

FALCON POLE VAULT CLINIC

at

Now at **Aquinas College**

2019

WHAT: FALCON VAULT CLINIC
WHERE: Aquinas College
Alksnis Athletic and Recreation Building,
1580 East Fulton E
Grand Rapids, MI
WHEN: Saturday MARCH 16th
TIME: 2:00-6:00pm
WHO: ALL CURRENT, FUTURE AND
POTENTIAL VAULTERS
COST: \$65.00- Early Bird- Received before 3/14
\$85.00 – walk up registration (Cash / Money Order only!!)



Free for all coaches/parents – get involved, ask questions

Souvenir T-shirt will be sold for \$15

*****While supplies last*****



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



In the past 20 years Coach Emeott has had five 15'+ and nine 14'+ males Including state Record holder Trevcor Stephenson(16'9.5") as well as eleven 11'+ females and four 12'+. Over the years Falcon Vault Camps and Clinics have helped many athletes achieve state and national recognition. Coach Emeott would like to share its proven vaulting techniques with you.

Back at AQ! We are very excited to return to Aquinas college for this clinic. They have a state of the art PV facility with 2 pits, Turf area, amazing swing equipment and an excellent viewing area for the PV.

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.

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 for young and old coaches 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



What to bring? Poles, light snack, Running shoes, Spikes -1/4" (Optional), water bottle,

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

Application

Name _____

Circle: Male Female Age _____ Grade _____

Email Address _____

Coach's Email _____

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____

School _____

Personal record (competitive) _____

Parental consent/participation waiver

I hereby voluntarily hold harmless Kentwood public schools an Aquinas College 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