

Circleville Pole Vault Camp

WHEN: 3 days: December 26-28 (Wed-Fri)

TIME: 10:30 till 1:00ish

WHERE: Circleville High School Fieldhouse (on Tiger Drive)

COST: \$60 per vaulter – includes use of poles. (Limited to first 12 vaulters register.)

If more than 12, an afternoon session may be added from 2-4:30pm.

(If more than 24, I might be able to hold a 3rd session from 6-8:30)

Coaches & parents are welcome for free. (Any donations accepted if you feel that you learned something worthwhile.)

WHERE: Circleville High School Field House (Max runway length is 58')

INSTRUCTOR: CHS PV Coach Dick Walters

Has consistently developed 13'+ boys and 9'+ girls, including three 14'+ boys and four 10'+ girls, of which two were 11'+. In the last 8 years, coached 3 different boys and 3 different girls to State Meet Podium. Enthusiastically coaches beginning vaulters.

What you need: Parent signed registration form and check (if not mailed prior), shoes (spikes optional), Water bottle (optional), T-shirt, shorts, sweatshirt & sweatpants.

I have many, but not all poles. Feel free to bring your own, or not.

What to expect: Since the approach is only 58', some may not be able to do a full approach vault. My vaulters rarely do full approach vaulting more than once a week. Expect LOTS of short approach vaulting and drills with emphasis on what you have to do to approach your potential. Video analysis planned.

CONTACT: Coach Dick Walters: 740-474-1705 (H), 740-412-1424(C).

Email: coach_dw@yahoo.com (underscore between coach and dw)

Circleville Pole Vault Camp Registration

Name: _____ Grade: _____ Age _____

Phone: _____ Email: _____

School: _____

Number of years of vaulting experience: _____

Best height in a meet: _____

Emergency contact number: _____

If a 2nd or 3rd session becomes necessary, I would prefer the
(rank in order of preference using the number 1, 2, & 3

_____ morning (10:30-1:00)

_____ afternoon (2:00-4:30)

_____ evening (6:00-8:30)

_____ Either session is fine.

I give permission for my child to participate in the Pole Vault Camp at Circleville. 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 _____

Date _____

Athlete Signature _____

Make \$60 check to: Circleville Athletic Boosters--Track

Copy and mail to:

Dick Walters
240 Sylvan Circle
Circleville, OH 43113

Or Email to: coach_dw@yahoo.com