

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 _____

**VERTICAL
ASSAULT**

P.O. Box 4010
Bethlehem, PA 18018

**HIGHER
FASTER
SAFER™**

**VERTICAL
ASSAULT**

POLE VAULTING CLUB

Spring
2009

**April 5th -
May 24th**

Mike Lawryk, USATF Coach
2007 National HS Pole Vault Coach of the Year

■ 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
- 9 National Champions
- 1 NCAA Division I All-American
- 16 US H.S All-Americans
- 16 PA State Champions since 2001
- 11 NJ State Group Champions since 2001
- '04, '05, '07, '08 & '09 NJ Meet of Champions winners

You can see and read about Vertical Assault's successes and media coverage online at: <http://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.



■ NEW! EQUIPMENT RENTAL

Vertical Assault now has a pole-rental program available for member athletes. Many poles will be available for rental by current club members in good standing for a nominal fee.

■ THE CLUB

April 5th – May 24th
No Practice: April 12, 13 & 23
Make-ups May 25 – 28th

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
Level IV: 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 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	COLLEGE
Group 7	Tues./Thurs.	5:00-7:00pm	Girls Level II/III
Group 8	Tues./Thurs.	5:00-7:00pm	Boys Level I/II
Group 9	Tues./Thurs.	6:30-8:30pm	MIXED
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
Group 20	Sundays	5:30-7:30pm	MIXED

\$450 Weekdays • \$325 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 PVCcoach@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. All athletes will receive email confirmations with their session assignment April 2nd.

■ INFO & DIRECTIONS

For more information, or questions please email PVCcoach@msn.com. Or visit our website at: www.verticalassault.org. The CSTC is located at 6870 Chrisphalt Dr. in Bath, PA. You can find directions online at www.verticalassault.org.

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Vertical Assault Spring Session 2009

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Sex: M F Age: _____

Email Address: _____

Home Phone: (_____) _____

School: _____

Grade: _____ Height: _____ Weight: _____

Best Vaulting Height: _____

USATF Member #: _____

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

- \$450 Weekdays \$325 Sundays
 \$25 Equipment Fee

Rank Your Preferred Session:

Group 1: _____ Group 11: _____
Group 2: _____ Group 12: _____
Group 3: _____ Group 13: _____
Group 4: _____ Group 14: _____
Group 5: _____ Group 15: _____
Group 6: _____ Group 16: _____
Group 7: _____ Group 17: _____
Group 8: _____ Group 18: _____
Group 9: _____ Group 19: _____
Group 10: _____ Group 20: _____

All athletes will receive email confirmations with their session assignment April 2nd. Vaulters are typically accommodated into their first choice session.

www.verticalassault.org

**Mail Application,
Parental Consent, and Deposit To:**

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