

Parental Consent Participation Waiver

I hereby grant permission for my child to attend the Vertical Assault Pole-Vault Camp and verify that my child has had a physical exam in the past year and is capable of participating in the activities related to the clinic. I agree to indemnify, hold harmless and defend Michael Lawryk, Vertical Assault, CST, LLC and/or their agents or employees from any and all liability for injury to my child, as well as any injury or damage caused by my child THIS INCLUDES POLE BREAKAGE. Should medical treatment for my child be necessary, I hereby authorize any physician or trainer selected by camp personnel to order and conduct medical or surgical procedures necessary. In addition, I hereby grant permission for Vertical Assault, CST, LLC to use any photography or videotape of my child for advertising or educational instructional video materials.

I understand that by joining Vertical Assault, I am responsible for paying the full amount of the session my athlete has signed up for regardless of attendance. I understand that if my athlete is injured, we need to email the club coordinator in order to freeze membership and/or receive credit for unused sessions. A late fee of \$15.00/month will be applied for any late payments. A charge of \$35 will be made for any checks returned due to insufficient funds. My athlete agrees to keep and obey all rules and regulations now in force or in the future prescribed by Vertical Assault, for conduct in class, and the use of the training facilities, premises, and equipment. Vertical Assault reserves the right to revoke this membership for cause if athlete fails to keep and obey such rules and regulations, or for reasons of nuisance, disturbance, moral turpitude, or fraud. I further understand that my athlete may not attend other pole-vaulting camps, clinics or classes without pre-approval by a Vertical Assault representative in advance. Failure to gain pre-approval prior to attending other vaulting camps/clinics may result in forfeiture of club membership and applicable dues.

Health and Accident Insurance Company

Policy #

Parent/Guardian
Signature

Parent/Guardian
Telephone

Date:

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For Office Use Only

Date Received _____

Amount _____

Check # _____

Balance Due _____

PRESORT FIRST CLASS
US POSTAGE
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Permit No. 671

**VERTICAL
ASSAULT**

P.O. Box 4010
Bethlehem, PA 18018

**FASTER
HIGHER
SAFER™**

VVA

POLE VAULTING CLUB

Winter

2011

November 13, 2011 - January 17, 2012

Mike Lawryk, USATF Coach



■ THE PROGRAM

Vertical Assault is a progressive program designed to benefit both beginning and accomplished vaulters. Through a pole and run progression, you'll learn our series of vault drills adopted from the nation's best coaches, which will lead to safe and consistent higher vaulting.

■ THE COACH PROVEN RESULTS...

Coach Michael Lawryk is a certified USATF coach with over 10 years of experience. He has worked extensively with some of the nation's best coaches and athletes.

HIGHER...FASTER...SAFER™

Join the Ranks of Our Participating Athletes

- 4 US Olympic Development Vaulters
- 2 Former US H.S. Record Holders
- 13 National Champions
- 1 NCAA Division I All-American
- 18 US H.S All-Americans
- 22 PA State Champions since 2001
- 21 NJ State Group Champions since 2001
- '04, '05, '07, '08, '09, '10 & '11 NJ Boys and Girls Meet of Champions winners
- 4 NCAA DIII Champions

You can see and read about Vertical Assault's successes and media coverage online at: www.verticalassault.org/archives.htm

■ THE FACILITY

Vertical Assault currently operates out of the Competitive Sports Training Center in Bath, PA. Fully outfitted, and climate controlled, the CSTC offers Vertical Assault's vaulters specialized Powerlift™ lifting platforms, Mondo™ runway, and specialized turf to train on.



■ THE CLUB

November 13, 2011 – Jan 17, 2012

Make Ups: Jan 16-17

Closed: November 23, 24, 27, Dec 25 to Jan 1

Sessions will be formed with the following guidelines in mind:

Beginners: Brand new to 7' for girls, Brand new to 8' for boys
 Level I: 7' – 8'11" for girls, 8'-10'6" for boys
 Level II: 9' – 10' for girls, 10'6"- 12' 0" for boys
 Level III: 10'1" and above for girls, 12' 0" and above for boys
 Elite Devel.*: 11'6" and above for girls, 14' and above for boys

Group 1	Mon./Wed.	3:30-5:30pm	LOCAL H.S.
Group 2	Mon./Wed.	5:00-7:00pm	Level I/II
Group 3	Mon./Wed.	5:00-7:00pm	BEGINNERS
Group 4	Mon./Wed.	6:30-8:30pm	Level II/III
Group 5	Mon./Wed.	6:30-8:30pm	Level IV
Group 6	Tues./Thurs.	3:30-5:30pm	MIXED
Group 7	Tues./Thurs.	5:00-7:00pm	COLLEGE
Group 8	Tues./Thurs.	6:30-8:30pm	Boys Level I/II
Group 9	Tues./Thurs.	6:30-8:30pm	Girls Level I/II
Group 10	Sundays	10:00am-noon	BEGINNERS
Group 11	Sundays	10:00am-noon	BEGINNERS
Group 12	Sundays	11:30-1:30pm	Boys Level I/II
Group 13	Sundays	11:30-1:30pm	Boys Level I/II
Group 14	Sundays	1:00-3:00pm	Girls Level I
Group 15	Sundays	1:00-3:00pm	Girls Level II
Group 16	Sundays	2:30-4:30pm	Boys MIXED
Group 17	Sundays	2:30-4:30pm	Girls MIXED
Group 18	Sundays	4:00-6:00pm	Girls Level IV
Group 19	Sundays	4:00-6:00pm	Girls Level II/III

*Athletes who have been selected for this class designation have been notified.

\$475 Weekdays • \$350 Sundays
\$25 Yearly Equipment Fee

Vertical Assault discourages pay-as-you-come vaulters. The vault is a difficult technical event that takes time and repetition to learn. Consistency is key, and a commitment is necessary to reap the full benefits Vertical Assault has to offer. If you desire to pay-as-you-come, you will need to contact us at PVCoach@msn.com.

■ HOW TO SIGN UP

All vaulters must be a current USATF member. If you are not a member, please visit www.usatf.org. (Vertical Assault is club #0020.) Please mail your registration ASAP, DON'T GET WAIT-LISTED! You will need to fill out the provided form, and rank your session preferences. Vaulters are typically accommodated into their first choice session. Look for session rosters online Nov. 4th at www.verticalassault.org.

■ INFO & DIRECTIONS

For more information, or questions please email PVCoach@msn.com. Or visit our website at: www.verticalassault.org. The CSTC is located at 6882 Chrisphalt Dr. in Bath, PA. You can find directions online at www.verticalassault.org.

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Vertical Assault

WINTER SESSION 2011-2012

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Sex: M F Age: _____

Email Address: _____

Home Phone: (_____) _____

School: _____

Grad yr: _____ Height: _____ Weight: _____

Best Vaulting Height: _____

USATF Member #: _____

T-Shirt Size: Sm. Med. Lg. XL

Check One: (\$200 Deposit Required with Forms)

\$475 Twice a week \$350 Sundays

\$25 Equipment Fee

Rank Your Preferred Session:

MW1/3:30PM: _____	SI0/10:00AM: _____
MW2/5:00PM: _____	SI1/10:00AM: _____
MW3/5:00PM: _____	SI2/11:30AM: _____
MW4/6:30PM: _____	SI3/11:30AM: _____
MW5/6:30PM: _____	SI4/1:00PM: _____
TT6/3:30PM: _____	SI5/1:00PM: _____
TT7/5:00PM: _____	SI6/2:30PM: _____
TT8/6:30PM: _____	SI7/2:30PM: _____
TT9/6:30PM: _____	SI8/4:00PM: _____
	SI9/4:00PM: _____

All athletes will receive email confirmations with their session assignment Nov. 4th. Vaulters are typically accommodated into their first choice session.

www.verticalassault.org

Mail Application and Deposit To:

Vertical Assault
 P.O. Box 4010, Bethlehem, PA 18018