

Aquinas Vault Academy (AVA)
Alksnis Athletic and Recreation Building
2017-18

- WHO:** 9th-12th grade boys and girls
- WHEN:** Mondays and Wednesdays, November 1 through February 21
- TIME:** 5:30 PM – 7:00 PM
- WHERE:** Alksnis Athletic and Recreation Building, 1580 East Fulton (Aquinas College campus)
- WHAT:** 90 minutes of instruction and training for sprint and hurdle events including, starting blocks, acceleration, maximum speed, sprint mechanics, warm-ups and warm-downs
- COST:** \$300 for 28 sessions plus free entry for Aquinas College MITS Meets
- COACHES:** East Kentwood Head Track & Field Coach Dave Emeott and Aquinas College vaulters

CAMP REGISTRY FORM

Please fill out and return with payment

Name of Camper: _____

Date of Birth: _____ High School: _____

Grade Entering Fall 2017 (Circle one) 12th 11th 10th 9th

Parent/Guardian name(s): _____

Email Address: _____ Cell Phone: _____

Home/Work Phone: _____

Home
Address: _____

T-Shirt Size (Circle One) S M L XL

WAIVER: I hereby authorize the staff at the Aquinas College Vault Academy, and the athletic training staff on-site, to act for me according to their best judgment in any emergency requiring medical attention, and I waive and release the camp from any liability for any injuries sustained while at camp. I also certify that my child is medically fit to participate in this program. (Insurance is the responsibility of the parent/guardian.)

Parent/Guardian Signature: _____

Date: ____/____/____ Amount paid: \$ _____

(Make checks payable to: Aquinas College Track & Field) Aquinas reserves the right to dismiss any camper who is disrespectful or not conducting themselves in an appropriate manner, with no refund.

Registration/Payments due in full by MONDAY November 6. Please send registration form with check or money order to: Sturrus Sports & Fitness Center: Attn. Dave Wood, 1607 Robinson Rd SE Grand Rapids, MI 49506