

2016 East Kentwood Sports Camp Registration Form
CASH, MONEY ORDER, OR CREDIT CARD ONLY – NO CHECKS ACCEPTED

Camper's Name _____ Grade (Next Fall 2016) _____
 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.**

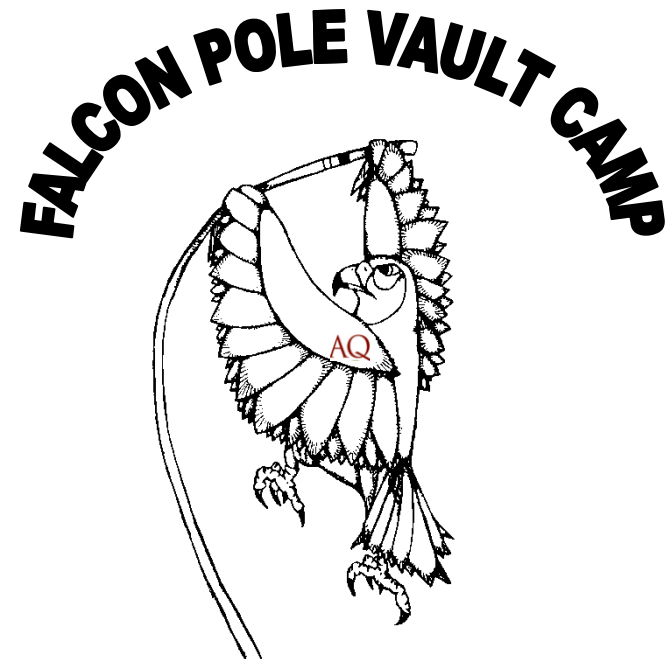
Call this number to pay by Credit Card 616-698-7532 and ask to speak with Kathy Johnson.

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 _____

Due to Construction at East Kentwood High School, the 2016 camp will be held at Aquinas College's Alksnis Center. A Beautiful State of the art Facility near Downtown Grand Rapids, 1580 Fulton street.



Challenge Gravity
Come learn how to fly like a falcon at East Kentwood's 17th annual pole vault camp.
Presented by Coach David Emeott
2 DAY CAMP!!!

Hosted By:



2 Day Camp- June 28th and 29th

Tuesday and Wednesday

PERFECT FOR OVERNIGHTERS!!!!

Tuesday – noon until 5:00pm

Wednesday – 9am until 2pm



East Kentwood and Falcon vault camps have been hosting Camps and clinics for 17 years and this year promises to be one of our best years ever. The Camp Director, Dave Emeott has been Coaching the Vault for 22 years and has many successful athletes on the local, state and national level. EK has had 4 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 June 24th.

\$140 if received after June 24th.

Camp includes instruction and T-shirt.

Parents/coaches FREE!!

What to bring

Poles, shoes, shorts, sweats, helmet(optional) tape, snack, light lunch (Wednesday), water bottle and sunscreen.

Learn new ways to practice:

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

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

WHERE?

We are very pleased to announce our camp will be located at Aquinas College this year. Aquinas offers a premier facility in a climate controlled environment. Located at 1580 Fulton Street Grand Rapids mi, athletes and coaches alike will be impressed by this beautiful facility.

For other pole vault related events:

Visit our web site at

www.grandhavenbeachvault.com



Summer PV events.

State Games of Michigan June 25th

Falcon Vault Camp 28-29

Grand Haven Beach Vault July 14th and 15th

Barry County Fair Vault July 23rd

Maple Valley Moon Vault August 6th

Super Hero Vault August 13th??

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