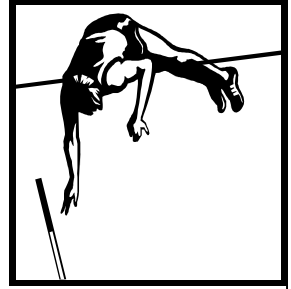


Pole Vault Summer Camp!!



Saturday, June 12, 2010 ~ Girls Only Camp
Sunday, Saturday, June 13, 2010 ~ Boys Only Camp
(athletes who have conflicts may come on the other day)
Athletes wishing to come BOTH days will be given discount

Lawrence Central HS, 7300 East 56th Street, Indianapolis. -Coach Richey-LCHS

-Also coaching will be 3 BIG TEN athletes, who cannot be advertised due to NCAA rules.
These guys have 3-4 years of collegiate jumping AND better yet,
3-4 years of teaching and working these camps, great instructors!

Click for details. http://web.me.com/timrichey/Site/Summer_PV_CAMP.html

Contact info: timrichey@mac.com

Lunch-Drinks provided

Video analysis provided

3 pits, and plenty of runway time (emphasis this year)

Use of long jump pit for sand vaulting

Skill attainment early in day, put it to full jump in pm

****Offering two day sessions for a discount, to have a more involved experience.
2nd day attendees, will be on a different agenda.**

BRING: spikes, flats, change of socks, t-shirt. Energy bar for snack. Notebook is always a great idea. All poles that you can get your hands on! We have many, but like to fill in the gaps for the day to make a great experience for all.

COST: \$70 for day camp. \$100 for both days.

COACHES: \$20 first time fee. Dvd of our current jumpers doing same drills as campers.

You are welcome to video tape.

Info available on:

Jump with the East Indy vault club. Attend camp, join the club. USATF card required.
Practice times, meet schedule, \$ to be determined.