

Camp Information

Camp Location:

Camp will be held at the New Robert W. Plaster Center. This is a 154,000 square foot facility with 300m Mondo Track and a 100 yard turf field. This also has an 11,000 square foot weight room.

Lodging:

Campers will stay in Trout Hall:
1505 S. Joplin
Pittsburg, KS 66762

Check In:

Saturday, June 20th 8:30-9:00am
Robert W. Plaster Center
1701 S. Homer
Pittsburg, KS 66762

Food:

Food and Snacks will be provided for the Campers. The campers are more than welcome to bring their own snacks. If the Camper is allergic to any foods then we need written documents of the allergens and alternatives the Camper can have. This will allow us to inform the dining hall. Thank you for the cooperation.

Registration:

To Register fill out the form on the back of this brochure and mail the form and a check to:

Kyle Rutledge
Asst. Track and Field Coach
Pittsburg State University
Weede Physical Education Building
1701 S. Broadway
Pittsburg, KS 66762

Equipment and Gear:

All Poles will be provided but the Camper is more than welcome to bring their own poles. The Camper will need to bring Athletic Gear (Shoes, Shorts, T-Shirt and Anything else the Camper will need to compete).

Participants:

All persons going into 9th grade year or above are able to participate.

Camp Schedule

Saturday, June 20th

9:30-10:00am:	Check-In
10:00-10:30am:	Introduction
10:30-12:30pm:	Session I
12:30-1:30pm:	Lunch
1:30-2:30pm:	Session II
2:30-3:30pm:	Pool Session
3:30-4:30pm:	Weight Room Session
4:30-6:30pm:	Session III
6:30-7:30pm:	Dinner
7:30-8:30pm:	Video
8:30-10:30pm:	Session IV

Sunday, June 21st

9:00-10:00am:	Breakfast
10:00-12:00pm:	Session V
12:00-1:00pm:	Lunch
1:00-2:00pm:	Session VI
2:30-4:30pm:	Vault Competition
4:30-5:00pm:	Closing
5:00-5:30pm:	Departure

Cost

Overnight Campers-	\$350
Day Campers-	\$250

PITT STATE SUMMER POLE VAULT CAMP



Pittsburg State University

Pole Vault Camp Date

June 20-21st

Contact Information

Kyle Rutledge
1701 S. Broadway
Weede Physical Education Building
Pittsburg, KS 66762

Phone: (620) 235-6150
Email: krutledge@pittstate.edu

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Parent/Guardian: _____

Home Phone: _____

Emergency Phone: _____ - _____ - _____

Email: _____

Age: _____ Date of Birth _____ / _____ / _____

School: _____

Graduation Date: _____ / _____ / _____

Height: _____ Weight: _____

Years Jumping: _____ Best Height: _____

T-Shirt Size: XS S M L XL

**I HAVE READ, UNDERSTOOD AND AGREE
WITH THE INFORMED CONSENT AND
RELEASE AS IT RELATES TO MYSELF/
CHILD.**

Participant Signature:

Parent/Guardian Signature:

Enclosed \$ _____

Checks Made Payable To:

Kyle Rutledge

Informed Consent and Release

This form must be completed and submitted with payment before you will be allowed to participate.

I hereby grant permission for myself/child to attend the Pitt State Summer Pole Vault Camp. I verify that I/my child has had a physical exam in the past year and is capable to participate in activities related to pole vaulting. I agree to indemnify, hold harmless, and defend Kyle Rutledge, Staff, Pitt State Camps, Pittsburg State University, their agents, and employees from any and all liability for the injury to myself/my child, I understand that track and field, and in particular pole vaulting, and many related activities to Pitt State Summer Pole Vault Camp are potentially dangerous and could pose risk of injury. Should medical attention be necessary, I hereby authorize any physician or trainer selected by the camp personnel to conduct medical or surgical procedures. In addition, I hereby grant permission for the Pitt State Summer Pole Vault Camp to use any photographs or video tapes of camp related activities for the purpose of advertising or educational material development.



Camp Staff and Objectives

Director:

Coach Rutledge has Coached over 27 DII All-America, 2014 Outdoor National Champion and over 38 DII National Qualifiers. Pitt State Vaulters have broken both Men and Women, Indoor and Outdoor school records under Coach Rutledge. Coach Rutledge was also a 3x NCAA DII All-American with a personal best of 17'8".

Staff:

The Camp Staff will feature the top Pole vault Coaches in College and in the Area. The staff will also consist of Pittsburg State All-American Pole Vaulters.

Camp Objective:

The camp will give the athletes knowledge of proper technique and mechanics of the pole vault. The camper will understand proper strength development, sprint mechanics and drills to improve their technique.

The camper will learn proper grip height, proper pole selection and will develop a 4, 6 and 8 step approach.

The camper will be taught a correct warm-up, flexibility routine and cool down.

We want the camper to leave with a better knowledge and understanding of the event. This is to help the camper to continue to progress and help them achieve their goals.