

**2019 East Kentwood Sports Camp Registration Form**  
**CASH, MONEY ORDER, OR CREDIT CARD ONLY – NO CHECKS ACCEPTED**

Camper's Name \_\_\_\_\_ Grade (Next Fall 2019) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

MALE or FEMALE \_\_\_\_\_ Best Contact number \_\_\_\_\_

T-SHIRT SIZE XS 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 ON-LINE ONLY. NO PHONE REGISTRATIONS. Mailing address: East Kentwood High School Athletic Department, 6230 Kalamazoo Avenue, SE, Kentwood, Michigan, 49508.**

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 16<sup>th</sup> and 17<sup>th</sup>  
**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 18 years and this year promises to be another great camp. Camp Director, Dave Emeott has been Coaching the Vault for 25 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' including State Record holder Trevor Stephonson(16'9.5"). Many current and former college vaulters also provide instruction. Campers include past, current and future champion vaulters as well as first time pole vaulters.

**Cost**

**Vaulters** (ages 12 and up) \$145 if received before June 24<sup>th</sup>.  
\$165 if received after June 24<sup>th</sup>.  
**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



**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](http://www.grandhavenbeachvault.com)

**Summer PV events:**

- Gazelle Elite all summer Mondays and Thursdays
- Grand Haven Beach Vault July 14<sup>th</sup> and 15<sup>th</sup>
- Barry County Fair Vault July 21<sup>st</sup>
- State Games of America June 23<sup>rd</sup>
- Maple Valley Moon Vault August 4<sup>th</sup>
- Super Hero Vault August 11<sup>th</sup>

**Any questions please email Coach David Emeott:**

[david.emeott@kentwoodps.org](mailto:david.emeott@kentwoodps.org)

