

Foundation Running Camps

www.FoundationXCCamp.com

THE FOUNDATION POLE VAULT ACADEMY

August 12 thru 17, 2012 at Camp Pontiac, NY



**RUNNER'S
EDGE**

We welcome all Pole Vaulters entering grades 9 – 12 to join us for:

- Appropriate training for all abilities; from the beginner to the All-State athlete!
- Outstanding instruction by some of the nation's best coaches
- Small jumping groups create a positive atmosphere and personal attention
- Video analysis of pole vault mechanics using state-of-the-art technology
- Educational activities that focus on pole selection, skill progression, video tape analysis, nutrition and of course... safety!
- Top notch athletic facilities include weight room, gymnastics apparatus, aerobics/yoga rooms, cardio/spinning room and **fully-indoor vaulting!**
- Evening Activities include DJ Dances, Color War, Talent Show, Karaoke, Ice-Cream Parlor, Air-conditioned Movie Theater, and much more!



Nick Aurigemma
Cold Spring Harbor HS

20 years of pole vault experience, including competing on the high school and collegiate level. In ten years of coaching, has produced over 23 Nassau, Suffolk, CHSAA and PSAL champions. Six years of coordinating clinics annually for coaches, athletes and officials of Nassau County and the PSAL. Has coached at multiple local camps including Sky Jumpers and has run the Harbor Vaulters Summer program for six years.



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For photos, video, registration forms, and more information... please visit our website!

Registration for Sleepaway Camp!

POLE VAULT ACADEMY

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Name Last	First	Entering Grade	M / F Gender
Street Address	Town	State	Zip Home Phone
Date of Birth	School	Coach	Best height in PV
Email address (Print clearly!)	Years Vaulting		



Visit us on Facebook!
FoundationRunningCamp

Registration fee: \$525.00 (\$495.00 BEFORE April 1st)

Make check payable to: **Foundation Cross Country** and mail to: **19 Oxford Place, Rockville Centre, NY 11570**

Medical Forms, directions and camp information will be mailed to you after receipt of registration.