

# ARMY WEST POINT™

## CROSS COUNTRY

### ARMY WEST POINT ADVANCED CROSS COUNTRY CAMP

July 26-July 29, 2020

**Description:** The West Point Advanced Cross Country Camp provides general and specific coaching sessions focused on safe and effective training methods for athletes preparing for endurance events. Our staff will teach and demonstrate ways in which endurance athletes can improve in the areas of speed, strength, stamina, skill, and flexibility. This camp is ideal for athletes who have participated in multiple seasons of track or cross country, JV or Varsity level high school runners, and athletes heading into the collegiate setting. Runners looking to maximize their experience at camp should be able to run 30' to 90' at a moderate effort.

**Camp Highlights:**

- Great Staff, Counselors
- Outstanding Campus Facilities
- Team Building Exercises
- Sports Nutrition Lecture
- Strength Training Instruction
- Fun Camp Activities