

Fort Wayne Vault Club **Summer Training Program**

Practice dates:

June 8th, 13th, 17th, 20th, 24th, 27th
July 4-10 IHSAA Moratorium Week
July 11th, 18th

New Haven HS Summer Meet Series:

June 15th, 22nd, 29th
July 6th, 13th, maybe 20th
\$1 entry fee

Practice Location:

Northrop High School Track
7001 Coldwater Rd
Fort Wayne, IN 46825

Practice Times:

Group 1 5:00pm-6:45 (10)
Group 2 6:30pm-8:15 (10)

Contact Person:

Bob Shank
rshank89@gmail.com
260-438-4299

Cost:

\$170.00 Payable to Fort Wayne Vault Club (Includes \$20.00 USATF membership)

If needed payment can be \$85 due on or before June 8th and \$85 due on June 27th

Send payment to: Bob Shank, 3838 Sherman Blvd, Fort Wayne, IN 46808

This program is limited to the first 20 athletes who register!

Athletes are responsible to attend all scheduled events and will not be refunded money for missed practices.

Registration:

Register by June 3rd, 2011. **This program is limited to the first 20 athletes who register!**

Send payment to: Bob Shank, 3838 Sherman Blvd, Fort Wayne, IN 46808

Equipment:

Bring your poles, spikes, water bottle, and workout gear! If you don't have a pole, one will be provided for you to use during practices.

This program is intended to work in conjunction with the New Haven High School Summer Meet Series. There will be 2 practices scheduled each week at Northrop High School with coaching being provided at the New Haven Meets on Wednesday nights. This gives each athlete 13 or 14 sessions to get feedback and coaching with the Fort Wayne Vault Club over the summer.

We want to finish the summer training program by participating in the Grand Haven Beach Vault in Michigan on July 15th - 16th. Athletes and parents are responsible for their own registration, travel, and supervision.

Event information can be found at www.grandhavenbeachvault.com

Why Fort Wayne Vault Club?

The Coaches of the Fort Wayne Vault Club and Vertical Lift Pole Vault Camp offer a low price summer program that will teach the fundamentals needed to improve your performance. You will get to learn from one of the only coaches to ever coach a 17 foot high school guy and 14 foot high school girl with us!

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