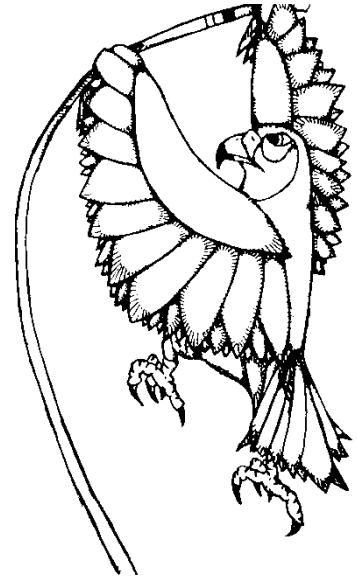


FALCON POLE VAULT CLINIC

at

EAST KENTWOOD HIGH SCHOOL 2016

WHAT: FALCON VAULT CLINIC
(2 sessions)
WHERE: EAST KENTWOOD FIELD HOUSE
6230 Kalamazoo Ave. SE
Kentwood, MI 49508
WHEN: Saturday MARCH 19th
TIME: CLINIC A 9:00-12:30pm
CLINIC B 1:30-5:00p.m.
WHO: ALL CURRENT, FUTURE AND
POTENTIAL VAULTERS
COST: \$48.00- Early Bird- Received before 3/14
\$58.00 – walk up registration (Cash / Money Order only!!)
****Attend both Clinics for only \$89****



Free for all coaches/parents – get involved, ask questions
Souvenir T-shirt will be sold for \$15
While supplies last



Make checks payable to:
East Kentwood Track
Mail to: East Kentwood Track
C/O Coach David Emeott
7186 old Lantern dr.
Caledonia, MI 49316

In the past 19 years Kentwood has had four 15'+ and seven 14'+ males as well as eleven 11'+ females and four 12 footers including 2013 MSU school record holder Amanda Impellezzeri (13'3.5"). Over the years Falcon Vault Camps and Clinics have helped many Kentwood and non-Kentwood athletes achieve state and national recognition. EK would like to share its proven vaulting techniques with you.

This clinic will be setup to meet the needs of every level vaulter, from the state champ to the first timer. We will group the clinic by ability to provide the best possible experience for all. We will also help with pole selection for the upcoming season.

COACHES!!! Do you have some athletes who are interested in becoming vaulters? This is a great opportunity to get them excited about the sport. This clinic provides an opportunity to start your season with a positive vault experience and get perspective on what it takes to achieve your goals. This is also an excellent opportunity to learn the latest training techniques.

ATHLETES!!!

Find out what it takes to break through this year.

- Drills with and without pit
- Gymnastics specific to PV
- Safety
- Individual Instruction and critique from an excellent coaching staff
- Video Analysis
- Pool Vaulting



What to bring? Poles, light snack, helmet(optional), Running shoes, sweats (we may go outside weather permitting), water bottle, swimsuit (one piece) and towel.

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

Application

For **CLINIC A** and/or **B** (circle)

Name _____

Circle: Male Female Age _____ Grade _____

Email Address _____

Coach's Email _____

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____

School _____

Personal record (competitive) _____ Circle: Bending pole Stiff pole

Parental consent/participation waiver

I hereby voluntarily hold harmless Kentwood public schools from all liability for all types of damage or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching/traveling to or from this activity. I verify that my child has had a physical exam in the past year and is capable to participate in the activities related to the clinic. **I understand that competing in a track & field event such as pole-vaulting can be a potentially dangerous activity resulting in serious injury, paralysis, and even death.**

Parent or guardian signature date

Participant signature date

*Must be signed and dated before you can participate. Single Parent/Guardian Signature assumes consent by both Parents/Guardian