

Hilliard Davidson Cross Country's

# SPEED CAMP



**Activity-based speed & endurance training for all athlete types and experience levels**

Sprinting Plyometrics Medicine Balls Relay Races Circuits Mini Hurdles



**SUMMER 2022**

**GRADES 3-8**

**6-7pm @ Hilliard Davidson Stadium**

## ***June Session***

Monday 6/6, Wednesday 6/8  
Monday 6/13, Wednesday 6/15  
Monday 6/20, Wednesday 6/22

## ***July Session***

Monday 7/11, Wednesday 7/13  
Monday 7/18, Wednesday 7/20  
Monday 7/25, Wednesday 7/27

## ***Coaches***

Coach King - Hilliard Teacher, XC / TF Coach  
Coach Bridget - Doctor, XC / TF Coach  
Davidson athletes

## ***Cost***

\$125 for both sessions, or \$75 for one  
100% of cost goes directly to Hilliard Davidson  
Girls Cross Country

**REGISTER AT [WWW.HDGXC.COM](http://WWW.HDGXC.COM)**