

# VAULT CAMP REGISTRATION

1811 Baker Road, High Point

North Carolina 27263-2005

## Camp Dates – Check Web Page Calendar

### Part 1 - Morning Session - Cost \$20

9:00 Check-in at Facility  
Vaulting Parts and Videos  
Stretches  
Warm Ups/Form Running  
Vault Drills  
Parts of Vault  
Gymnastics  
Jumping  
Part 1 - Camp Ends

### Part 2 - Night Session – Cost \$15

Check-in at Facility  
Stretches  
Warm Ups/Form Running  
Jumping that picks up from morning  
Part 2 - Camp Ends

Contact Coach Morell: [esmhome@bellsouth.net](mailto:esmhome@bellsouth.net)  
phone 336-392-5708

### Hotel Contact Information

Quality Inn

[www.choicehotels.com/hotels/nc626](http://www.choicehotels.com/hotels/nc626)

336-861-3000

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

Welcome to the Vaulthouse newsletter. Our purpose is to keep you aware of the ongoing vault camp opportunity that will be offered again this coming summer.

Our outstanding program is like no other. It is based on scientific test results and data with the focus on correct pole vaulting technique, drills and training. We encourage you to check out the need to know information that we stress and no other camps do. Our camps work with vaulters who are beginners and never picked up a pole to elite All American athletes. A total vaulting experience will be present at our camps.

In the past 18 years of my coaching career I have helped young athletes be State Champions from the following states that have totaled 135 North Carolina, 35 Virginia, 6 Pennsylvania, 6 West Virginia, 3 Michigan, 3 Illinois, and 2 Maryland. We have helped 17 of these athletes become All Americans and 3 were National Champions.

Our goal at Vaulthouse is to help vaulters of all ages and levels become more knowledgeable, improve their skills and jump their very best.

We do encourage you to bring your own poles so you can learn to get on your own equipment. The camp has a large supply of poles available to use and try so you know what you will need for your upcoming season.

If you wish to come this summer, please contact me immediately to reserve a space. There will be less than 10 vaulters per session. We do this in order to provide maximum time with each vaulter.

You may reserve a slot for this coming summer by contacting me to let him know you are coming.

Please make arrangements and hotel reservations if you are going to be staying overnite. Contact coach Morell for information.