

**Camp Registration - 2017**

\_\_\_\_ Vault Camp (June 6-7) - \$120

\_\_\_\_ Elite Camp (June 6-7) - \$120

CHECKS made out to Watkins Athletic Association

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 Sig\_\_\_\_\_

Watkins Memorial High School has been the home to exceptional pole vaulters for the past 35 years. With 20 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’, nine more over 14’, more than a dozen more over 13’ many more over 12’, and girls over 11’6” -- Watkins is the place for vaulting.

**The Vault Camp and the Elite Camp**

(June 6-7) 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. For 2016 the Vault Camp and the Elite Camp will be combined on the same days. Additional pits and staff will be added, as well as differing curriculum, in order to give every vaulter what they need to progress in the event

Coach Marty Dahlman directs the camps. Coach Dahlman has coached Vault for the past 35 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

- Day One

8:30 - 9 - Registration

9 - 9:40 - Introduction and Safety

9:50 - 11:00-A groups Pit - run and plant

B groups drill -

run, carry, plant

11:00 -- B groups Pit - run and plant

12:10 A groups Drill -

run, carry, plant

12:20-12:45 -Lunch

12:45- 2:30 - Theory of Vault - Part One

2:30 - 3:45 - B Group Pit - Plant, Swing

A Group Drill - Plant Drills,

Swing-Penetration Drills

3:45 - 5:00 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, clearnace (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 camp** is held at Watkins Memorial High School Track and sponsored by the Watkins Athletic Association. *Note - both camps will involve individual instruction to all vaulters.*

**Vault Camp** - June 6 and 7. Any boy or girl in seventh grade or older and interested in vaulting is welcome. **.Cost:** \$120/camper (includes lunch both days, T-Shirt). Campers must pay for both days. **MAXIMUM OF 12 VAULTERS PER PIT GROUP.**

**The “Elite” camp** is combined with the Vault Camp this year. **Elite campers must have cleared the qualifying heights in a meet.: 9’0” FOR GIRLS, 12’ 0” FOR BOYS/ Cost:** \$120 for the elite camp (includes lunch for both days and T-Shirt). Campers must pay for both days

**Checks** should be made out to “Watkins Athletic Association”

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

**Coaches and parents 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 for drills

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  
200 Linda Ave (Home address)  
Pataskala, Ohio 43062

740/973-4203

FAX Information to:

Marty Dahlman

740/964-0088

E-Mail [mdahlman@watkinstrack.org](mailto:mdahlman@watkinstrack.org)

[www.watkinstrack.org](http://www.watkinstrack.org)

Camps Fill Quickly - Enter Early

Must Receive before June 1

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

# Pole Vault Camp at Watkins

**Vault Camp 2017  
June 6 and 7**

**Elite Camp - 2017  
June 6 and 7**

*[watkinstrack.org](http://watkinstrack.org)*