

2019 Camp Registration

Name _____

Address _____

Phone _____

Email _____

Grade _____ Gender _____

Age _____ Weight _____

School _____

Best Height Vaulted (in a meet) _____

Emergency Contact # _____

I give permission for my child to participate in the Pole Vault Camp at Newark. I am aware that Pole Vaulting is an inherently dangerous athletic event, which could cause injury and even death. I certify that my child has had a physical exam within the past year and is physically fit to participate in this strenuous activity. I certify that my child has health and accident insurance. I also agree to allow video images to be taken and used for instructional and advertising purposes.

Parent Signature _____

Athlete Signature _____

Please enclose a check for \$100, payable to
NEWARK TRACK.

The Vault Camp

Camp is a two-day, intensive experience in vaulting. Vaulters of all skill levels (including elites) are welcome. Six hours of vaulting, six hours of drilling, and five hours of classroom instruction are included. Vault groups will consist of approximately 10 – 12 vaulters at a pit with a vault instructor. Video taping of vaulters and analysis are also included.

Coach Marty Dahlman is speaking at camp.

- Coached vault for 37 years at Watkins
- Coached 20 state qualifiers, 2 state runners-up, and 8 All-Ohio athletes
- Conducted several state clinics
- Serves as Ohio's PV Safety Committee Chairman
- Has built and maintains a website solely for vault
- Wrote a book about the vault
- Coached at several nationally-known PV schools.

Coach David Phelps directs the camp.

- Coached track for 26 years, including high school vault for 5 years at Newark
- Also coached middle school vault for 4 years at Newark
- Coached the last 3 girls' league champions, including a regional qualifier
- Oversaw the rejuvenation of the Newark vault program with a new pit and poles.

Vault Camp Schedule

Day One

8:30 – 9:00	Registration
9:00 – 9:40	Introductions and Safety
9:50 – 11:00	A groups Pit (Run & plant) B groups Drill (Run, carry, & plant)
11:00 – 12:00	B groups Pit (Run & plant) A groups Drill (Run, carry, & plant)
12:00 – 12:45	Lunch
12:45 – 2:30	Theory of Vault – Part One
2:30 – 3:45	B groups Pit (Plant & swing) A groups Drill (Plant, swing, & penetration)
3:45 – 5:00	A groups Pit (Plant & swing) B groups Drill (Plant, swing, & penetration)

Day Two

8:30 – 9:00	Check In
9:00 – 9:30	Review & Goals for Today
9:30 – 11:00	B groups Pit (Full Vault, close off, clearance – video) A groups Drill (Close off, clearance, & visualization)
11:00 – 12:30	A groups Pit (Full Vault, close off, clearance – video) B groups Drill (Close off, clearance, & visualization)
12:30 – 1:00	Lunch
1:00 – 2:00	Theory of Vault – Part Two
2:00 – 3:00	Pit Groups – Review video
3:00 – 4:00	Special Vault – Camp Coaches
4:00 – 5:00	VAULT 'til you drop

Camp Information

The camp is located at:

Evans Athletic Complex
948 Sharon Valley Road
Newark, Ohio 43055

Note: This is NOT the Newark High School address.

Vault Camp – June 5 and 6. Any boy or girl going into grades seven to twelve and interested in vaulting is welcome.

Note – Camp will involve individual instruction to all vaulters.

Cost: \$100/ camper (includes lunch both days and a T-Shirt)

Campers must pay for both days.

MAXIMUM OF 12 VAULTERS PER PIT GROUP.

Checks should be payable to **NEWARK TRACK.**

Because a reservation prevents another vaulter from attending, refunds will be made for injuries and illness only.

Coaches and parents are welcome. \$20, includes lunch both days and a T-Shirt.

Coaches who attend both days of the camp will also receive State PV Safety Certification from Coach Dahlman.

What you need:

1. Shorts, T-Shirt, and Rain Jacket
2. Poles for your own use (if possible)

Note: We have a limited selection of poles available, but having one of your own will help for drills

3. Running shoes and spikes (optional)
4. Notebook and pen
5. Water bottle (optional)
6. Hat and sunscreen (both optional)

Note: If rain occurs, we will work around it. No refunds, rebates, or cancellations will be made due to weather.

If you have questions, contact:

David Phelps, Track Coach
Newark High School
314 Granville Street
Newark, Ohio 43055
Cell phone (614) 284 – 3393
Email dphelps@laca.org

Camps Fill Quickly – Enter Early

Must Receive Registration before June 1

(late entries and walk-ins accepted IF space is available)

2019 Pole Vault Camp at Newark June 5 and 6

