



COOMERA
ANGLICAN
COLLEGE

*"Many Minds
ONE
Heartbeat"*



Cross Country

2017 CROSS COUNTRY CAMP

The College held the 2017 Cross Country Camp on Monday 2 April. We had 92 students in attendance, all who worked extremely hard throughout the day. Students completed rotations including continuous running, deep water running, interval training, running technique, strength and conditioning and nutrition.

Students were also lucky enough to hear from Guest Presenter, Monique Murphy, who won a silver medal at the Rio Paralympics. Her story was inspiring and she taught our students about the importance of resilience, hard work and determination. It was a fantastic day and the students need to be congratulated on their commitment to being the best that they can be.

