

# Registration Details for Introduction to Pole Vault, One-Day Practice

## Practice Details:

- Date/time: May 31, 2026 9:00-11:30am
- Location: Maria Carrillo High School Track (pole vault pit in the Northwest Corner)
- Open to middle school-aged boys and girls (class size limited)
- All participants must be USATF Members.
- Practice Details:
  - Observation of experienced high school student vaulters
  - Dynamic pole vault warm-up
  - Turf jumps with a short pole
  - Short-run pit jumps

## Reservation Instructions:

To reserve a space for your student, email: [coach.gus@outlook.com](mailto:coach.gus@outlook.com) with the following details:

- Registration Form (next page)
- USATF Waiver (download from NorCal Elite Website)

## Due at prior to practicing:

- USATF Membership Number (~\$35 for annual membership)
- \$20 practice fee payable to NorCal Elite Track and Field



# Registration Form

## Introduction to Pole Vault One-Day Practice

May 31<sup>st</sup>, 2026: 9:00-11:30am – Maria Carrillo High School

Student Name:			
Student Age:			
Student Weight:		Student Height:	
Current School Year:			
Current School:			
<b>Emergency Contacts</b>			
	Primary Contact Info		Secondary Contact Info
Name			
Relationship			
Cell Phone			
Home Phone			
E-mail			
<b>Medical Insurance/ Health Information</b>			
List any medical conditions that the player has that could affect participation			
Health Ins. Provider			
Policy Number			
Group Number			
Physician Name			
Physician Phone			