

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

Practice Details:

- Date/time: May 31, 2024 4-6:30pm
- Location: Maria Carrillo High School
- Open to middle school-aged boys and girls (class size limited)
- All participants must be USATF Members. Membership costs ~\$30
- A fee of \$5/person will be collected.
Cash or check accepted made out to NorCal Elite Track and Field Club
- 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, E-mail: Gustaf_belt@hotmail.com with the following details:

- Registration Form (next page)
- USATF Waiver

Due at prior to practicing:

- USATF Membership Number
- \$5 Fee



Registration Form

Introduction to Pole Vault One-Day Practice

May 31st, 2024: 4-6:30pm – Maria Carrillo High School

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

