

2020 Mount St. Joseph Running Camp

Check out Mount's running camp. Early registration ends March 31st (\$140) after \$160

-June 15-18, 9am-12pm (Mount Track)

-Track skills (HJ, LJ, TJ, Sprints and Distance)

-Conditioning drills to improve quickness, agility and endurance

-Various contests & fun competitions

-Nutritional tips

-Race strategy tips

-For more info, please contact

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www.msjad.org/athletics/summer-sports-camps