

2014 East Kentwood Sports Camp Registration Form
CASH, MONEY ORDER, OR CREDIT CARD ONLY – NO CHECKS ACCEPTED

Camper's Name _____ Grade (Next Fall 2014) _____

Address _____ City _____ Zip _____

MALE or FEMALE ____ Home Phone _____ Parent's Work Phone _____

T-SHIRT SIZE S M L XL

NON-KENTWOOD STUDENT QUESTIONS

Email Address _____

Coach's Email Address _____

SCHOOL _____ PERSONAL RECORD _____

Please request camp by section number listed beside each specific camp. Fees are payable upon registration. **CASH, MONEY ORDER, OR CREDIT CARD ONLY. NO PHONE REGISTRATIONS. Mailing address: East Kentwood High School Athletic Department, 6230 Kalamazoo Avenue, SE, Kentwood, Michigan, 49508.**

Call this number to pay by Credit Card 616-698-7532 and ask to speak with Kathy Johnson.

Pole Vault 500

I hereby voluntarily release and hold harmless Kentwood Public Schools from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching/traveling to or from this activity.

Parent or Guardian

Signature _____ Date _____

The camp will be held at East Kentwood's beautiful Falcon Stadium, Home of the Division 1 2014 MHSAA state Champions. 6230 Kalamazoo, Kentwood MI 49508

FALCON POLE VAULT CAMP



Challenge Gravity
Come learn how to fly like a falcon at East Kentwood's 15th annual pole vault camp.
Presented by Coach David Emeott
2 DAY CAMP!!!

NEW THIS YEAR!!!

2 Day Camp- July 15th –July 16th
Tuesday and Wednesday

Tuesday – noon until 5:00pm

Wednesday – 9am until 2pm



East Kentwood and Falcon vault camps have been hosting Camps and clinics for 14 years and this year promises to be one of our best years ever. The Camp Director, Dave Emeott has been Coaching the Vault for 19 years and has many successful athletes on the local, state and national level. EK has had 3 different girls jump 12'+ Including 2011 All-American Katie Rancourt (12'7 1/2") and 4 different boys over 15'. Many current and former college vaulters also provide instruction. Campers include past, current and future champion vaulters.

Cost

Vaulters (ages 12 and up) \$120 if received before July 10th.

\$140 if received after July 10th.

Camp includes instruction and T-shirt.

Parents/coaches FREE!!

What to bring

Poles, shoes, shorts, sweats, swim suit (one piece), towel, helmet(optional) tape, snack, water bottle and sunscreen.

Learn new ways to practice:

- Rope vaulting
- Gymnastics
- Sand pit vaulting
- Speed and strength

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Camp is focused on improving pole vault technique from the basic to the advanced. Other topics include:

- Training (in and out of season)
- Goal setting
- Safety
- Pole selection
- Meet preparation

Learn how to improve your vault through easy to learn drills and expert instruction.

- Sliding box
- Speed drills
- Strength training
- Sport specific gymnastics
- pool vaulting (bring a one piece Bathing Suit)

For other pole vault related events:

Visit our web site at
www.grandhavenbeachvault.com



Any questions please email Coach David Emeott:
david.emeott@kentwoodps.org

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