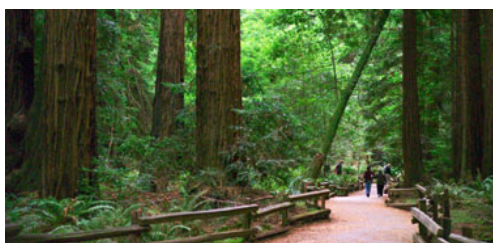




## The Camp

Cross Country Base Camp is designed to provide a strong foundation for a successful cross country season. A week of hard training with other top runners from around the state combined with running instruction from top coaches and athletes and dynamic team building and camp activities make Base Camp a wonderful launching point for a championship cross country season.

## Running Environment



Run in the unique environment of the California Coast, as it provides a variety of terrain and scenic running. You will run along coastal trails overlooking the Pacific Ocean, soft forests trails canopied with giant redwood trees, and challenging hill climbs with amazing panoramic views.

The Golden Gate Recreation Area along the North Coast is one of the most beautiful running areas in the world. The famous Dipsea Trail, Muir Woods, and Mt. Tamalpais are a few of the more notable features that provide runners with an inspirational running experience.



## Staff



The Cross Country Base Camp Staff will be directed by distance coaches from NCAA Division I schools. The camp director, Scott Abbott, is the Head Cross Country Coach at Sacramento State. Abbott has nine years coaching experience at the high school and college level. He has coached numerous state champions, conference champions, and All-Americans. He has over 10 years of camp experience, including as Camp Director at Champions Running Camp in Mammoth Lakes, CA.

The counselors will be student-athletes from NCAA Division I schools. These counselors were chosen because of their dynamic personalities, as well as for their wealth of experience as distance runners at the highest levels.



## Clinics and Instructions

The clinics and instructions will focus on both the psychological and physical aspect of the sport. There will clinics on motivation, self-confidence, and goal setting. There will also be form analysis and instruction, as well as core and strength training sessions.

Guest speakers in the past have included coaches from some of the state's top high school programs and Olympic-level athletes, such as Michael Stember, Meb Keflezighi, and Deena Kastor. There will also be clinics on nutrition for performance by a registered sports dietician, and on shoes and gait analysis by a professional shoe rep.



### The Workouts



Daily workouts will be focused on different systems of training. There will be longer aerobic runs, hill workouts, fartlek sessions, interval training, and tempo running. Secondary workouts will include form drills, strength training, and light afternoon running.

Each athlete will be assigned to an appropriate training group based on their ability, fitness, and experience. Each training group will be led by two counselors to facilitate the workouts and to keep the group together.

### The Facility

Headlands Institute is nestled in a unique setting in the Tennessee Valley along the coast North of San Francisco. It is a converted military facility from World War II. It is dormitory-style accommodations with a dining hall and cook staff that will prepare all of the meals.

The facility is located next to the Rodeo Lagoon with access to Rodeo Beach, Scotty's Bluff, and The Point Bonita Lighthouse. There are also recreation facilities on site, such as basketball and volleyball courts.



### The Fun

In addition to a full schedule of running and clinics, the campers will be exposed to a variety of fun and camp activities led by their counselors. These activities will range from free-time recreation on the beach to dynamic camp games and contests, such as Mafia, Mission Impossible, Survival Games, Camp Olympics, Skits and Talent Shows, and Trivia Night.

Sample Daily Schedule:

7:00AM – Rise and Shine! It's Workout Time!  
7:30AM – Morning Workout  
9:30AM – Breakfast  
11:00AM – Clinic  
12:30PM – Lunch  
1:30PM – Afternoon Activity  
3:30PM – Afternoon Workout or Clinic  
6:00PM – Dinner  
8:00PM – Evening Activity  
10:00PM – Lights Out

