

Year round training.
Cooler in the
summer, Warmer in
the winter. Rain or
shine we are
training.

SUMMER POLE VAULT CAMPS INFORMATION

Summer Camps

Best In Texas Bar None !

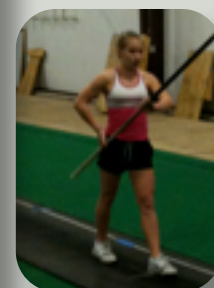
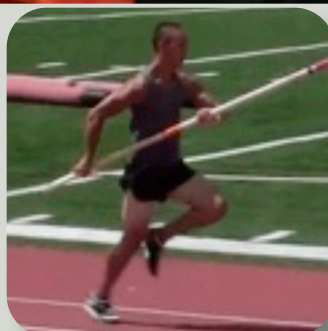
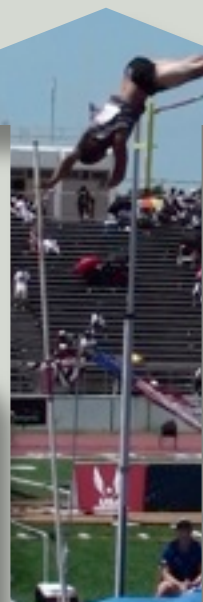
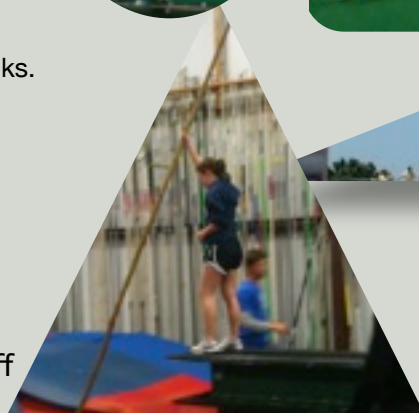
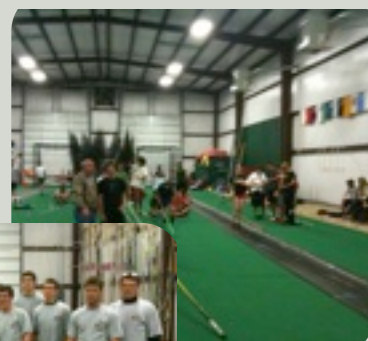
Three day and Five day camps designed to help the vaulters jump Safer and Higher. 10,000 sq. ft. indoor facility and professional coaching provide the safest and most effective training available. Beginners to Elites train at our facility and learn the right way to vault Higher and Safer.

We have trained vaulters from virtually every state in the nation, helping them reach their goals. Their simply is no better camp. We limit our camp attendance to insure our athletes get the assistance they need to vault Higher and Safer.

We don't require you to bring your poles. All you need at our camps are a sleeping bag, pillows, personal toiletries and money for snacks and drinks.

Camps Are Designed For All Levels

- ☒ How To Vault Safely
- ☒ Developing Your Approach
- ☒ Executing a Dynamic Takeoff
- ☒ Producing a Powerful Swing
- ☒ Sprint Technique
- ☒ Developing a Training Plan



ELITESPORTZ

HOW TO REGISTER

1. Fill out the online registration
2. Pay Online or Mail a \$100.00 Deposit*
3. Fill out and sign the Parental Consent / Liability Waiver
4. Send or Fax the Parental Consent / Liability Waiver To:

Mailing Address

Elite Sportz
2720 Harmon Rd.
Haslet, Texas 76177

Fax: 817.288.0946

Make checks payable to:

Elite Sportz

GENERAL INFORMATION

We limit our camps to 16 vaulters so please follow the registration instructions to guarantee yourself a spot. If you are flying into DFW airport we require the athlete's itinerary a week before camp so we can schedule their pickup. If you have any questions, please be sure to call at 817.999.5492.

WHAT TO BRING

What to Bring

1. Payment for Camp Balance
2. Towels for Shower / Hurricane Harbor (5 day Camp)
3. Swimsuit / Sun Wear if attending 5 day camp.
4. Sleeping Bag or Blankets and Pillow
5. Workout Gear Shorts, Sweats, Flats and Spikes
6. Money for Drinks and Snacks
7. General toiletries



Where the Elite come to train



CAMP AGENDA

We strive to educate our vaulters. Our vaulters leave camp with the knowledge, tools, drills and information to continue to improve. Our philosophy has and always will be to train our vaulters to jump safer and higher through use of an a slow to fast and big to small learning approach. We pride ourselves in teaching vaulters to always vault under control while markedly improving their jump. We strive to help the athletes we train be the “Best They Can Be”.

- ✓ Introductions,
- ✓ Objectives, Philosophy, Rules, Facilities
- ✓ PV Skills Assessment, Speed, Strength and Jumping Ability
- ✓ Competition or Jump Session (Videos Taken)
- ✓ Video Study
- ✓ Plant Drills
- ✓ Short Run Vaulting and Drills (1, 2 and 3 lefts)
- ✓ Pole Vaulting for Height
- ✓ Developing Your Run
- ✓ Evening Jump Sessions
- ✓ Logging and Knowing Your Numbers
- ✓ Check Steps and Marks



FAQ'S (FREQUENTLY ASKED QUESTIONS)

Q: What time do the camps start and end ?

A: Camps start at 10:00am on the first day and end at 12:00 noon the last day of camp.

Q: What is the difference between the 3 day and 5 day camp?

A: The 5 day camp consists of two days of pole vault training, a day at the water-park, and then two ore days of camp. The 3 day camps are pole vault training for the entire camp.

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

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

Q: Do I need to bring poles?

A: You are welcome to bring your own, but we prefer you use ours. We have a large selection of poles you might need.

Q: Where do the campers stay?

Campers can stay on site or commute. We provide meals and snacks during breaks for the duration of the camps.

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 that are capable of jumping and following instructions.

EliteSportz Parental Consent And 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 Vaulters Sports Complex, dba. Elite Sportz at 2720 Harmon Rd. 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 Sportz, Glen Dickson, George Rodriguez and any Coaches, Sponsors, or Agents connected to Elite Sportz 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 Elite Sportz 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 Sportz 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 its ENTIRETY and hereby declares this for my heirs, my executors, and myself.

In addition, I grant Elite Sportz 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.

Date____/____/____ signature of Father (or legal Guardian) X_____

Date____/____/____ signature of Mother (or legal Guardian) X_____

Policy or Group # _____ Family Health & Accident Insurance Co. _____

Emergency Phone Numbers

() _____

Primary Emergency (Always Answered)

() _____

Daytime

Email _____

() _____

Evening