

PARENTAL CONSENT AND WAIVER:

I hereby grant permission for my child to attend the Get Inverted Pole Vault Camp. I verify that my child has had a physical exam in the past year and is capable of participating in the activities related to the camp. I agree to indemnify, hold harmless, and defend Scott Furey, Keyser HS, and or their agents or employees from any and all liability for injury to my child, as well as any injury or damage caused by my child. Should emergency medical treatment for my child be necessary, I hereby authorize EMS or ED physicians to order and conduct procedures necessary.

HEALTH AND ACCIDENT INSURANCE CO.

POLICY# _____

PARENT/GUARDIAN SIGNATURE

EMERGENCY PHONE #

LOCATION:

Keyser High School
328 One Tornado Way
Keyser, WV 26726
304-788-4230

Please call KHS Coach, Scott Furey
304-790-1085
for information or questions.

FROM RT 68 EAST –

TAKE EXIT 40 (VOCCKE ROAD) AND TURN RIGHT OFF OF THE RAMP. GO THROUGH ONE LIGHT AND TAKE LEFT AT THE SECOND. FOLLOW THIS ROAD FOR 5 MILES AND TURN RIGHT ON-TO RT. 220 SOUTH.

FOLLOW 220 SOUTH THROUGH THE TOWN OF KEYSER. TURN RIGHT AT THE LIGHT AFTER YOU PASS WAL-MART. SCHOOL IS ½ MILE UP THE ROAD ON THE LEFT.

FROM RT 68 WEST—

TAKE EXIT 42 (GREENE ST.) TOWARD MCCOOLE / KEYSER. TURN LEFT ONTO RT. 220 SOUTH.

FOLLOW 220 SOUTH THROUGH THE TOWN OF KEYSER (APPROX 21 MILES). TURN RIGHT AT THE LIGHT AFTER YOU PASS WAL-MART. SCHOOL IS ½ MILE UP THE ROAD ON THE LEFT.

LOCAL HOTEL ACCOMODATIONS:

*The Keyser Inn (locally owned)
304-788-0913

*MicroTel
304-597-1400

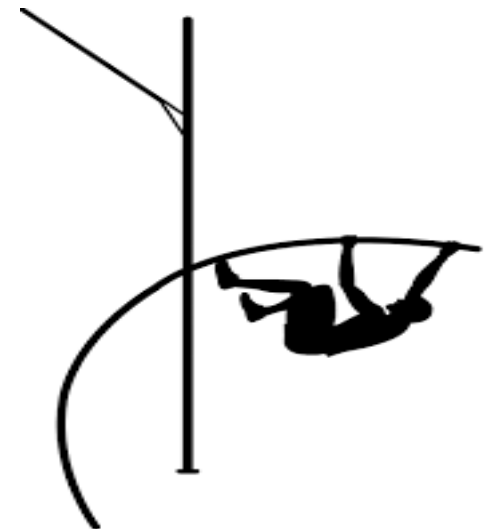
4th ANNUAL
GET INVERTED!!
POLE VAULT CAMP

June 28-29, 2019

KEYSER HIGH SCHOOL

Scott Furey—DIRECTOR
57 Pender Lane
Keyser, WV 26726
304-790-1085
djwise50@hotmail.com

**VAULTING FROM THE
GROUND *UP!***



**GET INVERTED!
POLE VAULT CAMP**

is for vaulters from beginner to advanced. We teach a system from the ground up, which follows a progression of drills that may be utilized career long.

This system, utilized by legendary Williamstown H.S. coach, Doak Markley, has produced numerous State Champions and 4 State Record Holders including a National record 15 straight WV Class A girls State Champions from 2003-2017.

WHEN? Check-in will be Friday, June 28 at 9am. There will be three vaulting sessions per day. We will finish at 6pm.

CONTENT:

- *Vaulting drills from pole carry to over the bar.
- *Video sessions.
- *Safety and equipment discussions.

WHO?

Keyser High School Pole Vault Coaches Dave and Ethen Whitlock will instruct.

WHAT TO BRING:

- *Running Shoes
- *Spikes
- *Poles
- *Water Bottle
- *Lunch
- *Poles will be available but it helps to get accustomed to the ones you will use. Check with your school's coach for poles.
- *Coaches may come and observe the system for free.

COST:

\$100 per camper.
*Each camper will receive a camp T-Shirt and drill booklet. Dinner will be provided and ice water will always be available.

COACH WHITLOCK

Has coached several WV & MD All-State vaulters as well as State Champions in both the boys and girls vaults.

APPLICATION:

Mail application and consent form to:

SCOTT FUREY
57 Pender Lane
Keyser, WV 26726

GET INVERTED! PV CAMP is:
June 28-29, 2019

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

SCHOOL _____

GRADE _____

T SHIRT SIZE S M L XL

**PLEASE MAKE CHECKS
PAYABLE TO:
Keyser Track & Field**