

HERSHEY HARRIERS ATHLETIC CLUB

**"Committed to excellence and dedicated to developing
champions on and off the track"**

PRE SEASON CROSS COUNTRY TRAINING CAMP Grade 8—12

Monday August 28th—Saturday September 2nd

If you are a high school athlete who wants to be ready for the fall cross country season, we invite you to join us for our upcoming XC camp. This camp is open to athletes of all levels and abilities

Time: Monday—Thursday 4:30-6:30pm, Friday 9:00-11:00am.

Location: North and West Vancouver.

Saturday September 2nd: Lake Padden Relay—Bellingham, Washington

Camp highlights include:

- Specific Cross Country training for all skill levels
- Speed, agility, and form drills
- Strength and Conditioning session
- Nutrition Seminar
- Cross Training session
- Grouse Grind
- Prizes
- Lake Padden Relay, Bellingham, Washington

Coached by: Hershey Harrier Athletic Club Coaches
Cindy O'Krane & Darcie Montgomery

Hershey Harrier Club Members : \$150

Non Members: \$185

Register early, space is limited.

<https://www.trackie.com/online-registration/event/hershey-harriers-pre-season-cross-country-camp/18220/#.WYDTcFKGNaQ>

Once registration is complete a detailed camp schedule will be sent via email.

