

# ARMY WEST POINT™

## CROSS COUNTRY

### ARMY WEST POINT BEGINNER CROSS COUNTRY CAMP

July 23-July 26, 2020

**Description:** The West Point Beginner 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 that are just beginning preparation for the cross country season or those that are new to the sport.

Camp Highlights:

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