

2011 NORTH DAKOTA STATE UNIVERSITY POLE VAULT CAMP JUNE 14-17

**POLE VAULT CAMP
JUNE 14-17**

This pole vault camp is designed for beginners or for experienced vaulters. The camp is a great opportunity for vaulters to learn the basics of the pole vault and to have experienced eyes watch and help correct vaulting technique. Also, vaulters will get a chance to learn circuits that help enhance the specific strength needed for vaulting and a weight room session will help direct athletes into what type of strength training is needed to excel as a pole vaulter.

CAMPER INFORMATION

Upon arrival, all campers are to report to the Schlanser Track at the Ellig Sports Complex for registration (located on 15th Ave next to Newman Field). All campers should be prepared to participate on the day of arrival. Departure from camp will be at 4:30pm on the last day of the camp. Campers can be picked up at Schlanser Track.

WHAT TO BRING

Training gear, training shoes, spikes, swim suit, equipment, notebook pen (pole vault poles, helmet) poles will be provided if need be.

HOUSING

Campers will be housed in NDSU dormitories and meals will be prepared by the NDSU Food Service personnel. Things to remember for resident campers: fan, blanket, pillow, towel, and toiletries.

CAMP COACHING STAFF

Stevie Keller Associate Head Coach NDSU
Casey Feininger Watertown High School
Shawn Francis Assistant Coach NDSU
NDSU Pole Vault Athletes



TYPICAL CAMP DAY

- 7-8 am Breakfast
- 8:45 am Camp warm-up
- 9-11 am Technique Session
- 11:30 am Lunch
- 1:30 pm Warm-Up
- 2-4 pm Technique Session
- 4-5 pm Slip and slid
- 5:30 pm Dinner
- 7-9 pm Gymnastics
- 9-10:30 pm Dorm activity
- 11:30 pm Lights Out

North Dakota State University does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, Vietnam Era Veterans status, sexual orientation, marital status, or public assistance status. Direct inquiries to the Chief Diversity Officer, 205 Old Main, (701) 231-7708.

**WAVER: ASSUMPTION OF RISK
RELEASE FORM WILL NEED TO BE
SIGNED PRIOR TO PARTICIPATION IN
CAMP.**

Consent for Medical Treatment Consent to Participate

Validation of Insurance

I/We undersigned, hereby authorize any first aid, medication, medical treatment or surgery deemed necessary in case of emergency for (print full name):

a participant in a Bison track & field camp. I/We understand that I/we will be responsible for any expenses incurred on his/her behalf in connection with such treatment. I/We also authorize the camp appointed physician to execute on my/our behalf any permission slips and other appropriate documents and act on my/our behalf in I/we are not immediately available to do so.

Insurance Company

Contract Numbers

Emergency Daytime Phone Number

NO CAMPER WILL BE ADMITTED TO CAMP WITHOUT INSURANCE COVERAGE. Injuries are a part of training camp. It is very important that you are in good shape when you report to camp. The better shape you are in, the less likely you are to sustain an injury. If you receive a major injury, you will be returned home. There are no refunds due to injuries or illness.

As a condition of enrollment, the following disclaimer of liability must be signed and dated by the camper's parent/legal guardian: The camper, in attending the NDSU Track and Field Camp and in using any camp facility, does so at his/her own risk. The University, its Athletic Department and its staff shall not be liable for any damage arising from personal injury sustained by the camper during the camp session and so hereby fully and forever exonerate and discharge the University, the NDSU Track and Field Camp, its staff, its owners, employees and agents, from any and all claims, demands, damages, right of action or cause of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of the camper's participation in the camp session and in the use of the facilities.

I certify that to the best of my knowledge, I am in good physical condition and have no disease or injury that would impair my performance in training or competition.

Camper's Signature & Date

Parent or Guardian Signature & Date

Please return to:

Nancy Erickson
BISON SPORTS ARENA
P.O. BOX 6050
FARGO, ND 58108
*Makes Checks Payable to:
NDSU Athletics

For questions contact Stevie Keller
Phone: 701-793-0374
Fax: 701-231-6246
Email: stevie.keller@ndsu.edu

(name) _____

(address) _____

(phone) _____

(e-mail) _____

Signature _____ Date _____

Signature of Parent/Guardian _____

REGISTRATION DEADLINE JUNE 8th
A \$50 non-refundable deposit must accompany the application! Full amount due at registration before camp session begins.

- Day Camper \$325.00
- Resident Camper \$350.00
- Siblings- 2 for 1 Day Camper \$600.00
- Siblings- 2 for 1 Resident \$650.00

(vault pr) _____ (Gender) _____ (roommate) _____

