

Distance Runners' Camp

When: July 8 - July 12, 2019, 9:00am-12:00pm

Who: Middle and High School Students

Where: Cougar Center, 700 Grimes Bridge Road, Roswell

Cost: \$175.00 - Includes T-shirt

The Cottage School Distance Running Camp is a five day program teaching the principles of distance running. Athletes will learn from current staff, alumni and professional presenters from Emory University and Phidippides. Topics will include nutrition, strength training, gait analysis, flexibility exercises, proper footwear, injury prevention, goal setting and psychological visualization.

Runners will train and learn on various courses (Kennesaw Mountain trails, Vickery Creek, Stone Mountain and the Chattahoochee Trail System) and in settings such as our Fitness Center, Phidippides and a local track.

Athletes should bring a healthy snack and water bottle each day.



Name: _____

Age: _____ Shirt Size: _____

Phone Number: _____

Email: _____

Emergency Contact: _____

Parent Signature: _____

Return this form to Allen McAdams, Camp Director
Email: allenm@cottageschool.org phone: (770) 641-8688

Payment: \$175.00 check payable to The Cottage School - includes a T-shirt

