

2018 East Kentwood Sports Camp Registration Form
CASH, MONEY ORDER, OR CREDIT CARD ONLY – NO CHECKS ACCEPTED

Camper's Name _____ Grade (Next Fall 2018) _____

Address _____ City _____ Zip _____

MALE or FEMALE _____ Best Contact number _____

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 616-426-4624 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 _____

**FALCON POLE
VAULT CAMP**



Challenge Gravity
Come learn how to fly like a falcon at East Kentwood's 19th annual pole vault camp.
Presented by Coach David Emeott
2 DAY CAMP!!!

2 Day Camp- July 17th and 18th
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. Camp Director, Dave Emeott has been Coaching the Vault for 24 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) \$145 if received before June 24th.
\$165 if received after June 24th.

Parents/coaches FREE!!

What to bring

Poles, shoes, shorts, sweats, tape, snack, light lunch (Wednesday), water bottle and sunscreen, bathing suit (we may go into the pool).

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

WHERE?

East Kentwood Stadium 6230 Kalamazoo Drive

For other pole vault related events:

Visit our web site at

www.grandhavenbeachvault.com

Summer PV events.

Gazelle Elite all summer Mondays and Thursdays

Grand Haven Beach Vault July 14th and 15th

Barry County Fair Vault July 21st

State Games of America June 23rd

Maple Valley Moon Vault August 4th

Super Hero Vault August 11th



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

