

VAULT CAMP - 2011

416 West King Street

King, North Carolina

14th Year

June & July

Coach Eric Morell

Enroll Now to Save Your Spot at Camp

Welcome to the Vaultouse newsletter. Our purpose is to keep you aware of the ongoing vault camp opportunity that will be offered again this coming summer.

Our outstanding program is like no other. It is based on scientific test results and data with the focus on correct pole vaulting technique, drills and training. We encourage you to check out the need to know information that we stress and no other camps do. Our camps work with vaulters who are beginners and never picked up a pole to elite All American athletes. A total vaulting experience will be present at our camps.

In the past 14 years of my coaching career I have helped young athletes be State Champions from the following states that have totaled 120 North Carolina, 25 Virginia, 6 Pennsylvania, 6 West Virginia, 3 Michigan, 3 Illinois, and 2 Maryland. We have helped 15 of these athletes become All Americans and 3 were National Champions.

Our goal at Vaultouse is to help vaulters of all ages and levels become more knowledgeable, improve their skills and jump their very best.

We do encourage you to bring your own poles so you can learn to get on your own equipment. The camp has a large supply of poles available to use and try so you know what you will need for your upcoming season.

If you wish to come this summer, please contact us immediately to reserve a space. There will be around 8-12 vaulters per session. We do this in order to provide maximum time with each vaulter. Video tape analysis of your vaulting will be provided as well.

You may reserve a slot for this coming summer by sending your tuition to me. If, for some reason, you are not able to attend camp let me know and your tuition will be refunded. You will be contacted once your tuition has been received.

Please make hotel reservations and arrangements. Contact coach Morell for information.

Summer 2011 Schedule

Summer Practice Schedule***

Camp 1 June 20-22

Camp 2 June 24-26

Camp 3 June 26-28

Camp 4 July 5-7

Camp 5 July 8-10

Camp 6 July 11-13

Camp 7 July 15-17

Camp 8 July 18-20

Camp 9 July 22-24

Camp 10 July 25-27

***Summer Practice Schedule for our campers past or present who are jumping in the National Track Meet or doing U.S.A.T. F. or A.A.U. Summer Competitions. Check on line for schedule.

COST

Tuition for campers includes cost for the hotel room and 2 dinners and lunch furnished by Morell.

\$250 first time, \$230 second, \$210 third, \$190 anymore.

Commuter Rate: \$60 dollars less for those campers who stay with their parents in the hotel or local residents not staying in the hotel and who are driving to the camp sessions.

Contact

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Greensboro, NC 27410

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Vaulthouse.com

Quality Inn & Suites Airport Phone 336-714-8888

200 Mercantile Drive

Fax 336-714-8889

Winston Salem, NC 27105 choicehotels.com/hotel/nc611

Sessions Daily Schedules

Day 1

Prior to 12:30	Lunch on your own
1:00	Check in at Hotel
1:30 – 2:30	Introduction – Vault information & video
2:30 – 3:30	Pool Session
4:30 – 7:30	Vault Session - Drills and Jumping
8:15	Dinner
	Watch vault videos and learning session
11:00	In Your Rooms
12:00	Lights Out

Day 2

6:30 – 9:00	Breakfast Quality Inn and Suites
9:30 - 11:30	Vault Session
12:00 – 1:00	Pool Session
1:30 – 4:00	Lunch
4:30 – 7:30	Vault Session
8:15	Dinner
11:00	In Your Rooms
12:00	Lights Out

Day 3

6:30 – 9:00	Breakfast Quality Inn and Suites
9:00 – 9:30	Final Vaulthouse Information session
10:00 – 12:00	Vault Session
1:00	Motel Check-Out