



Come experience pole vaulting for the first time, or hone your existing skills. The emphasis of the program is to work with each vaulter, from beginner to advanced, to reach their maximum potential while having lots of fun. Poles are provided, or you're welcome to bring your own. All ages 9 and up (including adults) are welcome.

2019 SESSIONS:

SPRING *Introduction to pole vault for grades 4-8*

A great jump start for elementary and middle school students. Equipment, safety, pole carry, run/approach, plant and swing up will be the main emphasis.

SESSION 1: 11:00am - 1:00pm

Dates: Sun Apr 28 | Sat May 11 | Sat May 18

Price: \$60

SUMMER *All ages and ability levels, maximum of 10 vaulters per session*

Summer sessions will break down the vault and allow the vaulter to master and improve weak links in his or her execution. Athletes will finish each practice vaulting.

SESSION 2: 11 Sundays 3:00 - 5:30pm

Dates: Jun 2, 9, 16, 23 | Jul 7, 14, 21, 28 | Aug 4, 11, 18. Aug 25 rain makeup.

Price: \$330 (\$30/day)*

SESSION 3: 11 Thursdays 5:00 - 7:30pm

Dates: Jun 6, 13, 20, 27 | Jul 11, 18, 25 | Aug 1, 8, 15, 22. Aug 29 rain makeup.

Price: \$330 (\$30/day)*

SESSION 4: 12 Tuesdays & Thursdays 10:30am - 12:30pm

Dates: Jun 11, 13, 18, 20, 25, 27 | Jul 9, 11, 16, 18, 23, 25. Rain makeup TBD.

Price: \$360 (\$30/day)*

SESSION 5: 11 Tuesdays 5:00pm - 7:30pm

Dates: Jun 4, 11, 18, 25 | Jul 9, 16, 23, 30 | Aug 6, 13, 20. Aug 27 rain makeup.

Price: \$330 (\$30/day)*

Summer Saver Package: Session 2 + Session 3: \$550 (\$25/day)*

FALL *All ages and ability levels, maximum of 8 vaulters per session*

Focus is on preparing for the following spring track season by tweaking each vaulter's jump. Our vaulters find these fall sessions fun because they are mostly jump days with less drill work than summer sessions.

SESSION 6: 7 SUNDAYS 12:30 - 2:00PM

Dates: Sep 8, 15, 22, 29 | Oct 6, 13, 20. Oct 27 rain makeup/pit teardown

Price: \$210 (\$30/day)*

SESSION 7: 7 Sundays 2:00 - 3:30pm

Dates: Sep 8, 15, 22, 29 | Oct 6, 13, 20. Oct 27 rain makeup/pit teardown

Price: \$210 (\$30/day)*

SESSION 8: 7 Sundays 3:30 - 5:00pm

Dates: Sep 8, 15, 22, 29 | Oct 6, 13, 20. Oct 27 rain makeup/pit teardown

Price: \$210 (\$30/day)*

****Family Discount: 30% off package prices for additional family members***

SIGN UP NOW! We anticipate that sessions will fill up fast, so it's important to reserve your spot for all sessions that you'd like to attend this year.

REGISTRATION:

Register and pay online at <https://forestlake.ce.eleyo.com> (enter "pole vault" in the search box).

In order to participate you must bring the following to your first practice of the year, even if you've participated in previous years:

- Application
- Copy of health insurance card
- Signed Code of Conduct form
- Signed Permission form
- Signed Waiver of Liability and Medical Consent form
- Signed Helmet Waiver form

LOCATION:

Forest Lake Area High School, south end of football field. Spring sessions will be held indoors unless weather permits outdoor practice.

COACHING STAFF:

Mike Soule: Forest Lake Area High School pole vault coach certified in USATF Level 1 coaching and NHSL pole vault safety training, USATF masters vaulter

Mike Hrudka: Spring Lake Park High School pole vault coach certified in USATF Level 1 coaching and USATF masters vaulter

Marty Proops: All American USATF masters vaulter

Kyle O'Connor: Roseville High School pole vault coach

Matt Versaggi: Wayzata High School Assistant pole vault coach, USATF masters vaulter

Tyler Colling: G-Force alumnus and former college pole vaulter

AJ Walsh-Brenizer: G-Force alumnus and college pole vaulter

In accordance with Minnesota law, all G-Force coaches have completed the Centers for Disease Control's *Heads Up* Concussion in Youth Sports online training program.

WHAT TO BRING:

We have a large selection of poles available for your use. If you have your own poles and would like to use them you are welcome to do so. Athletes using our poles are responsible for returning them in the same condition in which they were borrowed. Any athlete that abuses G-Force poles will no longer be allowed to use them.

A helmet is recommended. G-Force does not provide helmets. You will need running shoes. For safety reasons and to increase the longevity of the runway, spikes are allowed only if they are ground down or a pyramid spike no longer than 1/8". Wear workout clothes, bring plenty of fluids to drink and wear sunscreen.

POLE CHECK-OUT POLICY:

G-Force does not rent poles. However, G-Force poles can be checked out under the following conditions: If you have signed up and paid for one of the complete summer sessions, G-Force will lend you one pole for your 2020 track season (based on availability) provided that your school doesn't have the right pole for you and won't buy or rent one from a retailer or rental company. You are responsible for loss, damage or breakage of checked out poles.

FOR QUESTIONS OR ADDITIONAL INFORMATION CONTACT:

Mike Soule
vaultingeezer@yahoo.com
651-308-6453

G-FORCE POLE VAULT CLUB APPLICATION

Athlete Information

Name: _____ Grade (2018-19): _____
Date of Birth: _____ Age: _____
Street Address: _____ Phone Number: _____
City, State, Zip: _____
School: _____
Email: _____
Height/Weight: _____ / _____ Pole Vault PR (Personal Record): _____

For reasons of safety and runway longevity, only 1/8" pyramid type spikes are allowed. Athletes must use a pole rated at or above their current weight as per National High School Federation Rules.

Pole Vault Goals (what specifically do you expect, want to achieve?):

Emergency Contact Information

Father's Name: _____
Father's Home Phone: _____
Father's Work Phone: _____
Father's Cell Phone: _____

Mother's Name: _____
Mother's Home Phone: _____
Mother's Work Phone: _____
Mother's Cell Phone: _____

Emergency Contact (if parent is not available): _____
Emergency Contact Home Phone: _____
Emergency Contact Cell Phone: _____
Emergency Contact relationship to athlete: _____

Insurance Information

Insurance coverage for accidental injury is required by all participants

Insurance Company: _____
Insurance Policy/Group Number: _____
Family Doctor: _____ Phone: _____
Preferred Hospital: _____
Medical History (Asthma, allergies, injuries, other things to be aware of, etc.):

Copy of insurance card is required before participating

G-FORCE POLE VAULT CLUB CODE OF CONDUCT

- Athletes are responsible for their own safe and appropriate behavior
- Vaulting and training at G-Force can only be done with a coach present
- Athletes should arrive at practice with a positive attitude, ready to listen, learn, work and have fun
- Athletes must be supportive and show respect to everyone - coaches, club members, other athletes, guests, spectators and officials
- Athletes must use appropriate language. Appropriate means "acceptable to all". Remember we do have some very young members.
- Athletes must not distract other athletes on the runway
- Athletes are expected to help take care of and put away all the equipment that they use – poles, mats, gear etc.
- Poles are expensive and must be taken care of. They must not be left on the ground nor are they to be used in a matter unrelated to pole vaulting.
- The coaches' role is to teach and supervise - NOT babysit
- The G-Force Pole Vault Club maintains a strict "Zero Tolerance" policy with regard to drug, alcohol and tobacco use. Any athlete caught using or being under the influence of drugs, tobacco or alcohol at a G-Force Pole Vault Club event will be expelled immediately from the club
- Coaches and mentors have the authority to expel any athlete for any inappropriate behavior (fighting, drug/alcohol use etc.)
- If there are any other conduct problems:
 - First offense - the athlete will be asked to sit out the remainder of the practice or event
 - Second offense - the athlete will be sent home. A written warning will be issued and the athlete will be put on a period of probation for the rest of the year
 - Third offense - the athlete will be expelled from the club

I have read, understand and agree to abide by the G-Force Pole Vault Club Code of Conduct

Parent/Guardian's Signature (if athlete is a minor) _____

Athlete's Signature _____

G-FORCE POLE VAULT CLUB PARENT/GUARDIAN PERMISSION FOR PARTICIPATION

This is a PARTICIPATE AT YOUR OWN RISK club and program.

I am aware of the risks involved in pole vaulting and I hereby grant permission for myself or my child, _____ to attend and participate in the G-Force Pole Vault Club. I verify that I or my child has had a physical examination in the past year and is capable of participation in the strenuous activities related to pole vaulting. I agree to indemnify, hold harmless and defend Michael E. Soule, Kay L. Soule, their heirs, executors, G-Force Pole Vault Club coaches, staff and administrators, employees, volunteers, sponsors, and Forest Lake Community Education Department from any and all liability for injury to myself or my child, as well as any damage caused by myself or my child. I understand that track and field, especially pole vaulting, is potentially dangerous and could pose a risk of catastrophic injury. Should medical attention be necessary, I hereby authorize any physician or trainer selected by club personnel to conduct medical or surgical procedures.

Warning: Any activity involving motion or height creates the possibility of serious injury. Pole vaulting is a dangerous activity. Catastrophic injuries, including paralysis and death have occurred. You assume a serious risk in pole vaulting.

I also grant permission for and release any photograph or video image taken of myself or my child to be used in association with the G-Force Pole Vault Club.

Participant Signature & Date: _____

Parent/Guardian Signature & Date (if athlete is a minor): _____

Parent/Guardian Signature & Date (if athlete is a minor): _____

G-FORCE POLE VAULT CLUB WAIVER OF LIABILITY AND MEDICAL CONSENT FORM

In consideration of my or my child's participation with the G-Force Pole Vault Club, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights or claims for damages I may have against the G-Force Pole Vault Club, its representatives, successors, employees, volunteers, coaches, staff, sponsors, directors, Forest Lake Community Education Department and assigns for any and all injuries suffered by myself or my child as a result of their participation in or travel to and from any practice, meet or other function of the G-Force Pole Vault Club. I understand that there is an element of risk involved with my or my child's participation in pole vault activities, and that both minor and catastrophic injury may occur. On behalf of myself or my child, I accept the risk of such injuries, and voluntarily grant my permission for myself or my child to participate in all of the activities of the G-Force Pole Vault Club.

I agree to abide by any decision of the G-Force Pole Vault Club staff relative to my or my child's ability to safely participate. I assume all risks associated with pole vaulting/visiting/attending Forest Lake Area High School, including but not limited to: falls, contact with other participants, the environment and surroundings, the effects of weather—including extreme cold, heat & humidity, contact with animals, any unknown or unforeseen danger and all such risks being known and appreciated by myself or my child. I have inspected the G-Force Pole Vault Club facility and equipment and deem it safe for myself or child.

I also grant the G-Force Pole Vault Club, its employees, staff, volunteers, coaches, and other persons authorized and/or designated by the G-Force Pole Vault Club to administer first aid or seek emergency medical treatment from health care professionals as they deem reasonable and appropriate under the circumstances, while I, or my child is participating in the activities of the G-Force Pole Vault Club, including but not limited to practices, meets, and travel to and from the same. In the event of an emergency in my absence, if any health care professional is consulted, I understand that I will be contacted as soon as possible, and that I will be financially responsible for any medical treatment administered by said healthcare professional, hospital expenses, and insurance coverage. I understand that I must carry health insurance and verify that I and my child are insured.

I understand that I am financially responsible for any damage to equipment, including broken pole vaulting poles.

Having read this waiver and knowing these facts, I, for myself and acting on my behalf, waive and release G-Force Pole Vault Club, Michael E. Soule, and Forest Lake Community Education Department, their representatives and successors from all claims or liabilities of any kind arising from my or my child's participation.

Participant Signature & Date: _____

Parent/Guardian Signature & Date (if athlete is a minor): _____

Parent/Guardian Signature & Date (if athlete is a minor): _____

G-FORCE POLE VAULT CLUB HELMET WAIVER

G-Force Pole Vault Club requires vaulters to document in writing that they have reviewed the pros and cons of wearing a helmet for the pole vault event.

As of this date debate continues as to whether a pole vaulter should wear a helmet while training and competing. The Minnesota State High School League (MSHSL) is the only governing body in track and field that requires helmets be worn by athletes participating in the pole vault. Helmets are not required by USATF, NFHS, AAU, NCAA, or Big-10. In fact, no other governing body in track and field requires helmet use.

For now, at G-Force Pole Vault Club, we neither require nor prohibit the use of a helmet. There are helmets now on the market that have been specifically designed for use in pole vaulting, but G-Force Pole Vault Club makes no representations about their performance or safety. The ongoing debate about helmet use provides a list of factors a vaulter should consider when deciding whether or not helmet use is the correct choice. Some of those factors are listed below.

Some arguments in favor of helmet use:

- The most frequent, debilitating or fatal injuries to pole vaulters are head injuries resulting from landing with the head or entire body off the landing pad, or landing in the vault box.
- A proper helmet, properly worn, may prevent serious (including debilitating or fatal) head injuries or reduce the severity of head or other injuries.
- The risk of other injuries from the use of a helmet is likely small compared to the potential risk of debilitating or fatal head injuries if a helmet is not worn.
- Because high school athletes are required to wear a helmet during competition, G-Force Pole Vault Club encourages high school athletes to practice with a helmet in order to simulate meet conditions.

Some arguments against helmet use:

- Some argue that the incidence of serious head injuries to pole vaulters is relatively low, thus the risk of other injuries that may result from the use of a helmet may outweigh the benefit of potentially preventing other injuries.
- Some argue that the use of a helmet may give the athlete a false sense of security and well-being.

Because there currently is no consensus in regulations requiring, recommending or approving the use of helmets by pole vaulters, G-Force Pole Vault Club cannot recommend whether or not to wear a helmet or what type of helmet to wear if a vaulter chooses to do so. In the end, a vaulter must understand that, notwithstanding proper equipment, training and support, pole vaulting is a dangerous activity. The decision to wear a helmet should be a personal decision based upon an informed analysis of the benefits and risks, as well as an examination of any other relevant information that may be available.

I have read and understand the position of G-Force Pole Vault Club regarding helmet use.

Athlete will wear a helmet during all pole vaulting at G-Force Pole Vault Club YES NO

Participant Signature & Date: _____

Parent/Guardian Signature & Date (if athlete is a minor): _____

Parent/Guardian Signature & Date (if athlete is a minor): _____