



Come experience pole vaulting for the first time, or hone your existing skills. The emphasis of the program is to work with each vaulter, from beginner to advanced, to reach their maximum potential while having lots of fun. Poles are provided, or you're welcome to bring your own. All ages 10 and up (including adults) are welcome.

We had a great 2017 and will repeat the format for 2018. Each 2½ hour session is limited to a maximum of 10 vaulters, with a minimum 1:5 coach to vaulters ratio. Additionally, we're adding a **new summer session**: twelve days, Tuesday and Thursdays from 10:30am – 12:30pm. We'll need at least 8 vaulters to make this a go, with a maximum of 12.

## 2018 SESSIONS:

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### **SPRING** *Introduction to pole vault for grades 4-8*

*A great jump start for elementary and middle school students. Equipment, safety, pole carry, run/approach, plant and swing up will be the main emphasis.*

#### **SESSION 1: 3 Sundays 1:00 - 3:00pm**

Dates: Apr 29 | May 6 | May 20

Price: \$60

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### **SUMMER** *All ages and ability levels*

*Summer sessions will break down the vault and allow the vaulter to master and improve weak links in his or her execution. Athletes will finish each practice vaulting.*

#### **SESSION 2: 11 Sundays 3:00 - 5:30pm**

Dates: Jun 3, 10, 17, 24 | Jul 8, 15, 22, 29 | Aug 5, 12, 19. Aug 26 rain makeup.

Price: \$330 (\$30/day)\*

#### **SESSION 3: 11 Thursdays 5:00 - 7:30pm**

Dates: Jun 7, 14, 21, 28 | Jul 12, 19, 26 | Aug 2, 9, 16, 23. Aug 30 rain makeup.

Price: \$330 (\$30/day)\*

#### **SESSION 4: **NEW** 12 Tuesdays & Thursdays 10:30am - 12:30pm**

Dates: Jun 12, 14, 19, 21, 26, 28 | Jul 10, 12, 17, 19, 24, 26. Rain makeup TBD.

Price: \$360 (\$30/day)\*

**Summer Saver Package: Session 2 + Session 3: \$550 (\$25/day)\***

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### **FALL** *All ages and ability levels*

*Focus is on preparing for the following spring track season by tweaking each vaulter's jump. Our vaulters find these fall sessions fun because they are mostly jump days with less drill work than summer sessions.*

#### **SESSION 5: 8 Sundays 12:30 - 3:00pm**

Dates: Sep 9, 16, 23, 30 | Oct 7, 14, 21, 28. Rain makeup TBD if needed.

Price: \$240 (\$30/day)\*

#### **SESSION 6: 8 Sundays 3:00 - 5:30pm**

Dates: Sep 9, 16, 23, 30 | Oct 7, 14, 21, 28. Rain makeup TBD if needed.

Price: \$240 (\$30/day)\*

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**Summer & Fall Sessions 2 + 3 + 5 or 6: 30 days, \$630 (\$21/day)\***

**\*Family Discount: 30% off package prices for additional family members**

**SIGN UP NOW!** We anticipate that sessions will fill up fast, so it's important to reserve your spot for all sessions that you'd like to attend this year.

**LOCATION:**

Forest Lake Area High School, south end of football field.

**COACHING STAFF:**

**Mike Soule:** Forest Lake Area High School pole vault coach certified in USATF Level 1 coaching and NHSL pole vault safety training, USATF masters vaulter

**Mike Hrudka:** Spring Lake Park High School pole vault coach certified in USATF Level 1 coaching and USATF masters vaulter

**Kyle O'Connor:** Roseville High School pole vault coach

**Marty Proops:** All American USATF masters vaulter

**Matt Versaggi:** Wayzata High School Assistant pole vault coach, USATF masters vaulter

**Tyler Colling:** G-Force alumnus and former college pole vaulter

In accordance with Minnesota law, all G-Force coaches have completed the Centers for Disease Control's *Heads Up* Concussion in Youth Sports online training program.

**WHAT TO BRING:**

We have a large selection of poles available for your use. If you have your own poles and would like to use them you are welcome to do so. Athletes using our poles are responsible for returning them in the same condition in which they were borrowed. Any athlete that abuses G-Force poles will no longer be allowed to use them.

A helmet is recommended. G-Force does not provide helmets. You will need running shoes. For safety reasons and to increase the longevity of the runway, spikes are allowed only if they are ground down or a pyramid spike no longer than 1/8". Wear workout clothes, bring plenty of fluids to drink and wear sunscreen.

**POLE CHECK-OUT POLICY:**

G-Force does not rent poles. However, G-Force poles can be checked out under the following conditions: If you have signed up and paid for one of the complete summer sessions, G-Force will lend you one pole for your 2019 track season (based on availability) provided that your school doesn't have the right pole for you and won't buy or rent one from a retailer or rental company. You are responsible for loss, damage or breakage of checked out poles.

**REGISTRATION:**

In order to participate you must bring the following to your first practice of the year, even if you've participated in previous years:

- Application
- Copy of health insurance card
- Signed Code of Conduct form
- Signed Permission form
- Signed Waiver of Liability and Medical Consent form
- Signed Helmet Waiver form

**PAYMENT:**

Checks should be made out to *Forest Lake Community Education Dept.*

**FOR QUESTIONS OR ADDITIONAL INFORMATION CONTACT:**

Mike Soule  
vaultingeezer@yahoo.com  
651-308-6453

## G-FORCE POLE VAULT CLUB APPLICATION

### Athlete Information

Name: \_\_\_\_\_ Grade (2018-19): \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
Street Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
School: \_\_\_\_\_  
Email: \_\_\_\_\_  
Height/Weight: \_\_\_\_\_ / \_\_\_\_\_ Pole Vault PR (Personal Record): \_\_\_\_\_

For reasons of safety and runway longevity, only 1/8" pyramid type spikes are allowed. Athletes must use a pole rated at or above their current weight as per National High School Federation Rules.

Pole Vault Goals (what specifically do you expect, want to achieve?):

\_\_\_\_\_  
\_\_\_\_\_

### Emergency Contact Information

Father's Name: \_\_\_\_\_  
Father's Home Phone: \_\_\_\_\_  
Father's Work Phone: \_\_\_\_\_  
Father's Cell Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_  
Mother's Home Phone: \_\_\_\_\_  
Mother's Work Phone: \_\_\_\_\_  
Mother's Cell Phone: \_\_\_\_\_

Emergency Contact (if parent is not available): \_\_\_\_\_  
Emergency Contact Home Phone: \_\_\_\_\_  
Emergency Contact Cell Phone: \_\_\_\_\_  
Emergency Contact relationship to athlete: \_\_\_\_\_

### Insurance Information

***Insurance coverage for accidental injury is required by all participants***

Insurance Company: \_\_\_\_\_  
Insurance Policy/Group Number: \_\_\_\_\_  
Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_  
Preferred Hospital: \_\_\_\_\_  
Medical History (Asthma, allergies, injuries, other things to be aware of, etc.):

\_\_\_\_\_  
\_\_\_\_\_

***Copy of insurance card is required before participating***

## G-FORCE POLE VAULT CLUB CODE OF CONDUCT

- Athletes are responsible for their own safe and appropriate behavior
- Vaulting and training at G-Force can only be done with a coach present
- Athletes should arrive at practice with a positive attitude, ready to listen, learn, work and have fun
- Athletes must be supportive and show respect to everyone - coaches, club members, other athletes, guests, spectators and officials
- Athletes must use appropriate language. Appropriate means "acceptable to all". Remember we do have some very young members.
- Athletes must not distract other athletes on the runway
- Athletes are expected to help take care of and put away all the equipment that they use – poles, mats, gear etc.
- Poles are expensive and must be taken care of. They must not be left on the ground nor are they to be used in a matter unrelated to pole vaulting.
- The coaches' role is to teach and supervise - NOT babysit
- The G-Force Pole Vault Club maintains a strict "Zero Tolerance" policy with regard to drug, alcohol and tobacco use. Any athlete caught using or being under the influence of drugs, tobacco or alcohol at a G-Force Pole Vault Club event will be expelled immediately from the club
- Coaches and mentors have the authority to expel any athlete for any inappropriate behavior (fighting, drug/alcohol use etc.)
- If there are any other conduct problems:
  - First offense - the athlete will be asked to sit out the remainder of the practice or event
  - Second offense - the athlete will be sent home. A written warning will be issued and the athlete will be put on a period of probation for the rest of the year
  - Third offense - the athlete will be expelled from the club

***I have read, understand and agree to abide by the G-Force Pole Vault Club Code of Conduct***

Parent/Guardian's Signature (if athlete is a minor) \_\_\_\_\_

Athlete's Signature \_\_\_\_\_

## G-FORCE POLE VAULT CLUB PARENT/GUARDIAN PERMISSION FOR PARTICIPATION

**This is a PARTICIPATE AT YOUR OWN RISK club and program.**

I am aware of the risks involved in pole vaulting and I hereby grant permission for myself or my child, \_\_\_\_\_ to attend and participate in the G-Force Pole Vault Club. I verify that I or my child has had a physical examination in the past year and is capable of participation in the strenuous activities related to pole vaulting. I agree to indemnify, hold harmless and defend Michael E. Soule, Kay L. Soule, their heirs, executors, G-Force Pole Vault Club coaches, staff and administrators, employees, sponsors, and Forest Lake Community Education Department from any and all liability for injury to myself or my child, as well as any damage caused by myself or my child. I understand that track and field, especially pole vaulting, is potentially dangerous and could pose a risk of catastrophic injury. Should medical attention be necessary, I hereby authorize any physician or trainer selected by club personnel to conduct medical or surgical procedures.

**Warning:** Any activity involving motion or height creates the possibility of serious injury. Pole vaulting is a dangerous activity. Catastrophic injuries, including paralysis and death have occurred. You assume a serious risk in pole vaulting.

I also grant permission for and release any photograph or video image taken of myself or my child to be used in association with the G-Force Pole Vault Club.

Participant Signature & Date: \_\_\_\_\_

Parent/Guardian Signature & Date (if athlete is a minor): \_\_\_\_\_

Parent/Guardian Signature & Date (if athlete is a minor): \_\_\_\_\_

**G-FORCE POLE VAULT CLUB WAIVER OF LIABILITY AND MEDICAL CONSENT FORM**

In consideration of my or my child's participation with the G-Force Pole Vault Club, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights or claims for damages I may have against the G-Force Pole Vault Club, its representatives, successors, employees, volunteers, coaches, staff, sponsors, directors, Forest Lake Community Education Department and assigns for any and all injuries suffered by myself or my child as a result of their participation in or travel to and from any practice, meet or other function of the G-Force Pole Vault Club. I understand that there is an element of risk involved with my or my child's participation in pole vault activities, and that both minor and catastrophic injury may occur. On behalf of myself or my child, I accept the risk of such injuries, and voluntarily grant my permission for myself or my child to participate in all of the activities of the G-Force Pole Vault Club.

I agree to abide by any decision of the G-Force Pole Vault Club staff relative to my or my child's ability to safely participate. I assume all risks associated with pole vaulting/visiting/attending Forest Lake Area High School, including but not limited to: falls, contact with other participants, the environment and surroundings, the effects of weather—including extreme cold, heat & humidity, contact with animals, any unknown or unforeseen danger and all such risks being known and appreciated by myself or my child. I have inspected the G-Force Pole Vault Club facility and equipment and deem it safe for myself or child.

I also grant the G-Force Pole Vault Club, its employees, staff, volunteers, coaches, and other persons authorized and/or designated by the G-Force Pole Vault Club to administer first aid or seek emergency medical treatment from health care professionals as they deem reasonable and appropriate under the circumstances, while I, or my child is participating in the activities of the G-Force Pole Vault Club, including but not limited to practices, meets, and travel to and from the same. In the event of an emergency in my absence, if any health care professional is consulted, I understand that I will be contacted as soon as possible, and that I will be financially responsible for any medical treatment administered by said healthcare professional, hospital expenses, and insurance coverage. I understand that I must carry health insurance and verify that I and my child are insured.

I understand that I am financially responsible for any damage to equipment, including broken pole vaulting poles.

Having read this waiver and knowing these facts, I, for myself and acting on my behalf, waive and release G-Force Pole Vault Club, Michael E. Soule, and Forest Lake Community Education Department, their representatives and successors from all claims or liabilities of any kind arising from my or my child's participation.

Participant Signature & Date: \_\_\_\_\_

Parent/Guardian Signature & Date (if athlete is a minor): \_\_\_\_\_

Parent/Guardian Signature & Date (if athlete is a minor): \_\_\_\_\_

## **G-FORCE POLE VAULT CLUB HELMET WAIVER**

G-Force Pole Vault Club requires vaulters to document in writing that they have reviewed the pros and cons of wearing a helmet for the pole vault event.

As of this date debate continues as to whether a pole vaulter should wear a helmet while training and competing. The Minnesota State High School League (MSHSL) is the only governing body in track and field that requires helmets be worn by athletes participating in the pole vault. Helmets are not required by USATF, NFHS, AAU, NCAA, or Big-10. In fact, no other governing body in track and field requires helmet use.

For now, at G-Force Pole Vault Club, we neither require nor prohibit the use of a helmet. There are helmets now on the market that have been specifically designed for use in pole vaulting, but G-Force Pole Vault Club makes no representations about their performance or safety. The ongoing debate about helmet use provides a list of factors a vaulter should consider when deciding whether or not helmet use is the correct choice. Some of those factors are listed below.

### *Some arguments in favor of helmet use:*

- The most frequent, debilitating or fatal injuries to pole vaulters are head injuries resulting from landing with the head or entire body off the landing pad, or landing in the vault box.
- A proper helmet, properly worn, may prevent serious (including debilitating or fatal) head injuries or reduce the severity of head or other injuries.
- The risk of other injuries from the use of a helmet is likely small compared to the potential risk of debilitating or fatal head injuries if a helmet is not worn.
- Because high school athletes are required to wear a helmet during competition, G-Force Pole Vault Club encourages high school athletes to practice with a helmet in order to simulate meet conditions.

### *Some arguments against helmet use:*

- Some argue that the incidence of serious head injuries to pole vaulters is relatively low, thus the risk of other injuries that may result from the use of a helmet may outweigh the benefit of potentially preventing other injuries.
- Some argue that the use of a helmet may give the athlete a false sense of security and well-being.

Because there currently is no consensus in regulations requiring, recommending or approving the use of helmets by pole vaulters, G-Force Pole Vault Club cannot recommend whether or not to wear a helmet or what type of helmet to wear if a vaulter chooses to do so. In the end, a vaulter must understand that, notwithstanding proper equipment, training and support, pole vaulting is a dangerous activity. The decision to wear a helmet should be a personal decision based upon an informed analysis of the benefits and risks, as well as an examination of any other relevant information that may be available.

I have read and understand the position of G-Force Pole Vault Club regarding helmet use.

**Athlete will wear a helmet during all pole vaulting at G-Force Pole Vault Club**  YES  NO

Participant Signature & Date: \_\_\_\_\_

Parent/Guardian Signature & Date (if athlete is a minor): \_\_\_\_\_

Parent/Guardian Signature & Date (if athlete is a minor): \_\_\_\_\_



# CONCUSSION INFORMATION SHEET



**HEADS UP  
CONCUSSION**

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

### SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

## WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

## WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

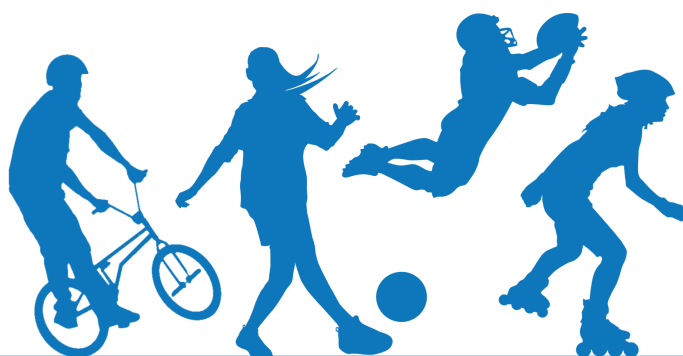
Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

## HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - » Work with their coach to teach ways to lower the chances of getting a concussion.
  - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - » Ensure that they follow their coach's rules for safety and the rules of the sport.
  - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



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