

SUMMER SPEED CAMP

DAVIDSON
GIRLS XC
HOSTS

- Age-tailored speed, agility and endurance for athletes of any sport
- Students entering grades 1st-8th
- Two 1-Week programs, 6-7pm each day
- Hosted by Track State Champions and XC State Runner-Up teams

Our program includes:

Dynamic Stretching, Agility ladders, Mini-hurdles, Strength circuits, Cross-country, Track Events AND invitation to race before the High School races at Under the Lights time trial August 8th

Dates:

6-7pm

Week 1: June 15th -19th

Week 2: July 13th -17th

Location

HILLIARD
DAVIDSON
HIGH SCHOOL



SCAN THE QR
CODE TO
REGISTER!
Limited entries

