Nike Running Camps Announce 2019 Dates for its 8th Annual Cross Country Running Camp at Winona State University

The Winona State University Cross Country Staff and the Nike Running Camps have announced the 2019 dates for its eighth annual running camp. Middle distance and cross country runners can prepare for their upcoming season by attending camp from July 14-18.

SAN RAFAEL, Calif. (PRWEB) May 09, 2019 -- Located in the scenic and welcoming community of Winona and nestled in the picturesque bluffs of the upper Mississippi River Valley in Minnesota, WSU offers a number of recreational, cultural, and entertainment opportunities for the campers’ families while their runners train on campus.

Camp Director Zach Kughn is the WSU Warriors' head cross country coach. He leads both the men's and women's programs and serves as an assistant coach for the track & field team. Kughn is a former Big Sky Conference Champion while attending Montana State University.

“Families can drop off their runners knowing they will receive a great week of training. The local area has a lot for them to see and do, from a Mississippi river cruise to visiting the local wine region,” says Jan O’Connor, Executive Vice President of US Sports Camps. “You will return to find your child with a renewed enthusiasm for the sport and ready to take on their fall season.”

This Nike XC Camp is open to runners of all abilities, ages 12-18, from beginners to state champions. The camp is designed to teach the fundamentals of cross country. The emphasis is on providing a great, fun-filled learning week.

About US Sports Camps

US Sports Camps (USSC), headquarterd in San Rafael, California, is America's largest sports camp network and the licensed operator of Nike Sports Camps. 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.

Players, coaches, parents and others interested in the 2019 Nike Running Camps can visit www.ussportscamps.com/running or call 1-800-645-3226.
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