

Camp Registration - 2010

____ Vault Camp (June 14-15) - \$100

____ Elite Camp (June 16-17) - \$130

CHECKS made out to WW TRACK CLUB

Name _____

Address _____

Phone _____ E-Mail _____

Gender _____ Weight _____ Age _____

Grade _____ School _____

Best Height Vaulted (in meet) _____

Emergency Contact # _____

I give permission for my child to participate in the Pole Vault Camp at Watkins. I am aware that Pole Vaulting is an inherently dangerous athletic event, which could cause injury and even death. I certify that my child has had a physical exam within a year, and is physically fit to participate in this strenuous activity. I certify my child has health and accident insurance. I also agree to allow video images to be taken and used for instructional and advertising purposes.

Parent Signature _____

Athlete Signature _____

Watkins Memorial High School has been the home to exceptional pole vaulters for the past 28 years. With 19 state qualifiers, two state runners up, and eight All Ohio Athletes, the pole vault has been the most successful event in the Watkins track program. Three boys vaulters over 15', eight more over 14', more than a dozen more over 13' many more over 12', and three girls over 10'0" -- Watkins is the place for vaulting.

The Vault Camp (June 14-15) is a two day, intensive experience in vaulting. Vaulters of all skill levels (including elites) are welcome. Six hours of vaulting, six hours of drilling, and five hours of classroom instruction are included. Vault groups will consist of approximately 10-12 vaulters on a pit with a vault instructor. Video taping of vaulters and analysis are also included.

The Elite Camp (June 16-17) is a camp for the better high school vaulters, with boys who have vaulted over 12' and girls over 8'6" eligible. The Elite Camp is limited to 30 vaulters, who will get intense individual instruction, analysis, and advanced pole vault technique instruction. Vaulters can bring their own vaults on video for analysis, as well as analyzing their camp vaults.

Coach Marty Dahlman directs the camps. Coach Dahlman has coached Vault for the past 28 years at Watkins, and his put on State Clinics, is Ohio's PV Safety Committee Chairman, and has coached at several nationally known PV schools.

Vault Camp Schedule

(Elite Camp program is different - but start and finish times are the same)

- Day One

8:30 - 9 - Registration

9 - 10:00 - Introduction and Safety

10 - 11:15 - A groups Pit - run and plant

B groups drill -

run, carry, plant

11:15 -- B groups Pit - run and plant

12:30 A groups Drill -

run, carry, plant

12:30 - 1 - Lunch

1 - 3 - Theory of Vault - Part One

3 - 4:15 - B Group Pit - Plant, Swing

A Group Drill - Plant Drills,

Swing-Penetration Drills

4:15 - 5:30 A Group on Pit - Plant, Swing

B Group on Drill - Plant

Swing-Penetration Drills

- Day Two

8:30 - 9 - Check - in

9 - 9:30 - Review of Yesterday -

Goals for Today

9:30 - 11 - B Groups on Pit - Full Vault -

close off, clearance (video)

A Groups on Drill - Close off,

Clearance Drill - Visualization

11 - 12:30 - A Group on Pit - Full Vault -

close off, clearance (video)

B Groups on Drill - Close off,

Clearance Drill - Visualization

12:30 - 1 - Lunch

1 - 2 - Theory of Vault - Part Two

2 - 3 - Pit Groups view video

3 - 4 - Special Vault - Camp Coaches

4 - 5:00 - Vault 'til you drop

Camp Information

The camps are held at Watkins Memorial High School Track and sponsored by the WW Track Club, *Note - both camps will involve individual instruction to all vaulters.*

Vault Camp - June 14 and 15. Any boy or girl in seventh grade or older and interested in vaulting is welcome. **Cost:** \$100/camper (includes lunch both days, T-Shirt). Campers must pay for both days. **MAXIMUM OF 12 VAULTERS PER PIT GROUP.**

The "Elite" camp is June 16 -17 Elite campers must have cleared the qualifying heights in a meet.: 8'6" FOR GIRLS, 12' 0" FOR BOYS/ **Cost:** \$130 for the elite camp (includes lunch for both days and T-Shirt). Campers must pay for both days **Checks** should be made out to "WW Track Club"

As a reservation prevents another vaulter from attending, refunds will be made for injuries or illness only.

Coaches are welcome - \$20(lunch, shirt) Coaches who attend both days of the camp will also receive State PV Safety Certification.

To Watkins High School:

From Columbus - I-70 East to SR 310 North - SR 310 to SR 40 East, SR 40 to Watkins Rd (turn left) - school 1/2 mile on left

From East - Take I-70 West to SR 158 North - SR 158 to SR 40 West - SR 40 to Watkins Rd - Turn Right - School is 1/2 mile on left

What you need:

1. Shorts, T-Shirt, Rain Jacket
2. Poles that you use (if you have or can get them)

Note: We have a wide selection of poles available but having one of your own will help

3. Running shoes, spikes (optional)
4. Notebook, pen
5. Water bottle (optional)

Note - if rain occurs we will work around it. No refunds, rebates or cancellations will be made due to weather

If you have questions contact:

Marty Dahlman, Track Coach
Watkins Memorial High School
8868 Watkins Road
Pataskala, Ohio 43062 or call at
740/927-3846 (7am - 2pm)

FAX Information to:

Marty Dahlman
740/964-0088

E-Mail mdahlman@laca.org

www.watkinstrack.org

Camps Fill Quickly - Enter Early

Must Receive before June 5

(late entries and walk ins accepted IF space is available)

Pole Vault Camps at Watkins

**Vault Camp 2010
June 14 and 15**

**Elite Camp - 2010
June 16 and 17**

watkinstrack.org