

# LAGUNA BEACH

## YOUTH GIRLS CROSS COUNTRY

### SUMMER CAMP



### 2023 Youth Girls Summer Camp Information

Our youth girls cross country summer camp is geared toward middle school-aged kids. (Grades: 6-8) Each athlete will receive an individualized training plan, strength/conditioning sessions, and workouts that are based on their ability and experience levels.

**Dates:** Monday - Friday, July 24th - July 28th

**Times:** 8:00am-10:30am

**Locations:** Monday-Friday @ El Morro Elementary

**Cost:** \$125

**Registration:**

<https://lbhs.lbusd.org/athletics/summer-programs>

**For more information please contact Coach Lalim at [slalim@lbusd.org](mailto:slalim@lbusd.org)  
or visit [www.lbxc.org](http://www.lbxc.org)**