

## **BOYS / GIRLS CROSS COUNTRY CLINIC**

**July 24 - 26**

This clinic is designed to provide information and instruction for all levels of distance runners. Whether a beginner or an experienced runner the clinic will offer a variety of educational and instructional sessions from the importance of sleep, nutrition and strength training to running mechanics and the various types of training segments necessary to improve fitness level.

The clinic will promote both the physical as well as the emotional benefits of running and include group runs, guest speakers, contests and individualized workout sessions. Please contact Coach Darren Harsin with questions at [harsindarren@gmail.com](mailto:harsindarren@gmail.com).

For students presently in grades 5 – 11

Wednesday, July 24<sup>th</sup> – Friday, July 26<sup>th</sup> from 8:00 a.m. to 11:00 a.m.

Fee: \$35 (T-shirt included if you pre-register) Please Pre-register 10 days before the camp.

### **Clinics to be held at the Blair High School Main Gym**

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