

Missouri Southern Pole Vault Camp

June 24-26th, 2010

8:30am – 3:30pm

Objective: This Camp is designed for ages 12-18, and coaches of any level who want to improve their technique and knowledge in the vault. We will use a fundamental approach and proven drill series to develop your approach-plant-take off- swing and finish.

Facilities/ Equipment: We will be utilizing both indoor and outdoor facilities, the pool, and campus theatre for video analysis. Athletes are encouraged to **bring their own poles**, but if you are not able, we can provide them. Campers must provide their own workout gear, and are encouraged to bring a change of clothes and towel for the pool, and any snacks you may want throughout the day.

Camp Director; Bryan Schiding: Schiding, formerly at Missouri S & T, is beginning his second year at Missouri Southern as the men's and women's jump coach and men's sprint coach. While at Missouri S&T he developed one of the top Pole Vault programs in Division II. In seven years he has mentored **32** NCAA Qualifiers and **15** All-Americans in the Pole Vault.

- *Camp Staff will include other outstanding college coaches and Missouri Southern student-athletes.*

Cost: \$160 for three days. Includes Missouri Southern Track T-shirt and Lunches

(There are hotels available at discounted rates for those wishing to stay overnight)

Daily Schedule:
8-8:30 – Registration
8:30-9 – Wake-up/ Warm-up
9:15-10:30 – Rotation #1
10:45-12 – Rotation #2
12:15-1:30 – Lunch/ R&R
1:45-2:45 – Rotation #3
3-3:30 – Pool Drills/ free swim
3:45 –PICK-UP

Meals & Hydration:

Lunch is provided to the campers each day, and will include meal, snack, and drink.

Hydration will be provided in the form of water at each venue. Campers are encouraged to bring their own water bottle to refill.

REGISTRATION, Please fill out and email or return Before June 17th to: schiding-b@mssu.edu - or - Bryan Schiding, Pole Vault Camp, 3950 East Newman Rd, Joplin, MO 64801. Office: (417) 659-5447

Name: _____ Address: _____

Parents name: _____ City: _____ State: _____ Zip: _____

Parent phone: _____ Cell Phone: _____

Email: _____ Age: _____ Height: _____ Weight: _____

Payments: Cash, Check or Money Order Pole Size Used: _____

Make Checks to: *Missouri Southern Pole Vault Camp* Personal Best in Competition: _____

No Refunds after June 18th T-Shirt Size: S M L XL (Circle one)

The following must be signed by a parent or legal guardian:

I, the parent(s) of _____ hereby give my approval for his/her participation in any and all activities of the Missouri Southern Pole Vault Camp for which he/she is enrolled. I do hereby waive, release, absolve, and agree to release the Camp and its employees from any claims, which may hereafter be presented to my child as a result of any injuries incurred at camp. I acknowledge that he/she is physically able to participate in the camps activities. Furthermore, I being the parent or legal guardian of the applicant, authorize MSSU and its staff permission to request emergency medical treatment or care as necessary to insure the well being of our dependent. Further, I claim that the registrant has had a physical examination in the past year and was found fit for all physical endeavors. **PLEASE INCLUDE A COPY OF YOUR INSURANCE CARD, FRONT & BACK**