

# Jazz/Sauk Valley Running Camp

**JULY 15-19, 2012**  
**SUNDAY – THURSDAY**



**WWW.JAZZRUNNING.COM**

\*\*\*\*\*ADDING HURDLE DRILLS & SPEED & AGILITY DRILLS FOR DISTANCE RUNNERS\*\*\*\*\*

**WHAT:** Provide the best combination of training facility(trails-gravel roads- forward and backwards workouts-), high school and middle school runners, college counselors and rare combination of camp directors (enthusiasm plus attitude).



**WHO:** ANYONE WHO WANTS TO GAIN AN ADVANTAGE ON HIS/HER COMPETITION.

**Previous runners who attended this camp** – national champions (high school & college), All-Americans(High school & college), Multiple Individual & Team State Champions, Numerous All-State Runners from all divisions and various states.

MORE IMPORTANTLY – runners who just wanted to be the best they could be and have fun doing it!!!

*Coaches attend for free with 7 or more runners who sign up. Sign up now until July 14. Take advantage of the price breaks*

**WHERE:** BROOKLYN, MI SAUK VALLEY RESORT

**Katie Jazwinski – USA Olympic Trials Qualifier. Hopefully you will catch her training for the Olympics during this week. 5 time All-American at the University of Michigan. Multiple-time Big 10 Champion. FEMALE ATHLETE OF THE YEAR AT THE UNIVERSITY OF MICHIGAN.**

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**Meet all of your running goals by attending Sauk Valley/ Jazz Running Camp**

**ADDITIONAL INFORMATION WILL BE EMAILED** (Medical/insurance forms – balance due, payment arrangements, questions...)

**Bob & Katie Jazwinski – Previous co-directors of Nike Camps, Directors of Very Nice Running Camps, Jazz Running Camps & Jazz Speed & Agility Camps.**  
**WE DO NOT TAKE THE PLACE OF COACHES.**  
All parents and coaches are welcome to participate.  
We provide the optimal training experience in the summer.  
The participants and location have always made Sauk Valley what it is – the best camp for anyone who wants to be pushed to excellence on and off the course.

T-SHIRT S M L XL (ADULT SIZES)  
Name \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_  
Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
School \_\_\_\_\_  
Email \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State/ Zip \_\_\_\_\_  
Signature \_\_\_\_\_

(If under 18, guardian signature.)

**CAMP FEE: TAKE ADVANTAGE OF EARLY SIGN-UP (CALL IF YOU NEED TO MAKE ARRANGEMENTS FOR PAYMENT – we can work anything out.)**  
(\$200 DEPOSIT TO TAKE ADVANTAGE OF EARLY SIGN-UP PRICE)  
<https://www.runsignup.com/Race/MI/Brooklyn/JazzSaukValleyRunningCamp>

**\$335 BY DECEMBER 30, 2011**

**\$375 BY MAY 01, 2012**

**\$395 BY JULY 14, 2012**

**\*\*\* \$150 – NONREFUNDABLE\*\*\*\***

Make Check to: Robert Jazwinski

Mail to: 9138 Horseshoe Ct. Dexter, MI. 48130

Information Contact: Bob or Katie Jazwinski  
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