

2011 Vertical Lift POLE VAULT CAMP

DATES

June 12th, 2011

June 19th, 2011

Each camp is limited to 20 Jumpers

ELIGIBILITY

- Boys & Girls of any level
- All High School Coaches
- Parents

Times

8:30am Registration / Check In

9:00am – 3:30pm each day

NOTE: Check-in at the Northrop Track near the pole vault pit.

COST

- **Coaches - \$25 or free w/Athlete**
- **Athletes – \$75.00**
- **T-Shirt – \$15.00**

Return registration with desired camp date, Medical Authorization Form and Payment payable to Bob Shank:

Bob Shank
3838 Sherman Blvd.
Fort Wayne, IN 46808

For more information please contact:

Bob Shank
Phone: 260-438-4299
E-mail: rshank89@gmail.com

Why Vertical Lift Camp?

The Coaches of the Fort Wayne Vault Club and Vertical Lift Vault Camp want to offer you a low price full day camp that will teach the fundamentals needed to improve your performance. You will get to learn from one of the only high school coaches to ever coach a 17 foot high school guy and 14 foot high school girl.

Accomplished Instructors

Learn the training and instructional knowledge that our camp instructors have used to develop some of the best high school vaulters in the country.

BOB SHANK

As a former high school coach Bob specialized in the pole vault, high jump, long jump and throws. He is a former Indiana State Champion and State Record Holder at 16'6". At the college level he was a Big Ten Champion and All-American at the University of Illinois with a personal best jump of 18'1/2". Coaching the Pole Vault at the high school level he produced 5 National Champions, 2 National Runner-Ups, 13 All-Americans, 1-17 foot jumper, 7- 16 foot boy vaulters, 1-14 foot girl vaulter, 1-13 foot girl vaulter, 8 state champions, 2 state runner-ups, and 16 All-State performers.

Rick Rogers

Rick earned All State Pole Vault honors in high school and a 1979 NJCAA National Champion at Jackson Community College. Rick has worked with numerous All State and All American high school and college athletes. He qualified for the 1980 Olympic Trials and competed for several years as a master's athlete.

Video Analysis

The camp will use video to analyze pole vaulting technique frame-by-frame & slow motion. Each camper and coach will receive a CD featuring drills used at the camp along with technical analysis of the drills for vaulters to use on their own.

Training Notebook

Each camper & coach will receive a training and developmental guide/notebook. Topics include:

- Teaching and learning each vault phase
- Drills for improving every vaulter
- Workout examples

POLES & EQUIPMENT

Athletes should bring their own running shoes, spikes, helmets, tape and poles. An extensive line of poles in most sizes and lengths are available for the campers to use but often time's athletes are more comfortable on their own equipment. Athletes may be asked to share poles with other campers.

Circle Camp date you intend to register for:

June 12th 19th

**If ordering a \$15 T-Shirt
Circle Size and include with
camp fee: S M L XL 2XL**

Name _____
Age _____
Graduation Year _____
Pole Vault Personal Best _____
High School _____
Coach _____
Parent/Guardian _____
Address _____
City _____
Zip _____
Home Phone(_____) _____
Mobile (_____) _____
E-mail _____

Emergency Contact _____

Emergency Phone
(_____) _____

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I am aware of the risks, hazards and inherent dangers that may arise due to my child's participation in the Fort Wayne Vault Club / Vertical Lift Pole Vault Camp being held at Northrop High School. In consideration for being allowed to participate in said activity, I hereby release, waive and discharge Northrop High School, FWCS, Fort Wayne Vault Club / Vertical Lift with its instructors, agents and employees from every claim, liability or demand of any kind sustained. This release shall be binding upon any heirs, administrators, executors and assigns of mine. In the event of illness or injury resulting or arising directly or indirectly out of said activity, I hereby give my consent and authorization for (1) the administration of emergency first aid care and treatment at the scene of an emergency by faculty, staff members or volunteers of the Fort Wayne Vault Club / Vertical Lift Camp, Northrop High School, FWCS or (2) the administration of any treatment deemed necessary by a licensed physician or dentist and (3) the transfer to any hospital reasonably accessible. This authorization is not intended to cover major surgery unless the medical opinions of two (2) licensed physicians or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery. I further declare and warrant that I am covered by sufficient medical and dental insurance and that such insurance will remain in effect during my child's participation in said activity.

Signature of Parent

Date