Duke Pole Vault Camp
General Information

When: July 13-16, 2008
Where: Duke University (Durham, North Carolina)
Who: Boys & Girls ages 12-18
Cost: $490 (overnight) and $375 (day camper)

Camp Description:
The Duke Pole Vault Camp provides campers with an inside look at how the Blue Devils have established themselves as one of our nation’s premiere track and field programs. The focus of the camp is to provide instruction in all phases of the pole vault event. Emphasis will be on improving in both vaulting technique and the physical attributes necessary to vault higher. Instruction includes actual vaulting, vaulting drills, speed and strength training, sports psychology for mental preparation and in-season and off-season training ideas. There will also be video sessions of world-class vaulters and the campers themselves. New rules for high school competitions will also be covered.

Camp Staff:
• **Director:** Ryan Dall
  o Assistant Track and Field Coach for Pole Vault, Sprints and Hurdles (Duke University)
  o Former Two Time Big East Conference Pole Vault Champion
  o Personal best vault of 17’ ¾” (5.20m)

• **Coaches:**
  o Clark Humphreys – Assistant Track and Field Coach at Vanderbilt University
    ▪ All-American pole vaulter at Auburn
    ▪ NCAA outdoor pole vault champion in 1997
    ▪ 1997 SEC indoor champion

• **Counselors:** Pole Vaulters from the Duke Track and Field team and other possible college coaches
Facilities:
The training facilities at Duke University are amongst the best in the nation. With two outdoor vault runways and one indoor runway, vaulting can be done on both outdoor pits simultaneously or indoors if there is rain. The eight-lane, Olympic-size 400-meter outdoor track in Wallace Wade Stadium is well known for hosting the 1990 and 2000 NCAA Outdoor Track & Field Championships, as well as the 1995 USA Pan Africa meet, and the 1996 Gold Rush meet. Shielded from any wind by a 34,000 capacity stadium, the new synthetic embedded surface is ideal for training and is amongst the fastest in the nation.

Camp Schedule:
- Check-in between 2:00pm and 4:00pm on Sunday, July 13th.
- Graduation/Check-out is at 11:00am on Wednesday, July 16th.
- Sample Daily Schedule
  
  8:00am  Breakfast
  9:30am  Vaulting Session 2
  12:30pm Lunch
  2:30pm  Vaulting Drills
  4:00pm  Lecture
  5:30pm  Dinner
  6:45pm  Vaulting Session 3
  8:00pm Lecture/Video Rev.
  10:30pm In Own Rooms
  11:00pm Lights out

- Day campers begin camp with the morning vaulting session and end after evening lecture/video session (camp fee includes lunch and dinner per day).

Housing and Meals:
Campers will be able to experience campus life on one of the most beautiful college campuses in the nation. Campers will stay in air-conditioned double dorm rooms on Duke’s gothic style west campus. Breakfast, lunch and dinner will be served in the main cafeteria on campus just a short walk from the dorms.

Registration Process / Deadline
Registration deadline is July 1st or until there is no available space. Due to the popularity of the camp and a limited number of beds, get your application in early to ensure space.
- Complete and submit the following by July 1st:
  - Camp Application
  - $100 Non-Refundable Registration Fee (payable to Duke Pole Vault Camp)
- Bring to check-in:
  - Duke Summer Health Questionnaire. Campers will not be permitted to begin camp until this questionnaire is received (Note: questionnaire requires doctors signature).
  - Check # 1 – Camp fees (overnight = $490 or extended = $375, less $100 deposit) payable to Duke Pole Vault Camp.
  - Check # 2 – Key / Card Deposit (overnight = $60; extended = $10) payable to Duke Pole Vault Camp (separate check from camp fees). Deposit is returned at check-out upon return of card and/or key in good condition.
**Camp Rules:**

- Campers should arrive five minutes early to all scheduled events.
- All sessions are mandatory for all campers.
- Treat others as you would like to be treated; have respect for other campers and staff.
- Alcohol, drugs, smoking, and sex are strictly forbidden and are grounds for immediate dismissal from camp without refund.
- A camper is not permitted to leave camp with anyone other than his/her parent or guardian without prior authorization from his/her parent or guardian.
- No co-ed visiting in dorm rooms. No Boys in Girls hall, no Girls in Boys hall. Boys and girls may meet in the lounge and recreation areas.
- Keep the noise level down in the dorms.
- Do not remove any property from the dorms such as pillows, blankets, furniture, etc.
- During free time, always tell your counselor where you are going and when you will be back.
- Keep the dorm rooms clean at all times and don’t litter.
- Lights out at 11:00pm, no exceptions. Dorms are locked from the outside.
- No campers in staff rooms.
- Report all safety regulations at all times.
- Campers may not drive their cars at camp. Car keys must be turned in at registration.
- Pay attention & have fun!!

*Violation of any camp rules is grounds for immediate dismissal from the camp.*

**Questions / Additional Information:**

Ryan Dall  
Duke Pole Vault Camp  
1214 Green St  
Durham NC 27701  
(919) 681-6360 (office)  
(919) 681-7866 (fax)  
r dall@duaa.duke.edu  
www.goduke.com
I. Personal Information
Camper Name: _____________________________________________________________
Address: __________________________________________________________________
City: _____________________________________ State: _____ Zip Code: ___________
Home Telephone #: (_____)_____________________ Mobile #: (_____)_______________
E-mail*: ____________________________________________ Sex: Male ___ Female ___
Age (at time of camp): _____ Grade (as of Sept 2007): ____ Date of Birth: ____________
Roommate Preference: _______________________________________________________
(*Confirmations and Camp Information will be sent to this email address)

II. Emergency Contact Information
Parent/Guardian(s): __________________________________________________________
Home Telephone #: (_____)_____________________Mobile #: (_____)_______________

III. Camp Information
Camper type (circle):   Overnight  ($490)    Day Camper ($375) - includes lunch and dinner
T-shirt size (circle): X-Small Small  Medium    Large

IV. Registration Deadline
Registration deadline is July 1st or until there is no available space. Due to the popularity of the camp and a
limited number of beds, get your application in early to ensure space.
• Please return this application along with a $100 non-refundable registration fee (payable to Duke Pole Vault Camp) by July 1st.
• Please bring the remaining camp fee balance, key/card deposit, and health questionnaire to camp check-in to complete the registration process.

Ryan Dall (919) 681-6360 (Office)
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1214 Green St rdall@duaa.duke.edu
Durham, NC 27701 www.goduke.com

Registration Fee Paid: $______________   Camp Fee Balance Due: $______________
V. Waiver & Release

In consideration of my application being accepted, I, intending to be legally bound, do hereby release and forever discharge any and all rights and claims for damages, which I may have or which may hereafter accrue to me against Ryan Dall, Duke Pole Vault Camp, Duke University and Asics or its or their respective officers, agents, for any or all damages which may be sustained or suffered by me in connection with my participation in, and/or rising out of my traveling to or returning from said Camp; or the campus of Duke University. Applicant further attests and verifies that he or she is physically fit and has sufficiently trained to participate in all events. Further, applicant attests that his or her health insurance will cover any medical and hospital expenses that he or she incurs; and that he or she has passed a sports participation medical exam within the past year.

Parent / Guardian Signature: _______________________________________________________

Parent / Guardian Name: _________________________________________________________

Date ______________________________________________________________________

Duke Pole Vault Camp reserves the right without notice to modify, change or revoke the arrangements, regulations, curriculum and instructional materials used in its programs. Duke Pole Vault Camp reserves the right to refuse admission to any student at anytime should Duke Pole Vault Camp determine such action is in the interests of the school or student. Duke Pole Vault Camp assumes no liability for personal injury or for the loss or damage of personal property.