

# *Mt St Joseph Academy Track & Field/XC Camp*

Looking for some fun and challenging activities for your daughter this summer?



Distance Running, Sprints, Throws,  
Hurdles, Jumps, Conditioning,  
Light Weight Training, Nutrition Tips

When: June 16-19

Where: Mount St Joseph

Time: 9AM-12PM

Cost: \$250 per camper

Each Camper will receive a tee-shirt

Register- [www.msjacad.org](http://www.msjacad.org)

Coach Kitty McClernand- [kmcclernand@msjacad.org](mailto:kmcclernand@msjacad.org)