

## Central Dauphin XC Mini-Camp

Perspective Athletes should attend one (1) XC Mini-Camp at CD gym/track. Choose between:

Wednesday, June 1 at 6:30-7:45 pm

OR

Thursday, June 2 at 6:30-7:45 pm

Be prepared to workout and bring your own water bottle.

We will cover:

- Warm-up routine
- Stretching
- General Fitness
- Summer running
- Pace for training
- Summer Kick-Off Run

For questions contact: Rick Leuschner [fgleuschner@cdschools.org](mailto:fgleuschner@cdschools.org) or (c) 717-645-6194