

**All age groups and abilities welcome!**

**General Information**

This camp will offer the most up to date teaching possible in a high energy, fun atmosphere. Learn about the details of pole vaulting and how it applies to your vault. Find out what you should be working on for your biggest gains. Learn through a combination of in class time as well as drills that are focused on improving all phases of the vault. The camp is designed to give athletes a wealth of knowledge that they can take with them and use to make improvements. This camp is designed and directed by David Czerny. With a personal best of 16'3", he is a four time collegiate national championship qualifier and has much knowledge and experience to share. In addition to his competitive experience David has coached pole vault at Ferris State University, and attended pole vault coaching seminars at the National Pole Vault Summit in Reno, NV. He has also studied pole vault and practiced with Olympic pole vaulter Derek Miles. There is much more to pole vault than mastering a specific technique or mechanical model. This camp is also designed to motivate and improve the athletes understanding of what it takes to become a better pole vaulter.

**Check in:**

Saturday June 13, 2009 at 9:30 am.

**What to Bring:**

Athletes should bring athletic training clothes, towels, swimsuit, a pair of running shoes, and one pair of jump spikes or racing flats. Optional items may include a camera, water bottle/gatorade and sunscreen. Athletes are also responsible for bringing their own poles. Some poles may be available to borrow at the camp location. However it is advisable that campers bring a variety of poles that can be used safely from short and full approaches. **Pizza Lunch will be provided.**  
**\*\*waiver forms must be signed and complete before athletes participate\*\***

**Cost:**

1 day camp: \$85 per athlete.

Athlete \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Name of Parent or Guardian \_\_\_\_\_

Phone Number \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

School \_\_\_\_\_ Year \_\_\_\_\_

Personal Best \_\_\_\_\_

Payment Amount enclosed: \_\_\_\_\_

\*\*note: a camp webpage is coming soon at [www.ferris.edu](http://www.ferris.edu), with the possibility of an online registration via credit card\*\*

## Tentative schedule

9:30am Arrival & introductions

10:00am Neo Vault

Break into groups. Each group works at a different station. Stations include:

**Running technique:**

Proper warm up, running technique and form with video analysis and speed measurement

**Plant work:**

Short step vaulting from 1, 2, 3, 4, 5, and 6 steps with emphasis on proper plant mechanics and hand placement.

**Gymnastics:**

Drills designed to develop a more efficient swing through bar and rope exercises

**Pool vaulting:**

Allow athletes to simulate the proper in air technique in a weightless environment.

1:00 FREE Lunch provided Pizza

**Brief Lecture:**

biomechanics/physics + the importance of speed.  
Plus pole vault specific speed and strength training

2:00 Full vault session with video analysis

4:30 Finish

Send registration to:

FSU Pole Vault Camp  
210 Sports Drive  
Big Rapids, MI 49307

Other contact information:

Phone: (605) 390-7624

Email: [drczerny@hotmail.com](mailto:drczerny@hotmail.com)

