



Mona Shores X-Country



1121 Seminole Road Norton Shores, MI 49441
Telephone 231-780-4711 Fax 231-780-3634
Mona Shores Men & Women Cross Country Coaches
Bob Jazwinski jazwinsr@monashores.net 231-215-9233
Katie Jazwinski jazwinsk@monashores.net 734-649-6351

Sauk Valley Resort (www.svresort.com)
10750 Prospect Hill Hwy., Brooklyn, MI 49230
phone # (517)467-2061

Pack as light as you can. We do not have the bus.

All food is provided. We will also provide additional fruit, smores, watermelon, and one pizza party.

A FEW SNACKS -- all food is provided.

Great attitude.

Pillow -

Sleeping bag (sheet and blanket)

Two towels

Great attitude.

Running shorts (4)

Running shoes (older one if you have them - we will be on trails and gravel roads)

T-shirts (8)

Underwear

Pajamas

Great attitude.

Hygiene - soap, shampoo, toothpaste, toothbrush, deodorant, etc...

Sweatshirt

Baseball hat - for bugs on the roads

Swimsuit for slip-n-slide

Bug spray

A plain white t-shirt or tank top

Hammock????

DO NOT BRING.

Fireworks

Alcohol - Tobbaco

Knives - firearms

Weapons