



Armstrong Girls Cross Country Summer Workouts



Get ready for the cross country season with some easy running, light speed workouts, fun games, and strength training. Proper preparation will reduce the risk of running injuries and help you run new PRs. Coach-led sessions will be Mondays and Thursdays with captains' practices Tuesday, Wednesday, and Friday. All are welcome, whether you plan on running AHS cross country in the fall or not! There is no fee to attend.

Details

- Open to incoming 7th-12th grade girls
- Camp info meeting: May 23d at 7:30 PM via Zoom
- The camp will run from 6/13 to 7/28 (no meetings during the week of July 4th) Mondays and Thursdays, 8:00-10:00 AM, Armstrong High School (meet by the big rock)

Sign up info at <https://sites.google.com/rdale.org/armstronggirlscscc/summer-camp-info> or by clicking the QR code above.

Please contact Coach Smith at Jacob_Smith@rdale.org with any questions

