



**PRESENTS**

**2<sup>ND</sup> ANNUAL**

**POLE VAULT**

**LONG JUMP**

**HIGH JUMP**

**CAMP**

@

**MILLBURN**

**HIGH SCHOOL**

**JULY 9-13**

**JULY 23-27**

**CHECK OUT**

[WWW.KANEATHLETICS.COM](http://WWW.KANEATHLETICS.COM)

**FOR UPDATES!!**

I, the undersigned, individually and as parent(s) and guardian(s) of \_\_\_\_\_, a minor, do hereby certify that he/she is in good physical condition to take part in Kane Athletics Pole Vault Long Jump High Jump Camp, and I do hereby request and authorize his/her participation in Kane Athletics Pole Vault Long Jump High Jump Camp. I understand that the events being practiced at this jumps camp are active, physical events which involve physical stress and hazards and that injuries can occur. Should a medical emergency arise and I cannot be reached, I hereby authorize the staff of Kane Athletics Pole Vault Long Jump High Jump Camp to seek appropriate medical attention for my child. I will be responsible for any and all costs of medical attention and treatment for my child. I, the undersigned, hereby agree to release Kane Athletics, it's camp staff, and employees of all causes, liabilities, damages, claims or demands whatsoever on the account of any injury or accident involving said minor arising from the minor's attendance at Kane Athletics Pole Vault Long Jump High Jump Camp.

\*\*Please detach and return with Registration Form\*\*

**Registration Form**

**Fill in Registration Form below for the KANE Athletics Pole Vault/Long Jump/High Jump Camp. Make checks payable to Kane Athletics (\$130 per athlete) and mail to Kane Athletics P.O. Box 665, Scotch Plains, NJ 07076. Attendees receive a FREE T-SHIRT.**

**Athlete's Name** \_\_\_\_\_ **Parent Name** \_\_\_\_\_

**Home Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Phone ( )** \_\_\_\_\_

**Age** \_\_\_\_\_ **School** \_\_\_\_\_

**Experience** \_\_\_\_\_

**Bests** \_\_\_\_\_

## Why PV/ LJ/HJ Camp?

Track and Field has always been the sport that other sport coaches use to enhance their athletes abilities. Coaches tell their athletes to join track to get better for their upcoming season. What other coaches don't realize is the potential these athletes have to be highly successful in track. This Pole Vault/ Long Jump/ High Jump camp has two major goals. The first goal is to show athletes of all ages that there is more to track and field than just running. There are events that kids are very good at but never have the opportunity to try. The second goal is to take the athletes that have a passion for these events and make them better-increase their knowledge, form and explosive power for these specific events. The training at this camp could even be used for physical training in various other sports.

## Camp Day Schedule

### 9am-1pm

- 9-9:30-** Warm Ups, Active Stretching, General Preparation
- 9:30-11-** Event Practice, Event Specific Drills, Competitions for all Levels
- 11-11:30-** **LUNCH**
- 11:30-1-** Strength and Conditioning, Plyometrics aimed for all levels, Build Explosiveness, Coordination and Body Awareness

## Camp Director



Peter Kane is a Health and Physical Education teacher at Scotch Plains-Fanwood High. This past year was his first year as Cranford's Head Girl's Varsity Spring Track Coach and Assistant Varsity Winter Track Coach after being an Assistant Varsity Coach at SPF for four years. He has coached multiple pole vaulters over 13', he has also coached several athletes break school records including SPF's girl's PV record, CHS's girl's PV and TJ records. His girl's tied the Union County Relays record and broke many Watchung Conference records. Personally, Coach Kane graduated from The College of New Jersey where he pole vaulted 15' and long jumped over 20'. Coach Kane is certified by the National Pole Vault Coaches Association as well as being a certified strength and conditioning coach.

## Philosophy

My philosophy is very simple. If a kid wants to try something new or get better at something they should be allowed the opportunity to do so. At this summer camp every athlete will get the same high level of attention that they deserve to learn each event and increase their knowledge of the events. I will personally supply the athletes at this camp with drills, training tips and motivation to maximize their potential in sports. Track and Field is a great sport that allows athletes to challenge themselves and see real results.

**\*\*Fully Insured\*\***



## Should I Go?

This camp is designed to teach the events of the Pole Vault, Long Jump and High Jump to any 8<sup>th</sup> -12<sup>th</sup> grade student that wants to learn or improve. This camp will improve your speed and your understanding of how to get stronger and faster. It will also introduce and further your abilities in these three events. This camp is aimed to keep everyone involved and maximize the amount of fun we can have. It is a summer camp, not a drill camp, so although we will work hard we will also enjoy ourselves. Each camper will be enrolled in USA Track and Field and become a member of Kane Athletics Competitive Club. This allows access to dozens of meets throughout the year. (Memberships included in camp fee!)

## This Year

This year will feature many counselors ALL with extensive knowledge, education, experience and success in the pole vault, long jump and high jump. Counselors will include:

**Chris Lacosta:** 1997 Meet of Champs Winner (14'7), SPFH school record holder (14'7), vaulted at Rowan

University  
**Max Carow:** Marist University School Record Holder (13'3)

**Chuck Seipp:** TCNJ National Competitor in the Decathlon (2000). HJ PR (6-6)

**If you have any questions please email or call:**

[Kaneathletics@yahoo.com](mailto:Kaneathletics@yahoo.com)

(908) 322-4888