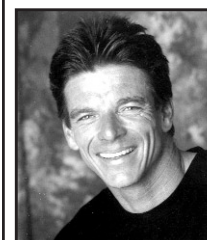




2012 Pole Vault Camps and Clinic Schedule

Day Clinic Atascadero, Ca	Dec 28-30, 2011
Day Clinic Atascadero, Ca	Feb 12, 2012
Maine South HS, Park Ridge, Illinois	Feb 18-19, 2012
Day Clinic Atascadero, Ca	March 4, 2012
Day Clinic Atascadero, Ca	March 18, 2012
Day Clinic Atascadero, Ca	April 1, 2012
Centerville HS, Ohio	June 17-20, 2012
University of Wisconsin, Stevens Point	June 2012
Kutztown University, Pennsylvania	July 19-22, 2012
Atascadero, Ca Summer Camp	July 9-12, 2012



DIRECTED BY
JAN JOHNSON
 NATIONAL SAFETY CHAIRMAN
 FORMER WORLD RECORD HOLDER
 OLYMPIC BRONZE MEDALIST
 M.S. BIOMECHANICS

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Illustrated History of the Pole Vault

Available at skyjumpers.com



Jan Johnson @ Facebook

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Illinois Pole Vault Coaches Association/SkyJumpers/Maine South H.S.
 Pole Vaulting Safety and Coaches Certification Workshop Application
 Clinic Date: Saturday and Sunday, February 18-19, 2012
 Mail Applications and payment (\$200) in full to Jim Loneragan Maine South HS • 1111 Dee Road Park Ridge, IL 60068
 Make checks payable to Illinois Pole Vault Coaches Association • Deadline for registration is Feb 10, 2012

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)

**Sky Jumpers / Illinois Pole Vault Coaches Association
Safety and Basic Progressions Lessons
Maine South High School, Park Ridge, IL
Saturday and Sunday,
February 18-19, 2012**

Co- Directors: Jim Lonergan: Director, Illinois Pole Vault Coaches Association, Pole Vault coach Maine South HS, 20 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 vaulters. Jan's daughter Chelsea was the silver medalist at the recent 2009 World Championships in Berlin.

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 vaulters. 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. 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 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 vaulters from all 50 states and Canada.

Costs

The registration fee is \$200 (must be received no later than Feb 10, 2011. Please, no walk-in registrations. Our space is limited. Applications must be accompanied with payment. Registration is on a first come-first served basis. Vaulters and coaches will receive an outstanding instructional booklet and T-shirt. Coaches, and administrators may attend for \$150. 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 \$20 fee.



All in the family - Chelsea Johnson Berlin Silver Medalist. Jan Johnson 72 Bronze Medalist.

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.

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) 825-7711 x. 3051, or evenings (847) 392-7046, or email: jlonegan@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 develop-



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ment 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.

Participation Waiver

I hereby grant permission for myself /my child to attend SJVSC/ITCCA/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.

Health and Accident Insurance Company

Policy# _____

Parent or Guardian Signature _____

Parent or Guardian Telephone _____

Date _____

For Office Use Only

Date Received _____	Amount _____
Check # _____	Balance Due _____