

MONA SHORES XC CAMP

Sauk Valley Resort

10750 Prospect Hill Hwy., Brooklyn, Michigan 49230



Departure: Sun, Aug 14
Return: Wed, Aug 17

Contact: (517) 467-2061

www.svresort.com

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**FOR
AGES
10-18**



The purpose of the camp is to bring Mona Shores Runners **AGES 10-18** closer to one another; to establish individual & team goals; to have a common bond; to get work done and to return home to take care of business.

We will work hard & play hard!

The camp will be used to get ready for the upcoming season. We have hosted running camps at Sauk Valley for the last 15 years. Sauk Valley Resort is located in the beautiful Irish Hills of Brooklyn, Michigan. It is located one mile from the Michigan International Speedway, which is where the state meet is held. Sauk Valley offers the best terrain for cross country training. The cabins provide adequate bunks for teams to sleep/rest and socialize.

The runners will do two quality go-to workouts that we have used at this camp for over 15 years. The other runs will be in and around the beautiful grounds of Sauk Valley.

WHILE THIS CAMP WILL BE CHALLENGING, IT WILL ALSO BE TONS OF FUN. THE KIDS WILL PLAY AND CREATE MEMORIES THAT WILL DEFINITELY LAST THE SEASON AND MAYBE A LIFE-TIME.

We have had numerous Olympians, National Champions (College & High School), State Champions (Individual & Team), All-state, All-Conference and most importantly, beginner runners who just wanted to learn the extras to become the best they can be. We have learned to mix the appropriate amount of intensity with fun to help every runner become successful. The camp is only as good as the campers make it. We are looking forward to bringing the local runners to the place where many State Champions have begun their journeys!

It is a lot of work! It is also a lot of fun!

HARD WORK ~ DISCIPLINE ~ ATTITUDE



