

Sky Jumpers / Illinois Pole Vault Association
Safety and Basic Progressions Lessons
Chicago, Illinois
Maine South High School, Park Ridge, IL
Saturday and Sunday, February 14-15, 2009

Co- Directors:

Jim Lonergan: Director, Illinois Pole Vault Coaches Association, Pole Vault coach Maine South HS, 17 years Sky Jumpers assistant PV coach, Board of Directors Pole Vault Safety Certification Board.

Jan Johnson: National Pole Vault Safety Chairman, Founder Pole Vault Safety Certification Board, Former World Record Holder, Vice-Chair ASTM Pole Vault Facilities Task Force, Olympic Bronze Medalist, M.S. in Biomechanics & founder of Sky Jumpers Vertical Sports Club. Jan's camps and clinics are legendary for offering the finest, most up-to-date teaching systems possible in a high energy, fun atmosphere. He has coached hundreds of national and international vaulter's.

Vaulter's Program

Learn-By-Doing! Activities will include several pits for jumping, gymnastics, rope vaulting, and other imitative exercises, vaulting drills, video-taping/viewing sessions, etc. Teaching staff will be comprised of local high school/college coaches and vaulter's. Lessons will occur in whole and small group settings.

These lessons have been constructed in accordance with IHSA by-laws. In compliance with IHSA guidelines, only two students per each high school may attend the lessons. On Saturday, the lessons will occur from 9:00 a.m. to 4:00 p.m. with a 30--45 minute break for lunch. In the evening an elite vaulting contest will take place from 5:30 to 7:30 pm. Sunday's training session at Maine South will run from 9:00 a.m. to 3:00 p.m. concluding with a short awards ceremony.

Coaches Education Program In addition to offering the finest instruction to athletes, the program is also designed to prepare novice coaches and parents prepare for the National Pole Vault Safety Certification Exam at www.pvscb.com . In addition coaches who attend the work shop will receive a certificate of attendance.

IHSA Participation Rules For Illinois HS Athletes

Illinois High School Association (IHSA) bylaws state that Illinois HS male and female student -athletes may participate in sports lessons at any time during the school year, provided no more than two students from the same school participate in any given lesson session. The pole vaulting instructional portion of the program is open to HS and College vaulter's from all 50 states and Canada.

Costs

The registration fee is \$195 (must be received no later than Feb 1, 2009 Please, no walk-in registrations. Our space is limited. Applications must be accompanied with payment. Registration is on a first come-first served basis. Vaulter's and coaches will receive an outstanding instructional booklet and T-shirt. Coaches, and administrators may attend for \$135. Please make checks payable to Illinois Pole Vault Coaches Association/Skyjumpers and mail to: Jim Lonergan @ Maine South H.S., 1111 S. Dee Rd., Park Ridge, IL 60068. Cancellations/refunds are subject to a \$25 fee.

Meals

Lunch and dinner will be provided on Saturday. Only lunch will be provided on Sunday.

What To Bring

Each vaulter should bring the following equipment to camp: vaulting poles clearly labeled with the school's or vaulter's name, helmet (optional), sweats, shorts, shirts, tape, and shoes (no spikes, flats only please), as well as extra spending money for equipment and other gear which will be available.

Lodging

If you are coming from out of the Chicago area and require lodging, please note that many, many hotels exist in the O'Hara International airport area. A map of the area will be provided in your confirmation packet.

Location

Maine South High School is located at 1111 S. Dee Rd. in Park Ridge, IL, 60068. Maine South is approximately a 5-minute drive from O'Hare International Airport. The vaulting lessons and coaches/administrators workshop will both take place at Maine South High School. Please contact Jim Lonergan, care of Maine South H.S., for additional information.

School phone: (847) 692-8078, or evenings (847) 392-7046, or email:

jlonergan@maine207.org

Philosophy

The goal of these programs is to teach beginning and advanced high school vaulters and their coaches the basic skills and drills related to safe and efficient pole vaulting. The lessons will offer a wide variety of activities related to the development of good basic

skills and safety. The entire course of instruction is formatted so that the participants are prepared to pass the National Pole Vault Basic Skills and Certification Test. In compliance with IHSA by-laws, only two students per high school may attend this program.

Illinois Pole Vault Coaches Association/Skyjumpers/Maine South H.S.
Pole Vaulting Safety and Coaches Certification Workshop
Application
Clinic Date: Saturday and Sunday, February 18 and 19, 2008
Mail Applications and payment in full to Jim Lonergan Maine South HS
1111 Dee Road Park Ridge, IL 60068
Make checks payable to Illinois Pole Vault Coaches Association
Deadline for registration is Feb 8, 2008

Name:

Address:

City: _____ State: _____ Zip: _____

E-Mail Address:

PLEASE NOTE: We will confirm receipt of application by email when possible.

Phone w/ Area Code: (_____) _____

Age: _____ Gender: _____ Best Vault: _____

USAT&F # _____ (optional)

Participation Waiver

I hereby grant permission for myself /my child to attend SJVSC/ITCCCA/IPVCA (Maine South H.S.) Pole Vaulting Lessons. I verify that myself / my child have had a physical exam in the past year and am capable to participate in the activities related to pole vaulting. I agree to indemnify, hold harmless, and defend Jan Johnson, SJVSC, USAT&F, ITCCCA, PVSCB and Maine South H.S., their agents, employees and sponsors from any and all liability for injury to my child or myself, as well as any damage caused by my child or myself. I understand that track and field events and in particular pole vaulting is a dangerous activity from which injury or death could result. I hereby authorize any physician or trainer selected by club personnel to conduct medical or surgical procedures necessary. In addition I grant SJVSC to use any videos or photographs of myself / my child in lesson related activities for the purpose of advertising or coaching/educational productions.

Insurance Information and Parent Signature Required Prior to Participation in Lessons.
MEDICAL INSURANCE COMPANY:

POLICY #:

PARTICIPANT SIGNATURE:

PARENT/GUARDIAN SIGNATURE:
