



CROSS COUNTRY / TRACK & FIELD CAMPS

Camp: Beginner Cross Country Camp / Track and Field Session I

Description: The West Point Cross Country/Track and Field camp provides general and event specific coaching sessions focused on the instruction of safe and effective techniques and practices to enhance performance and enjoyment in the sport. Our staff will instruct, teach and demonstrate drills, techniques and training tips covering all aspects in cross country, indoor, and outdoor track and field. Disciplines include: sprints, horizontal jumps, vertical jumps, throws, and multi events as well as middle distance, distance, and also beginner cross country. For those athletes signing up for Cross Country camp, this session may be better suited for younger age athletes or athletes with no previous experience that are looking to start cross country in the fall.