

Foundation Running Camps

www.FoundationSportCamps.com

THE FOUNDATION POLE VAULT ACADEMY

August 15 thru 20, 2021 at Camp Pontiac, NY



**RUNNER'S
EDGE**

We welcome all Pole Vaulters entering grades 8 – 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 that 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!



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

Please go to www.FoundationSportCamps.com to register for our 2021 camps.

Registration is fully online using Active Networks. No papers to fill out and nothing to mail!

Typical Daily Schedule

7:30am	Wake up and Breakfast
8:15am	Bunk Meeting and Team Building Activities
9:00am	Speed & Agility Training
10:00am	Event Specific Training - Pole Vault
11:45am	Supervised Pool Time or Game Room time!
12:15pm	Lunch
1:30pm	Afternoon Team Activity (hike, kayak, e.g.)
3:00pm	Event Specific Training - Pole Vault
5:00pm	Supervised Pool Time
6:00pm	Dinner
7:00pm	Evening Games - Under the Lights!
9:00pm	Evening Activity (Talent Show, Bonfire, e.g.)
10:30pm	Lights Out

Other Programs at the 2021 Foundation Sleepaway Camp

- High School 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
- Middle School All-Sports Program (6th, 7th, 8th & 9th Grade)

Additional Programs at the Sleepaway: Optional

- Leadership Academy
- Sports Medicine Internship



Visit us on Facebook!
FoundationRunningCamp

Register Today at www.FoundationSportCamps.com