

Foundation Running Camps

www.FoundationXCCamp.com

THE FOUNDATION POLE VAULT ACADEMY

August 16 thru 21, 2015 at Camp Pontiac, NY



**RUNNER'S
EDGE**

We welcome all Pole Vaulters entering grades 9 – 12 to join us for:

- Appropriate training for all abilities; from the beginner to the All-State athlete!
- Outstanding instruction by some of the nation's best coaches
- Small jumping groups create a positive atmosphere and personal attention
- Video analysis of pole vault mechanics using state-of-the-art technology
- Educational activities that focus on pole selection, skill progression, video tape analysis, nutrition and of course... safety!
- Top notch athletic facilities include weight room, gymnastics apparatus, aerobics/yoga rooms, cardio/spinning room and **fully-indoor vaulting!**
- Evening Activities include DJ Dances, Color War, Talent Show, Karaoke, Ice-Cream Parlor, Air-conditioned Movie Theater, and much more!

Jim Henderson St. Anthony's HS

With 40+ years pole vault experience, Jim has been the face of long island vaulting since the 80's. Currently the head coach of the Warehouse Vault club and vault coach at St. Anthony's HS for 20+ years. Along with coaching countless Nassau, Suffolk, CHSAA and PSAL Champions, Jim has produced multiple State Champions and All Americans. Has been a staple of Sky Jumpers vault camps for over 20 years.



Nick Aurigemma Cold Spring Harbor HS

22 years of pole vault experience, including competing on the high school and collegiate level. In ten years of coaching, has produced over 26 Nassau, Suffolk, CHSAA and PSAL champions. Six years of coordinating clinics annually for coaches, athletes and officials of Nassau County and the PSAL. Has coached at multiple local camps including Sky Jumpers and has run the Harbor Vaulters Summer program for six years.

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For photos, video, registration forms, and more information... please visit our website!

Please go to www.FoundationXCCamp.com to register for our 2015 camps. Registration is now fully online using Active Networks. No papers to fill out and nothing to mail

2015 Camp Rates

Take advantage of Early Bird Rates! (before March 31st)
Fitness Day Camp ONLY (Bethpage) = \$250.00 (\$225.00 Early Bird)
Sleepaway Camp ONLY = \$649.00 (\$599.00 Early Bird)
Both Great Weeks! = \$749.00 (\$674.00 Early Bird)
 (Note: \$150 will automatically be taken off at checkout when registering for both the Day Camp and the Sleepaway Camp)
 Refund policy: Refunds requested before July 1 will receive full refund minus \$100 and the processing fee. After July 1, full refund minus \$150 and the processing fee.
 There are NO refunds on bus reservations.
Coach Bus To and/or From Sleepaway Camp =
 Available from Long Island ONLY.
 Any One Way Trip, Add \$75.00
 Round Trip, Add \$100.00
NO REFUNDS ON BUS RESERVATIONS

Other Programs at the 2015 Foundation Sleepaway Camp

HS Cross Country Program
 Middle School Running and Form Program (6th, 7th & 8th Grade)
 Track & Field including:

- Speed and Sprints
- Long & Triple Jumps
- Hurdles
- Throwing Events (Shot, Discus, Javelin, Hammer)
- High Jump
- Racewalking
- Pole Vault

Additional Programs at the Sleepaway: Optional

Leadership Academy (+\$25) Sports Medicine Internship (+\$25)



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FoundationRunningCamp

Register Today at www.FoundationXCCamp.com