Nike Smoky Mountain Running Camp to Offer Specialized Workshops for Cross Country Coaches

The Nike Cross Country Coaches Clinic offers classroom and practical training opportunities for coaches to understand the principles of Effort Based Training.

SAN RAFAEL, Calif. (PRWEB) January 21, 2019 -- The 2019 Nike Cross Country Coaches Workshop runs concurrently with the Nike Smoky Mountain Running Camp, July 7-12. These workshops offer coaches the tools to individualize workouts by tying together pace, pulse and perceived exertion. The curriculum is based on Coach Roy Benson's book, "'The Secret Workouts,' Coachly Wisdom about Effort Based Training."

The Clinic is designed for both beginning and veteran coaches, who are interested in a more scientific approach to coaching middle and high school cross country teams. The Workshop offers information for the design of training plans and workouts for all phases of training, it also assists with the organization and administration of cross country programs from the middle school to college levels. Coaches are invited to join Camp with or without their teams, to run daily on the forest trails and to listen to the daily featured guest speakers.

“Camp to me has been the best learning experience because it’s a place that people come to share,” says Clinic Director Coach Tom Williams. Williams enters his ninth year as the head coach for the women's cross-country team at the University of North Georgia. Williams has been on the SMRC staff for over 30 years. He brings a wealth of knowledge and experience to this outstanding program.

“For 47 years, The Smoky Mountain Running Camp has educated and trained middle and high school runners and cross country coaches,” says Jan O’Connor, EVP of US Sports Camps. “We are proud to be able to give back to the running community by offering these educational XC coaches clinics for those interested in learning more about training and running a successful XC program.”

Held on the campus of the University of North Carolina, Asheville, attendees stay in the dorms on campus, eat in the dining hall and train on the gorgeous trails of the nearby mountains. The youth SMRC program runs for 3 weeks, July 7-12, July 14-19 and July 21-26.

The mission of the Nike Running Camps is to educate and entertain the campers to become smarter runners. During all of the camp sessions, campers live the life of a collegiate athlete while staying in the dorms and training on the beautiful nearby trails.

About US Sports Camps, Inc.

US Sports Camps (USSC), headquartered in San Rafael, California, is America’s largest sports camp network and the licensed operator of Nike Sports Camps. Over 75,000 kids attended a US Sports Camp program in 2014. The company has offered summer camps since 1975 with the same mission that defines it today: to shape a lifelong enjoyment of athletics through high quality sports education and skill enhancement. Athletes, Coaches, Parents and others interested in learning more about our 2015 Nike Sport Camp programs can visit our website at www.ussportscamps.com or call 1-800-645-3226.
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