

2011 Holiday-Season Pole Vaulting & Field Events Camp

hosted by

Lone Star Pole Vaulting, L.L.C. in New Braunfels, Texas

DATE: Tuesday, December 27- Wednesday, December 28

Camp Begins: 9:00am both days. Check in between 8:30-9:00

Camp Ends: 6pm on both days. There will be a camp competition on Wednesday beginning around 4pm and parents are invited and encouraged to come watch.

Events Offered: Pole Vault, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, Hammer, Weight

Part-Time Campers Welcome: Campers can attend all or just part of the camp at a pro-rated cost to meet the schedules/needs of athletes who would like to come but are unable to stay the entire duration of the camp. Call our office to make arrangements.

COST

Commuters Only: \$225.00 Includes a free t-shirt and instructional materials. Lunch will be provided both days. Commuters are responsible for their own lodging accommodations, breakfast and dinner, and transportation to and from the camp.

Camp Format: Campers will be divided into small groups by events and ability. Drills, strength & speed training, video analysis, and event-specific participation will take place in a "learn-at-your-own-pace" environment.

Camp Staff: Kris Allison is the Director of Olympic Quest Athletics and Head Coach of Lone Star Pole Vaulting. He will coach and direct the pole vaulters, as well as oversee all of the athletes and staff. He will be assisted by Jessica Blair and Francisco Leon, who are multi-event coaches at Olympic Quest.

Location and Facility: The Lone Star Pole Vaulting Gym is a full-time indoor/outdoor training center located halfway between New Braunfels and Seguin, Texas. The physical address is: 1985 FM 758, New Braunfels, TX 78130. It is a large white steel building resembling an airplane hanger behind a 2-story yellow house.

Online Registration: <https://instant-scheduling.com/sch.php?kn=570316&typld=35420&step=2>