

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.



CONTACT DETAILS

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

SMITH RUNNING ACADEMY ANNUAL CROSS COUNTRY CAMP

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



RUN FASTER

RUN LONGER

RUN WITHOUT PAIN

**MIDDLE
SCHOOL**



INCLUDED

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)

DENISE SMITH

**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.