

## Quick Camp Facts

### Who are the coaches?

**Tom Hays** – 2011 USA Pole Vault coach of the year and University of Kansas vault coach he has coached 3 collegiate record holders, 4 national champions, 3 national runners up and countless NCAA All-Americans in the pole vault over his collegiate career.

**Pat Wilson** - vault coach at Wichita State University, his men vaulters have won 7 out of 8 KUAC Titles and his women won 6 of 10 KUAC Titles. At the high school level he has produced 4 state champions.

**Darrin Bryant** - vault coach at St. Thomas Aquinas High School, former national junior college champion, still one of the all-time top 10 vaults in the state of Kansas and has helped numerous athletes go on to the college level.

### Where is the camp held?

Anshutz Indoor Pavilion  
1651 Naismith Drive  
Lawrence, KS 66045

\*location west of Allen Fieldhouse\*

### How do I register?

Go online to [www.vaultunited.com](http://www.vaultunited.com)  
Or you can mail your registration to:

Vault-United  
1012 Massachusetts St Ste 217  
Lawrence, KS 66044

## Camp Cost and Schedule

### Overnight Camp (December 27<sup>th</sup> – 28<sup>th</sup>)

\$125.00 Day Campers  
\$190.00 Overnight Campers

Deposit \$75.00 due  
December 17th  
**NON-REFUNDABLE**

**December 27<sup>th</sup>**  
10:00am to 7:00pm  
Check-In 10:00 am

Location to be announced  
**December 28<sup>th</sup>**  
9:00am to 1:00pm

Check-out 1:00 pm  
at Anshutz Pavilion  
*Housing information will be  
released with deposit*

### Will meals be provided?

Yes, meals and snacks will be provided.  
Campers are encouraged to bring  
additional snacks.

### Who can participate?

All male and female athletes, ages 10 and  
up are eligible to participate. This is the  
perfect environment for athletes who never  
vaulted before to learn the proper technical  
progression.

## Jayhawk Winter Vault Camp 2011



The University of Kansas

Jayhawk Pole Vault Camp  
December 27<sup>th</sup>-28<sup>th</sup>



If Questions  
Call 816-304-4320  
Email [ryan@vaultunited.com](mailto:ryan@vaultunited.com)

WWW.VAULTUNITED.COM

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Parent's

Name(s) \_\_\_\_\_

Home

Phone \_\_\_\_\_

Emergency

Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Grade: Junior High FR SO JR SR

School \_\_\_\_\_

School Coach \_\_\_\_\_

Highest Vault \_\_\_\_\_

Biggest Pole Used: \_\_\_\_\_

T-Shirt size: S M L XL

Circle One:

**Overnight Camper**      **Day Camper**

### Informed Consent and Release

***This form must be completed and submitted with payment before you will be allowed to participate.***

*I hereby grant permission for myself/child to attend the Jayhawk Winter Vault Camp. I verify that I/my child has had a physical exam in the past year and is capable to participate in activities related to pole vaulting. I agree to indemnify, hold harmless, and defend Tom Hays, Jayhawk Vault Camps, the University of Kansas, their agents, employees and sponsor from any and all liability for the injury to myself/my child, I understand that track and field, and in particular pole vaulting, and many related activities to Jayhawk Vault Camp are potentially dangerous and could pose risk of injury. Should medical attention be necessary, I hereby authorize any physician or trainer selected by the camp personnel to conduct medical or surgical procedures. In addition, I hereby grant permission for the Jayhawk Vault Camp to use any photographs or video tapes of camp related activities for the purpose of advertising or educational material development.*

**I HAVE READ AND UNDERSTOOD, AND I AGREE WITH THE INFORMED CONSENT AND RELEASE OUTLINED AS IT RELATES TO MYSELF/CHILD.**

Participant signature \_\_\_\_\_ (Date) \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ (Date) \_\_\_\_\_

**Checks should be made payable to:  
Vault United**

## Camp Format

Come join us in our quest to become better pole vaulters! This camp is a highly intense camp that is designed to teach you skills that will help you become the best vaulter you can be! You should leave this camp with a better understanding of the approach, plant, takeoff position and swing on the pole! This camp will give you basic routines and progressions that you can use on vault days and on the days you do not vault. All the routines and progressions used in this camp are proven and used by the University of Kansas and with national and international level athletes! This camp is for everyone from the beginner to the college athlete . . . If you want to improve—you are at the right camp!



### What do I need to bring?

Campers will need to bring a good pair of running shoes, track spikes, sweats and a water bottle. The camp will have a large selection of poles for those who can't bring their own, however, when possible, we recommend that you bring the poles you will be jumping on at your schools.

## Camp Objectives

- Create a learning environment for all campers.
- Each camper will establish a practice run from 4, 6, 8 and 10 steps.
- Each camper will establish the proper grip height and pole size for each of these runs.
- Each camper will learn a one-step vault progression.
- Each camper will learn a basic sand progression.
- Each camper will learn a weight progression for the approach.
- Each camper will learn a basic connection drill that helps a vaulter become insync with one's Pole.

## Summer Camp Schedule

### Pole Vault Camps

We will have two camps in June, dates will be released in February

### If Questions

Call 816-304-4320

Email [ryan@vaultunited.com](mailto:ryan@vaultunited.com)

[WWW.VAULTUNITED.COM](http://WWW.VAULTUNITED.COM)