



# Pole Vault Summit

**May 1 & 2**

**Saskatoon Field House**

**Registration fee - \$100 (includes Sat. lunch and T-shirt, payment must be received before April 9, 2010), late fee - \$125**

**TO REGISTER:**

**Contact Sara Shymko @ 343-5505 or [shymkos@yahoo.ca](mailto:shymkos@yahoo.ca) or**

**Download registration form from [www.saskathletics.ca](http://www.saskathletics.ca)**

**All sessions will be led by qualified instructors.**

- Pole Vault
- Fun
- Competition
- Gymnastics
- Underwater vaulting
- Yoga
- Strength Training
- Sandbox drills
- Speed & Agility

## Saskatoon Pole Vault Summit 2010 Registration Form

I am an Athlete  Coach (no fee applicable)

I have a Sask Athletics membership: Yes  No

Fee enclosed: Received by April 9 \$100  includes T-shirt

After April 9 \$125  T-shirt not guaranteed

\* The registration will cover all sessions, insurance fees and lunch on Saturday. Participants are responsible for their own accommodation, other meals and transportation.

T-shirt size youth small  medium  large

adult small  medium  large  x-large  xx-large

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Name:

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School:

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Birthdate:

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Coach:

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Address:

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E-mail:

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Telephone:

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Male or female:

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Number of years experience vaulting:

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Track Club (if applicable)

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Did you attend the summit last year:

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The Saskatoon Pole Vault Summit is put on by the Saskatoon Pole Vault Group and Riversdale Athletics. The **tentative** schedule is as follows:

Saturday, May 1, 2010

Sunday, May 2, 2009

8:30 am–4:00 pm and 7:00–8:30 pm

8:30 – 4:00 pm

The vault summit will include pole vaulting, sandpit drills, speed and agility, strength training, underwater vaulting, gymnastics drills, yoga, mental training, and nutritional information.

*Please be aware you must be in adequate physical condition to participate in all the activities.*

Please make cheques payable to **Riversdale Athletics**. Registration forms may be e-mailed. Cheques must be mailed and **received** prior to deadline.

E-mail: [shymkos@yahoo.ca](mailto:shymkos@yahoo.ca)

Mail: Sara Shymko

2704 Estey Drive

Saskatoon, SK S7J 2V5

## Waiver of Claims and Release from Liability (Minor Student)

By signing this document, you confirm that you are a parent or legal guardian of the minor student identified below (the "Student") and as such, you are assuming risks on behalf of the Student which may have financial and other consequences for you and/or your family should the Student be injured or lose his or her life while participating in any of the activities described below.

By signing in the space provided at the bottom of this waiver, the Student confirms that he or she wishes to participate in the activities that are offered at the Saskatoon Pole Vault Summit.

1. Pole Vaulting
2. Sandbox Drills
3. Pool activities
4. Gymnastics activities

You acknowledge and agree that, in exchange for and as a condition of the Student's participation in any of the activities listed above, you accept financial liability for any loss of or damage to property caused by or contributed to by the Student.

You further acknowledge that:

- you are aware that the Student's participation in any of the activities listed above may be hazardous and could result in damage or injury including death;
- the Student is in satisfactory physical and mental condition to safely participate in the activities listed above;
- Prior to the Student's participation in the activity or activities listed above, you will disclose to the Instructor any allergy or other medical condition that may affect the Student's ability to safely participate in the activities listed above;
- You have read and understand the terms of this document.

\_\_\_\_\_ (initial) I acknowledge that there is a risk associated with participating in the Saskatoon Pole Vault Summit. I assume all risk associated with this training and release Riversdale Athletics, Saskatchewan athletics and my coaches from any liability for damages or claims arising out of injury sustained by my student while participating in the Saskatoon Pole Vault Summit.

**Signed on the \_\_\_\_\_ day of \_\_\_\_\_ .**

Student's Name (print) \_\_\_\_\_

Student's Signature \_\_\_\_\_

Local Address \_\_\_\_\_

Parent or Legal Guardian Name (print) \_\_\_\_\_

Parent or Legal Guardian Signature \_\_\_\_\_

### Emergency Contacts

Name \_\_\_\_\_ Telephone Number \_\_\_\_\_

Name \_\_\_\_\_ Telephone Number \_\_\_\_\_