

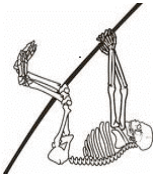
SUNDAY NIGHT POLE VAULT PROGRAM

6th Annual Wisconsin Pole Vault Coaches Association

presented by Championship Sports Services, LLC

WAUKESHA SOUTH HIGH SCHOOL

401 E. Roberta Avenue Waukesha WI 53186



6 Week Program January 17th- 24th-31st February 7th – 14th – 21st
6:00 pm – 8:30 pm

This Camp is open to Any Track and Field athlete (male and female) who wants to improve their vaulting skills. *Previous vault experience is not necessary.* **THIS IS A CAMP THAT EMPHASIS THE FUNDAMENTALS OF SAFE VAULTING!** *Safety is our #1 Priority.....*

Instruction will include ground drills, wall drills, rope drills, approach work, bungee and pulley training devices, approach work, and pit drills. **This is a Pre-Season Camp...** with the goal of preparing the athlete to begin the Spring/Summer session with a solid approach, improved fundamentals, physical conditioning, and the ability to **JUMP BIG !!**

Each athlete will be guaranteed 30-40 minutes of pit time per night along with extensive drills. Unlike other camps, **YOU WILL NOT STAND IN LINE AT THE PIT FOR 2 HOURS EVERY NIGHT**, you will stay active during the session. Each week the pole vault athlete will progress into a new set of drills. *Full approach vaulting at high heights will not be covered until the later weeks...*

➔ ***New This Year !***

LIMITED TO THE FIRST 50 REGISTRANTS! ➔

We are aware that our athletes represent a wide variety of talent, motivations, education, and experience with our weekly contact and our ability to group athletes and run a STATION based camp we are prepared to tailor our program to each person's needs for learning.

This camp has received NATIONAL ATTENTION and is the only MULTIPLE WEEK Pole Vault camp in the entire Midwest... **THIS IS THE CAMP to Attend...**

This camp traditionally attracts the top Pole Vaulters in the State of Wisconsin. Several WI State Championships participants have attended this camp. This camp has started the careers of several great high school and collegiate vaulters. Odds are overwhelming that your competition will be at THIS CAMP

If you are serious about Pole Vault : **CAN YOU AFFORD TO MISS THIS CAMP !**



Early Pricing Cost: \$200 (until Jan.8th)

Includes: 6 Weeks of Instruction – Camp T-Shirt - Last Night Pizza/Drinks

Coaches and Observers are Free to attend at any time.

If spots remain

Cost is \$250 after Jan. 9th



Absolutely NO Refunds after January 17th.- No Partial Refunds for Missed Camp Nights

No "Weekly" Rates

Registration will be considered open until it is stated that the camp is FULL on the www.vaultcamp.com website. Please check the website prior to sending your registration form.

The Championship Track and Field Camps have been running for over 14 years and has a premier coaching staff.

Vince Komar

Track and Field Coach at Mukwonago High School. Coach Komar has been running Pole Vault camps for over 14 years. Coach Komar is the President of the Wisconsin Pole Vault Coaches Association. Coach Komar consistently generates some of the top Pole Vaulters in the state of Wisconsin.

Eric Lehmann

Head Girl's Track Coach at Waukesha South High School. Coach Lehmann has been the camp director of the Championship Track and Field Camps for the past 14 years.

Mike Gnewuch – Arrowhead – Johnny Graham – Wis. Lutheran – Matt Premo – Beloit Memorial

Additional Veteran Coaches will be added

ALL EXPERIENCED ATHLETES MUST BRING : A HELMET and POLE ...

We will have Training Poles for NEW VAULTERS

Athletes will be allowed to store the Poles, at Waukesha South, during the entire camp.. However each athlete is responsible for their own pole and must put it away each night and take it home the last night of camp. Camp directors and Waukesha South are not responsible for your poles.

Championship POLE VAULT Camp Registration Form

Best (PR) Vault Height _____

Name _____ Gender _____

Address _____

City _____ Zip _____

Home Phone _____ Emergency # _____

School _____ Grade in School _____

Email _____ T-Shirt Size _____

Mail Registration and Checks to : Eric Lehmann / Champ Camps
S38 W22129 Arlo Drive Waukesha WI 53189
262 501 0216 email: elehmann@hurdlecamp.com

Camp Waiver: All Athletes must download and sign a copy of the Championship Sports Services, LLC Camp Waiver. The waiver is available on the www.vaultcamp.com website and can be sent with the registration or brought to the camp.

\$200 Early Registration (prior to 1/8/2010) **\$250** Late Fee

Make Checks Payable to : Championship Sports Services, LLC.

Refunds ABSOLUTELY cannot be issued after January 17th, 2010. Confirmation will NOT be mailed, Confirmation will only be emailed !

If you want directions, etc. **PLEASE INCLUDE A VALID E-MAIL ADDRESS.**