

2017 East Kentwood Sports Camp Registration Form

CASH, MONEY ORDER, OR CREDIT CARD ONLY – NO CHECKS ACCEPTED

Camper's Name _____ Grade (Next Fall 2017) _____
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 _____

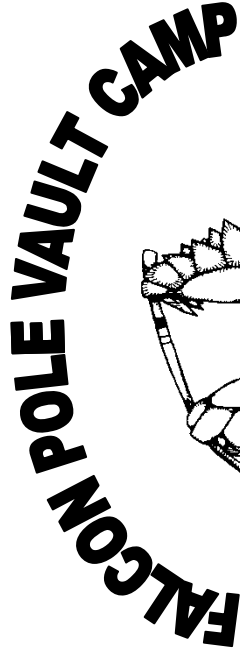
Please request camp by section number listed beside each specific camp.
Fees are payable upon registration. **CASH, MONEY ORDER, OR CREDIT CARD ONLY. NO PHONE REGISTRATIONS. Mailing address: East Kentwood High School Athletic Department, 6230 Kalamazoo Avenue, SE, Kentwood, Michigan, 49508.**

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 _____ Date _____
Signature _____



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 CAMPI!!

2 Day Camp- July 18th and 19th 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 2016 All-American Gabby Leon (12’10 1/2”) and 5 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) \$130 if received before June 24th.
\$150 if received after June 24th.

Parents/coaches **FREE!!**

What to bring

Poles, shoes, shorts, sweats, 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?

East Kentwood Stadium 6280 Kalamazoo Drive

For other pole vault related events:

Visit our web site at
www.grandhavenbeachvault.com

Summer PV events.

- Falcon Vault Camp 28-29
- Grand Haven Beach Vault July 14th and 15th
- Barry County Fair Vault July 23rd
- State Games of America August 5th
- Maple Valley Moon Vault August 6th
- Super Hero Vault August 13th??



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