



**LEAP OF FAITH  
7TH ANNUAL XC DISTANCE CAMP  
NORTHWOOD UNIVERSITY**

Mark and Jody Hawkins, would like to invite you to participate in the 7<sup>th</sup> annual Leap of Faith Summer Cross Country Running Camp .

**Where:** The camp will be held at a new location this year. We will be hosting the camp in the trails at Northwood University, Cedar Hill, Texas. We will meet at the tennis courts parking lot.

**Who:** All levels of runners from Jr.High to College will benefit. If you're a Jr. High or High School runner who wants to take it to the next level or a college runner looking to get in a great base for the upcoming xc season, then this camp is for you.

**When:** The camp will **begin Tuesday June 15<sup>th</sup> thru Aug. 6<sup>th</sup>** (the first practice will be a light run with introductions and registration completed)

Monday 6:45-8:00pm  
Tuesday 6:45-8:00pm  
Thursday 6:45-8:00pm

**Why:** To build confidence, courage, faith and strength in athletics and life.

**Staff:**

**Jody Hawkins,** A four time United States National Champion. Jody was Ranked #1 in the World for 10 miles in 1993 and also ranked #6 in the World for Runner of the Year in 1993 and again in 1994 on the roads by Runners World and Running Times Magazine.. Set an American Record in the Half Marathon at the World Championships in 1998. PR's of 4:28 in the mile, 9:40 for 3200m, and 32:00 for 10k. Hawkins is a USA Level One Certified Coach. Current American Record Holder for Masters Indoor 3,000m, ranked #2 in the world for Masters 5k in 2006.. Jody is an eight time United States Team Member, making her latest team at the age of 40. 2008 USA Masters National Cross Country Champion and runner up USA Masters 10k Champion. 2009 USA Masters Silver Medalist Half Marathon Championships and in 2010 she lowered her own American Masters 3k Indoor record with a 9:51.

**Mark Hawkins:** A high school phenom. Mark ran 8:52 for 3200m at 17 years old and 4:07 for the high school mile. During college Mark was a multiple All-American and won the South African Military Championships in Cross Country. After college Mark became an Olympic Trials qualifier in the 3,000m steeplechase by running 8:42. Marks, personal records range from a 4:02 in the mile to a 1:06 in the half marathon.

**Jody 972-896-8247**

**LEAP OF FAITH RACING TEAM  
SUMMER DISTANCE CAMP  
NORTHWOOD UNIVERSITY**

Name: \_\_\_\_\_

Phone#: \_\_\_\_\_ Gender \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ School: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

**T-shirt (Size): circle one please:**

AS      AM      AL      AXL

Team training shirt included, extra t-shirts may be purchased for \$10.00 each

**CAMP FEE:** \$220.00 per individual camper with 50% off second family member camper \$110.00 and 3<sup>rd</sup>-5<sup>th</sup> family member is \$75.00

Make checks payable to: **Leap of Faith Racing Team**  
Address: Head Men's and Women's XC/Track and Field,  
Coach Jody Hawkins, Northwood University, 1114 W. FM  
1382, Cedar Hill, TX. 75104

**CAMP LIMITED TO FIRST 100 CAMPERS**

CAMP ENTRY DEADLINE POSTMARKED BY:  
WED, JUNE 1, 2010

Email: [leap\\_faithracingteam@yahoo.com](mailto:leap_faithracingteam@yahoo.com)

Website: [www.leapoffaithracingteam.org](http://www.leapoffaithracingteam.org)

**7<sup>th</sup>-College (adults welcome)**

This session is a lead up to cross country. The runners will build up their base mileage, depending on age and experience. The runners will also build their core strength with an arm and abdominal program. I'm a coach who believes in quality over quantity, especially with such young, growing athletes. Depending on their age and experience we will build their aerobic endurance base as well as their anaerobic capacity. The runner will receive individualized instruction based on their personal goals and levels. The athlete will learn how to improve using tempo, interval and long training runs. This base season will help the runners to become more successful in their endeavors as a cross country and track and field athlete.

Monday, Tuesday & Thursday 6:45-8:00pm

We will meet at the tennis courts at Northwood University.. Just enter the campus and go up the long hill, follow up to the first parking lot on left and enter, cross over bridge on foot to the tennis courts.

We will not meet on Thursday July 15th

The Hawkins Family is coaching at an overnight running camp at TX A&M Corpus Christi that weekend.



**Team Prayer:**

**Lord, please give me the patience, the courage and the strength to always be at my best. Help me to remember that a champion is somebody brave enough to put their foot on the starting line. Thank you father for the gift of life you have given me. I will do my best to make you proud. Amen**

**Release of Liability and Medical Release Waiver**

To whom it may concern:

I, \_\_\_\_\_, The parent/guardian of \_\_\_\_\_ seek and sign for medical treatment for my child, to a member of said club, in an emergency situation. I also authorize traveling with the club or when I am unable to be reached by phone. I also agree for myself, my heirs and personal representatives to waiver and release all claims for damages I may now hereafter have arising out of the above named person's participation in any activities of Leap of Faith Racing Team, as well as releasing any and all claims for damage against Northwood University. I further state that to my knowledge, applicant has no health problems or preexisting conditions, not previously mentioned that limit his/her training or activity level.

I have listed all allergies, medications and medical conditions. \_\_\_\_\_

Athlete Photographs and Images: By signing below I understand and agree that Leap of Faith Racing Team has my permission to take and use my child's photographs or digital images for official team purposes or website.

By signing below I agree to the medical waiver release and the photo image release.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_