

DISTANCE RUNNING DEVELOPMENT CAMP For Girls

What: Summer Running Day Camp
Who: High School and Jr Hs/Middle School Girls
When: June 18-22, Monday - Friday
Time: 8 am - 10/10:30 am
Where: TBA (Del Mar - Carmel Valley area)
Cost: \$100.00

Camp Mission and Philosophy: the camp is designed to develop the total runner. There will be a strong emphasis on education and information that will improve the running experience. This will take place with a morning lecture (with guest speakers). Runners will be taught exercises designed to increase flexibility, improve strength, and prevent injuries. The camp will also stress the development of efficient running mechanics

* There will be a short run after the exercise portion.

Topics:

- Preventing running injuries
- Health and nutrition
- Iron deficiency
- Mental Toughness
- Efficient Running Mechanics
- Developing a long range training program
- College running and recruiting

For camp registration application contact:

Brent Thorne at
over 26 years HS coaching experience

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