

Paavo Running Camps 2010

www.paavorunningcamps.com

Paavo

Missouri Regional
June 7-11,
Texas Regional
June 7-11,
Nebraska Regional
June 14-18,
North/Middle School
June 20-26,
Paavo West
July 11-24,
Run Across Texas
August 1-7,
Paavo Florida
December 27-31.



“All great accomplishments are the result of significant key experiences”



Enrolling In Your Paavo

Motivation The Right Way Is The Paavo Way

Are You Ready To Enroll?

- The 2010 Camps Are Ready To Go
- The 2010 Paavo Programs Are Ready To Go
- The Preview for 2010 Is Enclosed.
- Return Your Deposit Application As Soon As Possible So You Are Ready To Go

The Paavos Are An Opportunity For You, The Motivated Distance Runner

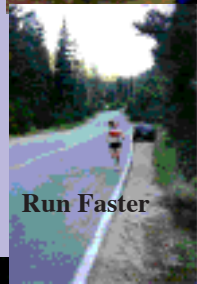
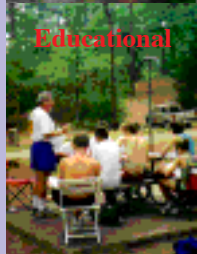
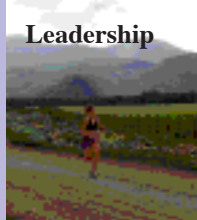
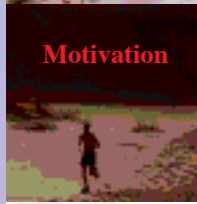
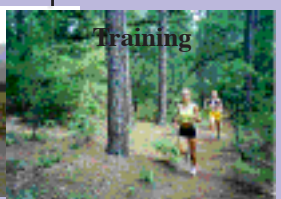
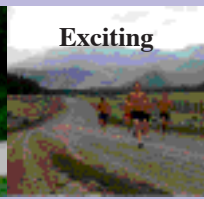
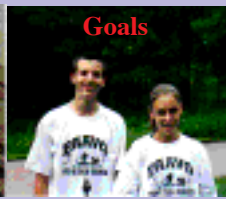
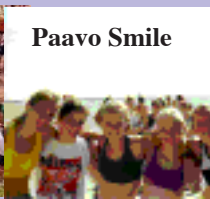
“We don’t make runners. We provide the environment, the key experiences, the directions, and the programs so the distance runner can go back to their home program to train, to train to higher levels, to lead, and to make the decisions necessary to become a better runner, and eventually a better person as well.” Coach Sellers, Founder and Director of the Paavos since 1971

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The 2010 Paavos Are Ready To Go----Are You? (Your Enrollment Newsletter Is Enclosed)

From Coach Sellers: *"The 40th Year of the Paavos is here. The Paavos continue to do what they set out to do in 1971. Yes, the Paavos are for you, the runner who has a sincere desire to become a better runner and then the best possible runner with motivating key experiences and motivating training programs. The Paavos are for you, the runner who wants to do things other runners don't do, won't do, or can't do. We do not make runners, but we do provide the environment so you can make yourself better and in an educational setting that both your parents and coaches will appreciate. Enclosed is the enrollment information for the 2010 Paavo Camps. And also is the 2010 Enrollment Newsletter. All you see in this to you is what the Paavos do for you, the motivated runner, or the you, the runner who wants to be motivated the right way. Secure your camp spot as soon as possible so we can start your individual profile as you work toward your Paavo Running Camp."*

The Paavo Preview Begins Now For You, The Motivated Runner

Your Paavo Is About

- Motivation the right way
- An individual motivating key experience
- A camp where you will become a better runner.
- A camp where you will then become really good.
- A camp with programs where you eventually can become the very best.
- A camp where the priority is for you to run.
- A camp where you will run faster.
- A camp where you will train on your own
- A camp where you will lead to become a training leader.
- A camp where you will truly connect all your key experiences to become better.
- A camp where you will take a manual from the camp with your Paavo Logbook.
- A camp where you will learn in the educational environment the Paavos are known for and about:

Training...Training Profiles...Goal Character...Important Key Experiences... The Study Of Excellence...Racing The Right Way...Training Leaders...The Real World From Early Key Experiences

There Is More

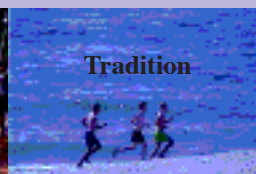
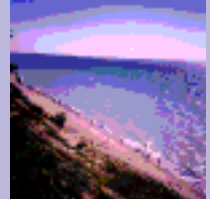
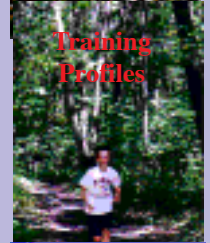
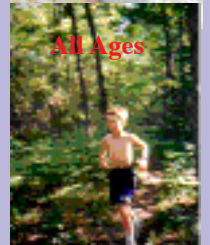
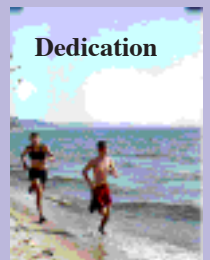
- The New Motivating Training Programs
- The Camp Hierarchy Training Emphasis
- The Training Leadership Team Program
- The Paavo Parent's Program.
- The Paavo Coaching To Make A Difference Program.
- The Paavo Sponsorship Program

Parents Are Benefactors

"I just want to thank you for providing my son with the Paavo experience. He is having a great running season. You have taught many things about life with his experience. His attitude and confidence as a runner and person has greatly improved. I again thank you for teaching my son that success is possible." **Parents of Brad Henicke (Texas)**

The Paavos And Coaches

"The Camp allows kids to focus on running with other highly motivated runners without distractions. We can always draw strength and confidence from the Paavo Camp, its training sessions, its logbook sessions, and its competitions. It is truly the perfect way to begin a season on a positive note. And maybe the most significant result is our parents have also noticed the difference and are constantly amazed at the results they see in their children. It is what Coach Sellers says in that the camp is an individual motivating key experience." **Coach Ondrasek, Giddings High School (Texas)**





**There Is Only One Paavo Key Experience,
And It Can Be Yours
Enroll Now!**

The Value of Enrolling In The Paavos

**A Short Note From Coach
Sellers, Paavo Founder &
Director Since 1971**

You Enroll To



"All great accomplishments are a result of significant key experiences."



"Paavos are where runners go to become better."



"Paavos do things other runners don't do, won't do, or can't do."

As you read the returns from Paavo Alumni, you should sense why runners enroll in the Paavo Running Camps. The Paavo themes are repeated over and over. Here is one just received from Emily Faber (Paavo West & North Camps):

"I was just thinking about those summers on the Paavos. I recently moved to Colorado and drove "our" route. It was pretty neat to remember all those super cool memories we all had from the Paavo Program. We took the Paavo West route. It was weird as I drove by certain landmarks, I would actually remember all those different moments on the camp. I still think that those were moments that really defined us as people and made us who we are today. I hope all you that have participated in the Paavos, whether West, North, or others the Paavos have offered, you must treasure the moments! They are going to be some of the best of your life."

The exit is the beginning of the real Paavo Key Experience. I have seen what Emily just described now going on 39 years. It is what we do. It is what you will do. The beginning of your camp exit starts with your enrollment. Your enrollment starts with the Deposit Application on page 4 of this special Paavo Pipeline.

The unknown runner becomes known when he or she stops being part of what normal runners who just go through the motions. And the unknown runner seeks key experiences that not only motivates, but challenges so you do things never done before, things better than before, more things than before, and in the end, do things you may not want to do. I have a one liner that has never failed me personally nor those who I have taught and coached. It is simple: *"Stick your neck out, and then follow it."* Yes, you will do things on the Paavo you would not do if you stayed home. Break out by enrolling now. You will do things you did not think you could do.

Coach Sellers

- You will do many important things, but your priority is to:
 - *** Run
 - *** Run faster
 - *** Train on your own
 - *** Continue to connect your key experiences.
 - *** Go back to your home program to lead others to do the same.

- Motivating Key Experiences are vital to your running and development as a distance runner.

- The Paavos provide an outstanding program that includes:
 - *** Motivating training programs
 - *** Competitive programs
 - *** Special Competitive Runs
 - *** Special Key Events
 - *** Paavo Staff of highly motivated, dedicated, and positive coaches.

- The Paavos are known for those special things only the Paavos do:
 - *** The home-made menu
 - *** On-camp Paavo Palaces
 - *** Camp administration at sites only on the Paavos.
 - *** Highly organized camp schedule and classroom atmosphere/
 - *** Paavo logbook development
 - *** Paavo Spartan adventure of running in places where others don't.

Once Enrolled You Will Receive:

1. Your camp confirmation.
2. Continuation of your individual profile
3. Introduction to the Special Training Programs which include:
 - 1-2-5 Basic Team Logbook Training Program
 - High Harrier Summer Training Program

Deposit Application 2010

1. DEPOSIT APPLICATION & DEPOSIT FEE

Complete the Deposit Application and return with the deposit fee of \$95. *Please Note:* If enrolling in two or more camps, please return a deposit fee for each wcamp.

2. CONFIRMATION:

Upon receiving the Deposit Application & Deposit Fee, you will be sent a camp confirmation and current camp balance.

3. CAMP FEES PAYABLE TO:

Make all deposit checks payable to:

Wilderness Running Camptrips, Inc

Or

Pay with PAY PAL at:

www.thepaavos.com/camps/deposit.html

Please Note: If the payment is through Pay Pal, the Deposit Application must still be returned to the Paavos to the address attached.

Enroll Now---Complete This Deposit Application And Return To The Paavos As Soon As Possible

2010 Paavo Running Camp Fees

Paavo Missouri	\$420
Paavo Texas	\$435
Paavo Nebraska	\$395
Paavo North	\$585
Paavo Middle School	\$585
Paavo West	\$1195
Paavo Run Across Texas	\$660

Note: For each enrolled camp requires a \$95 Deposit that is applied to the final camp balance.

Enrollment Structures & Terms

- All Deposit Fees are non-refundable after May 31, 2010.
- Any camp cancellations before May 31, 2010 are refundable less a \$45 administration fee. *Please adhere to this schedule as we are contractually committed to our vendors, suppliers, camp site, insurance, and transportation contracts before the above dates*

Deposit Application

Please Clip & Return To The Paavo Camp Headquarters At:

Paavos
PO Box 1228
Bristol, Indiana 46507

Your Enrollment Profile Continues
*** Please clip and return this information as well so we can immediately update your Pre & On-camp Levelling Profile

Your Name _____

Your Mailing Address _____

City _____ State _____ Zip _____

You are a: Male or Female Runner

Home Phone _____ School _____
(Fall of 2010)

Grade (Fall, 2010) _____ Birthday _____
Month-Day-Year

Your XC Coach _____

Your Email
****Please Print The Email Clearly

Check Each Camp You Are Enrolling In:

- 1. North Camp _____
- 2. West Camp _____
- 3. Missouri Camp _____
- 4. Texas Camp _____
- 5. Middle School _____
- 6. Nebraska Camp _____
- 7. Run Across TX _____
- 8. Florida _____

Paavo Enrollment Profile 2010

Your Name _____

Have You Completed A Previous Paavo Camp?
Yes ___ No ___ IF YES, WHAT PAAVO CAMPS AND YEARS.

Your Training Purposes On Your Paavo? List and briefly explain or attach notes if you wish.

Optional Training Programs (Check If Interested)
___ 1-2-5 Training Leader For Special Logbooks
***Do you have a motivated teammate who has an interest in the Paavo Camps? If so, list the name and their email (Clearly)

___ High Harrier Summer Training Program