



CROSS COUNTRY / TRACK & FIELD CAMPS

Camp: Advanced Cross Country Camp / Track and Field Session II

Description: The West Point 'Advanced' 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 advanced cross country. For those athletes signing up for Advanced Cross Country camp, this session may be better suited for athletes at the high school level or with multiple seasons of experience (this is not required- just a recommendation).