

SEATTLE CAMP: JUNE 25, 26 & 27TH

LOCATION:

Bishop Blanchet High School
(upper field)
8200 Wallingford Ave North
Seattle, WA 98103

COST:

ATHLETES: \$175.00
COACHES: \$ 75.00



STATE CERTIFICATION
& CLOCK HOURS AVAILABLE

REGISTRATION:

Direct all checks, forms & questions to:

TIM REILLY
206.526.0436 or 206.660.2867

Fax: 206.528.5536
Email: nwpolevault@comcast.net
Applications also available for download at:
www.nwpolevault.com

DVD or VHS:

Learning to Fly:

Raising Champion Pole Vaulters

The most instructive vaulting tape ever
made. \$30 at camp or \$40 by mail.

POLES:

Coach Reilly sells ALTIUS poles with the
best advice, lowest prices & the only sizing
guarantee in the country.
Call or email for full details.

CAMP SCHEDULE:

6/25 Friday: FIRST DAY

Check in: 8:30am – 9:00am
Camp: 9am – Noon
Lunch break
1:30pm – 4:30pm

Saturday & Sunday:

Camp: 9am – Noon
Lunch break
1:30pm – 4:30pm

CAMP INCLUDES:

- World class teaching system for novice to collegiate levels, and ages 12 to masters
- Athletes grouped by experience
- Video analysis of both campers and elite vaulters
- Classroom lecture and drills for each vault phase
- Gymnastic and weight room drills
- Up to date notebook of philosophy, drills and workouts
- Self evaluations with individual goal and workout planning
- Hands-on involvement and clock hours for attending coaches
- Camp T-shirt and snacks (meals not provided)

WHAT TO BRING:

- Your own poles are nice, but optional
- Running shoes, no spikes
- Meal money
- Water bottle
- Hard work & faith in great possibilities!
- Video cameras welcome

REGISTRATION FORM

Pre-registration is advised two weeks prior to camp.
Please contact us for availability after 6/19/2010.

PLEASE CHECK THE FOLLOWING:

- Athlete
 Coach

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (____) _____

Emergency Ph: (____) _____

Email: _____
(To receive an email confirmation)

School: _____

Grade in Fall 2010: _____

PR/Highest meet vault: _____

Circle: Female / Male

T- Shirt size: S M L XL

**PLEASE FILL OUT THIS FORM & THE
PARENT CONSENT/MEDICAL WAIVER
COMPLETELY & MAIL TO:**

**NW POLEVULT CAMPS
7527 – 27TH AVE NE
SEATTLE, WA, 98115**

(Please do NOT mail to Bishop Blanchet)

\$50.00 - Deposit only enclosed
(Non-refundable)

Full payment enclosed

**PARENT CONSENT
&
MEDICAL WAIVER ***

*** IF UNDER 18 THIS MUST BE SIGNED AND
FILLED OUT BEFORE CAMP REGISTRATION!**

I hereby authorize my child to participate in the NW PoleVault Camp and agree to hold harmless the camp, its coaches and the hosting school from any and all liability arising from illness, injury, and/or physical consequences that (I) (my child) may suffer, as well as all claims for the same that may be asserted against (me) (my child) by any third party as a result of my/his/her participation in the camp.

I hereby verify that (I) (my child) has passed a physical exam within the past 12 months and has been declared fit by a physician to participate in all camp activities.

I hereby authorize camp personnel to obtain emergency medical assistance for my child and release my child to the care of a physician if necessary.

I hereby list any history of illness or injury that may be useful for camp personnel to know:

HEALTH INSURANCE COMPANY:

Policy #: _____

*** PARENT/GUARDIAN SIGNATURE:**

X _____
MUST BE SIGNED IF VAULTER IS UNDER 18 YRS OLD

Date: ____/____/2010

W I A A S A F E T Y C E R T I F I C A T I O N & C L O C K H O U R S A V A I L A B L E

S U M M E R 2 0 1 0 N W P O L E V A U L T C A M P S



7527 - 27th Avenue NE
Seattle, WA 98115.4630
www.nwpolevault.com

**NW POLEVULT CAMPS
SINCE 1989, THE BEST CAMPS ANYWHERE**

These are probably the most organized, innovative & comprehensive camps in the United States. This is because Tim & his staff have studied & participated in the best camps & seminars available for nearly three decades. Every good idea is accommodated or shaped to enhance the program for our athletes & attending coaches. It is impossible to overstate how influential these camps have been for pole vaulting in Washington State.

Coaching the total athlete:

Tim empowers the most dynamic drills & techniques available with sessions on video analysis, goal setting, fear management, meet strategies, pole knowledge and program curriculum for coaches and kids to take home with them in both notebook and video form.

Step by step teaching sequences:

Most world-class camps, textbooks, & videos fail to teach beginning vaulters & their coaches how to learn each phase, step by step, from the first day of March in the high school program. Tim is a teacher, & his campers leave knowing how to build champion vaulters from the ground up.

The very best NW coaches:

NW PoleVault Camps are always staffed with the most accomplished, knowledgeable, and positive coaches available. There is usually a mixture of All-American vaulters & decathletes, & coaches of multiple state champions deeply committed to the collaborative spirit of helping all athletes and coaches in their area.

As over 250 athletes & coaches testify each year, the NW PoleVault Camps have become one of the most popular in the country, & they remain the least expensive! Come and join us for some of the most productive few days of exercise, education, & camaraderie possible.

