



Where the Elite come to train

Camp Information Sheet

How to Register

1. Fill out the online registration
2. Fill out and sign the Parental Consent / Liability Waiver
3. Send Your \$100.00 Camp Deposit* and Parental Consent / Liability Waiver To:

Mailing Address:

Elite Vaulter Sports Complex
1817 Lacy Dr.
Fort Worth, Texas 76177

Please make checks payable to:

Elite Vaulter Sports Complex

Camp Costs
2 Day Camp \$225
3 Day Camp \$325
4 Day Camp \$425
**Onsite Meals and Sleeping
Accommodations Included.**

***All Camps require a \$100 deposit; this is included in the total cost.**

General Information

All meals and housing are included in the price of the camp. We limit our camps to 16 vaulters so please follow the registration instructions to guarantee your self a spot. We have separate bunk rooms and showers available to all our athletes. If you are flying into DFW airport please call a week before camp so we can help you make arrangements to be picked up or shuttled to the Elite Vaulter Sports Complex. If you have any questions, please be sure to call our staff at 817-999-5492.

What to Bring

1. Payment for Camp Balance
2. Towels for Shower
3. Sleeping Bag (We have Bunks for you to sleep on)
4. Workout Gear – Shorts, Sweats, Flats and Spikes
5. Money for Drinks and Snacks
6. General toiletries

www.elitesportz.com

Camp Information Sheet

Camp Agenda

- Introductions, Objectives, Philosophy, Rules, Facilities
- PV Skills Assessment, Speed, Strength and Jumping Ability
- Competition or Jump Session (Videos Taken)
- Video Study
- Sand Drills
- Plant Drills
- Short Run Vaulting and Drills (1, 2 and 3 lefts)
- Lecture: Pole Vault Rules
- Pole Vault (5 lefts) for Height
- Lecture: Developing Your Run
- Evening Jump Sessions
- Lecture: Logging and Knowing Your Numbers
- 6 and 7 left run, Check Steps and Marks
- P.R. Vault Competition



Camp Information Sheet

Frequently Asked Questions

Q: What time will the camp start?

A: Visit our “Events” web page” at <http://www.elitesportz.com/events/>



Q: What is the difference between the 2 day and 3 day camp?

A: A 2 day camp consists of mostly jumping, and several lectures covering technique, and safety. The 3 Day camp adds more jump sessions, video analysis, and more in-depth test assessments.



Q: How do I get to The Elite Vaulter Sports Complex?

A: Visit our “Contact Us” web page” at <http://www.elitesportz.com/contact/>

Q: Do I need to bring poles?

A: You are welcome to bring your own pole or poles. This will enable us to flex your poles giving us a better understanding of your pole series and can also help you in selecting your next pole for the future. We have a large selection of poles that are available to use if needed.



Q: Where do the athletes stay?

A: Most athletes stay on site, meals and housing are provided. We have separate rooms for boys and girls, along with separate showers and bathrooms.

Q: What if I have never jumped before?

A: Then it’s certainly time you got started!

Q: What ages do you take?

A: We welcome vaulters of all ages.



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Parental Consent/ Liability Waiver

RELEASE IN FULL

STATE OF TEXAS
COUNTY OF TARRANT

I, the undersigned parent or legal guardian of _____, do hereby grant permission for myself/my child to attend the Elite Vaulter Sports Complex at 1817 Lacey Drive. I do hereby waive and release ANY and ALL Rights and Claims for damages due to injury and death that may be suffered before, during and after the camp, practice or meet event. I (the undersigned) AGREE to indemnify, hold harmless, and defend all liability charges or accusations against the Elite Vaulter Sports Complex, Glen Dickson, George Rodriguez, 1817 Lacey Ltd. and any Coaches, Sponsors, or Agents connected to the Elite Vaulter Sports Complex pole vaulting camps, practices or meets. I FULLY UNDERSTAND the act of pole vaulting is potentially dangerous by its nature and that possible injury could occur during the course of instruction. Warning: Sports by their very nature pose the continuous threat of injury which NO TYPE of EQUIPMENT can ensure against or prevent. ANY PERSON NOT WILLING to ASSUME and BE RESPONSIBLE FOR THE CONSEQUENCES OF INJURY SHOULD NOT PARTICIPATE. The wearing of EQUIPMENT such as helmets, pads, or other such devices, MAY HELP TO REDUCE THE RISK OF INJURY, BUT WILL NOT PREVENT IT. I verify that myself/my child has had a physical examination in the last twelve (12) months prior to the participation at the Elite Vaulter Sports Complex and has been certified by a certified physician to be eligible to participate in the pole vaulting practices, camps, meets and any related training activity. Should a MEDICAL EMERGENCY arise and I (the parent or legal guardian) CANNOT BE REACHED (after every reasonable attempt is made to contact me, I hereby authorize any certified physician, nurse or trainer selected by the Elite Vaulter Sports Complex personnel to order and conduct any medical or surgical procedures necessary for the welfare and betterment of myself/my child. By my signature, I ATTEST TO UNDERSTAND this WAIVER in it's ENTIRETY and hereby declares this for my heirs, my executors, and myself. In addition, I grant Elite Vaulter Sports Complex the right to use any videos or photographs of myself/my child in training related activities for the purpose of advertising or coaching/educational productions.

_____ X _____

Date signature of Father (or legal Guardian)

_____ X _____

Date signature of Mother (or legal Guardian)

Policy or Group # Family Health & Accident Insurance Co.

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