

CAMPO CROSS COUNTRY

SUMMER Sports Camp Program



The Campolindo cross country and track & field teams will be offering a summer sports camp program in 2023!

The XC/Track summer sports camp program will feature in-person training sessions, informational clinics, weekend day-trips, socializing between teammates, and so much more!

In addition, training guidance, team meetings and other activities will be offered throughout the summer. All new and returning athletes are encouraged to participate in this summer program. **Incoming freshmen are welcome!**

Summer cross country sports camp sessions consist of a variety of physical activities appropriate for the ability, experience and current fitness of each individual athlete. The goal is for each athlete to improve fitness gradually over this training cycle and arrive at the start of the fall season prepared for the rigors of high school competition.

Summer sports camp sessions vary in length, depending on the type of training being conducted.

Summer conditioning sessions will meet Monday through Saturday. Complete information about the Campolindo cross country summer sports camp can be found at: www.campotrack.com

WWW.CAMPOTRACK.COM

We are excited about the opportunity to work with athletes as we prepare to defend our league, section and state titles. The cross country experience is open to all ability levels. We offer an inclusive, supportive environment in which youth are provided healthy challenge.

The Campolindo cross country program is also open to multi-sport athletes who wish to use the summer and fall season as a means of developing strength, speed and endurance for other sports like soccer, basketball, wrestling and lacrosse. The foundation of fitness provided by cross country training is conducive to athletic success in most disciplines.



WHAT YOU NEED:

- A willingness to meet new, exciting people.
- A commitment to individual improvement.
- A properly fitted pair of running shoes.
- Appropriate running apparel.
- A digital watch or GPS watch.