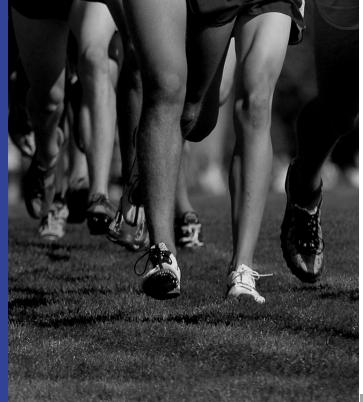
SMITH RUNNING ACADEMY ~ CROSS COUNTRY CAMP

This middle school camp is for students entering 6th-8th grade.

Cost is \$150

VIDEO ANALYSIS
TECHNIQUE TRAINING
INJURY PREVENTION
STRENGTHENING
FLEXIBILITY
SPEED AND AGILITY
DISTANCE PROGRESSION
NUTRITION

This camp will help you run faster, run longer, and understand how to prevent injuries.



ANNUAL ANNUAL ACROSS COUNTRY CAMP

JUNE 17-21 7:30AM-9:00AM

SMITH PHYSICAL THERAPY AND RUNNING ACADEMY

215 Exchange Drive, Suite E2 Crystal Lake, IL 60014 smithptrun.com

DENISE SMITH

Call for payment and registration 815.893.9075 denise.smith@smithptrun.com



RUN FASTER
RUN LONGER
RUN WITHOUT PAIN





All copies of video analysis completed during the camp, FREE tech shirt, handouts of drills, exercises, technique tips

ADDITIONAL PRESENTORS:

Featured specialists include:

- **Seth Kopf** (Kopf Running)
- **Jennifer Ewert** (Akasha Yoga)
- **Lindsey Williams** (Focus Health + Fitness)
 - Emily Kunash (Mental Skills)
 - Certified Nutritionist (TBA)

PHYSICAL THERAPIST
CERTIFIED RUNNING TECHNIQUE SPECIALIST

Denise is the only Master Pose Method
Coach in the Midwest. Her background
as a physical therapist, combined with
her extensive training on the
biomechanics of running, allows Denise
to help middle school athletes perform
at their maximum capacity and prevent
injury through the understanding of
proper technique. As a technique
teacher, Denise educates the student
athlete on all components of a healthy

running program.