of living a physically active lifestyle. It is our goal that the camp be a positive and fun experience for all individuals involved.



Camp Directors

Lori Petersen and Brian Udermann serve as directors for this year's camp. Lori is in her 15th year of teaching physical education majors at UW-L. Before coming to UW-L, she taught physical education (K-12) in the public schools for 15 years, and also has experience coaching volleyball and track. Brian is a faculty member in the Department of Exercise and Sport Science at the University of Wisconsin-La Crosse and has more than 20 years of experience working with youth in a wide variety of settings. Together, they have 50 years of experience working with and encouraging youth to live more active and healthy lifestyles.

