CAMP INFORMATION

August 8-12
For cross country athletes entering
7th-12th grade

Camp Hours:
Mon-Fri 9:00 AM-Noon

Fee: $120.00
Includes Camp T-Shirt
& extra give-aways

Make Checks Payable to:
SUNY Plattsburgh

For more info call:
Andrew Krug
518-564-4145 (Office)
518-791-0614 (cell)
krug3810@plattsburgh.edu

MEETING SITE: Memorial Hall
Field located behind Memorial Hall
(Rugar Street)

Register by MAIL OR E-MAIL
by July 31, 2016
A Fall 2010 graduate of SUNY Plattsburgh (Combined BA/MST in Adolescent Education), Krug began as an assistant coach at SUNY Plattsburgh soon after. He became the Head XC Coach in Fall 2012. In his four years coaching at SUNY Plattsburgh he has coached numerous SUNYAC qualifiers, ECAC qualifiers, four school records, three NCAA qualifiers, one NCAA XC qualifier, and a few NCAA All-Region athletes. Krug has coached SUNYAC Champions, All-Conference athletes in cross country and track, as well All-Academic (SUNYAC and USTFCCCA) student-athletes. Krug is a certified USATF Level 1 & II coach.

Sample Day
08:45- Drop off
09:00- Opening Remarks
09:05- Active Isolated Stretching
09:20- Warm-up, drills, Injury Prevention work, technique
09:40- Daily Session Explanation
09:50- Daily Session
11:00– Snack/lecture
11:30- Strength Circuits/Flexibility
11:45- Closing Remarks
12:00-12:15– Pickup

Short Lectures
Aerobic Conditioning, Tempo, Interval, Rep, Supplemental Work. We will also cover psychology, nutrition and hydration.