

Patriot Pole Vault Club FAQ & Information Packet

Who Can Participate?

All athletes of all skill levels age 10 and up are eligible to participate. We will consider those under the age of 10 if, after a trial session, they show that they can handle the physical and emotional stresses of the event and our club practice routines.

A free trial session is available to any athlete who wishes to try out our program. During this trial, for those under the age of 18, we request that a parent or guardian be present.

Coaches, observers, parents and interested parties are invited and encouraged to attend free of charge.

What Do I Need to Bring?

If you have your own poles and would like to use them you are more than welcome to do so. We do have an extensive collection of 180+ poles available for your use. If you do choose to use our poles it is your responsibility to make sure that they are returned in the same condition in which they are borrowed. Any athlete that abuses our poles will no longer be allowed to use them.

You will need running shoes (spikes are optional), workout clothes and plenty of fluids to drink. It may be a good idea to bring sunscreen as we have no shade around the runway. You may also bring a chair or umbrella if you like. We do have access to restrooms.

Where Are We Located?

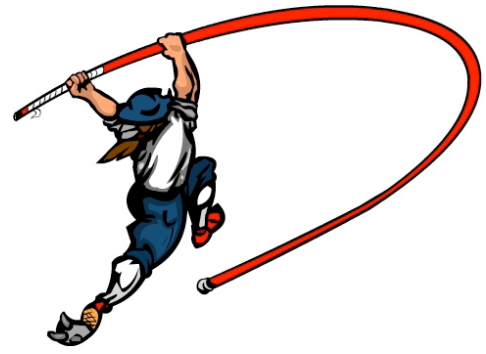
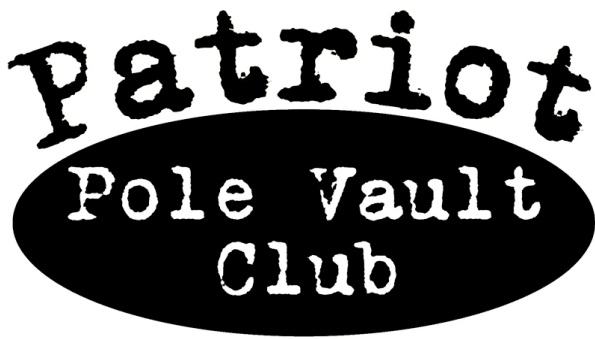
The Patriot Pole Vault Club home base is at Westborough High School in Westborough, MA. It is centrally located near the junction of the Mass Pike and Route 495 and is approximately 25 miles west of Boston, 15 miles east of Worcester, 50 miles northwest of Providence, RI, 50 miles south of Nashua, NH and 80 miles northeast of Hartford, CT. We do host practices and events at other facilities around New England throughout the year. Directions and maps to all of our facilities and locations can be found on our website <http://www.patriotpv.com/>

How Do I Practice With the Patriot Pole Vault Club?

First check out our online calendar (<http://www.patriotpv.com/>) for available times. Then contact us via e-mail (coachdoug@patriotpv.com) or phone (774-276-1617) to set up a practice session.

Before your first session please completely fill out and sign the Patriot Pole Vault Club information packet including which includes the Registration & Consent Form, the Code of Conduct form and the Media Release form.

For insurance and liability purposes USATF (USA Track and Field) membership is required of ALL of our athletes prior to working out with the club. There are NO exceptions to this rule. USATF is the national governing body for track and field in the United States and the membership covers supplementary insurance for each athlete. A year's membership in the USATF costs \$20 for those 18 and under, \$30 for those 19 and up and covers you until the end of the calendar year in which you sign up. You may obtain USATF membership online here. We will need proof of your USATF membership before we can allow any athlete to participate. If you sign up for USATF membership online (at <http://www.usatf.org/membership>) via a credit card just print out the receipt.



Patriot Pole Vault Club Pricing Structure

During the scholastic outdoor track season (3rd week of March to the 2nd week of June) all practices are free of charge.

At all other times (excluding indoor sessions due to the cost of renting the facility) a free trial session is available to any athlete who wishes to try out our program. During the trial for those under the age of 18 we request that a parent or guardian be present.

If after the trial session you decide to vault with the Patriot Pole Vault Club you can choose to pay \$25 per session or become a full member. Becoming a full member of the Patriot Pole Vault Club costs \$300 per year and includes :

- as many outdoor practices as you can fit into a calendar year
- discounts on our indoor practices
- preferred practice scheduling
- access to our extensive pole inventory during club practices and competitions
- a Patriot Pole Vault Club T-shirt (navy blue, light blue, red, maroon or kelly green in XL, L, M or S)
- a Patriot Pole Vault Club Journal
- video analysis of your jumps as well as analysis of world class jumpers

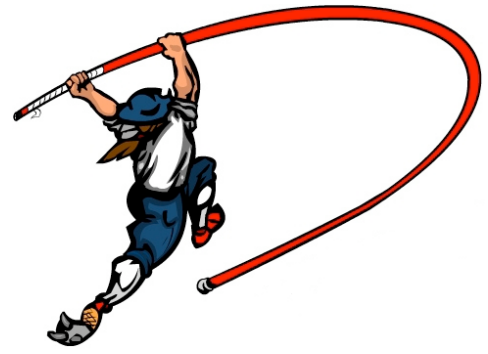
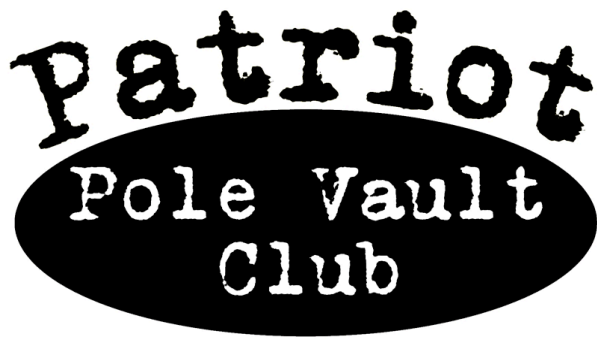
Coaches, parents and interested parties are invited and encouraged to attend any practice or competition free of charge.

Please note that it is the policy of the Patriot Pole Vault Club to allow ANYONE and EVERYONE to vault with us, regardless of their financial situations. If you are experiencing financial difficulties and cannot afford the membership dues or session fees, please talk to us - we will work out a satisfactory solution to everyone's benefit.

Patriot Pole Vault Coaches volunteer their time. All collected fees go directly into buying and maintaining equipment for the club such as :

- An inventory of over 180 poles ranging from \$200 to \$700 a piece
- A landing system for use at our indoor practices and our special events (~\$10,000)
- A new top pad for our mats (~\$2000)
- Weather covers for each set of mats (~\$1500 each)
- A portable runway to be used at indoor practices and special events (~\$1000)
- A digital video camera, digital still camera, Tivo digital recording system, television, VCR & DVD player for instantaneous technical feedback and viewing of professional vaulters
- A computer for digital video editing and DVD production
- Tape, tips, bungee cords, pole racks, pole bags, training devices, mat & cover repair etc.

Please make all checks out to the "Patriot Pole Vault Club".



Patriot Pole Vault Club Information & Consent Form

Athlete's Name

Athlete's E-Mail Address

Athlete's USATF #

Pole Vault Experience & PR

Athlete's Height and Weight

Age & Birthday

School & Grade

Other Athletic Activities/Hobbies

Parent/Guardian's Names (if athlete is under 18)

Parent/Guardian's E-Mail Address

Address

City, State, Zip

Home Phone #

Athlete's Cell Phone #

Parent's Work Phone #

Emergency Contact - Name & Phone #

Please list any medical concerns (illnesses, allergies, previous or pre-existing injuries etc.)

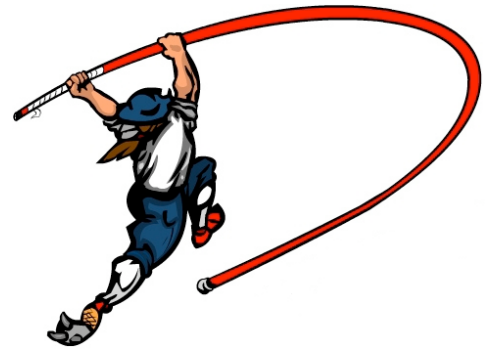
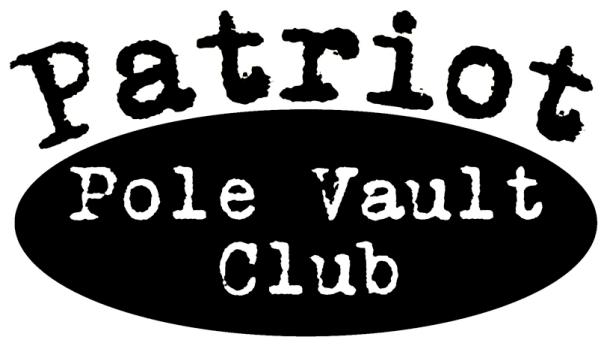
I hereby grant permission for myself/my child to attend Patriot Pole Vault Club practices and events. I verify that I/my child has had a physical exam in the past year and is capable to participate in the activities related to pole vaulting. I agree to indemnify, hold harmless and defend Douglas Lang, Ignacio Arguello, Christopher Combs, Ingrid Gustafson, Ken Petersen, any other associated coach, our mentoring staff, Westborough High School or any other pole vault practice or competition facility used by the Patriot Pole Vault Club, their agents, employees and sponsors from any and all liability for injury to myself or my child as well as any damage caused by myself and/or my child. I understand that track and field, and in particular pole vaulting, are potentially dangerous and could pose risk to injury during the course of instruction or competition. Sports by their very nature pose the continuous threat of injury that no type of equipment can ensure against or prevent. Should medical attention be necessary, I hereby authorize any physician or trainer selected by club personnel to conduct medical or surgical procedures.

Athlete's Name & Signature

Parent/Guardian's Name & Signature (if athlete is under 18)

Date

Date



Patriot Pole Vault Club Code of Conduct Form

- Vaulting and training at our facility can be done only 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 & 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 - mats, poles, devices, apparatus etc.
- Poles cost a lot of money 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 and mentors are there to teach and supervise activities - they are NOT there to baby sit
- Athletes are responsible for their own safe and appropriate behavior
- The Patriot Pole Vault Club maintains a strict "Zero Tolerance" policy with regards to drug and tobacco use and consumption of alcohol. Any athlete caught using drugs, tobacco or alcohol at a Patriot Pole Vault 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

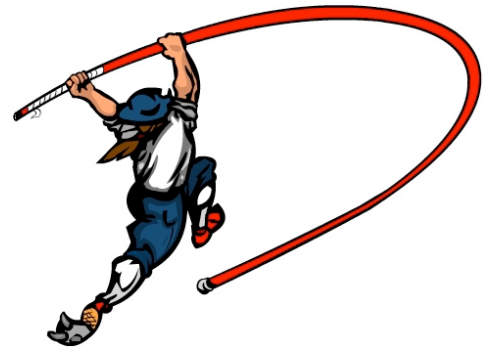
Athlete's Name & Signature

Date

Parent/Guardian's Name & Signature (if under 18)

Date

Patriot Pole Vault Club



Patriot Pole Vault Club Photograph/Video/Web Site Release Form



Dear Parent/Guardian or Athlete,

On occasion, representatives from the Patriot Pole Vault Club wish to photograph, videotape and/or interview athletes in connection with the club. Providing video and photographs of vaulting is an extremely useful learning tool, and posting material on the internet is an excellent way to share information.

In order to release athlete photographs, video footage, comments and/or post on the club web site we need written permission. Please indicate your consent status below and complete the form

I, _____

parent/guardian of (if under 18) _____

(circle one of the following) **DO** or **DO NOT** give permission for myself/my child to be photographed, videotaped and/or interviewed by representatives from the Patriot Pole Vault Club for the purpose of promoting the sport of pole vaulting and the club on the internet and other forms of media. I authorize the use and reproduction of any and all photographs and/or videotapes taken of me/my child without compensation to me/my child. All of these photographs/video recordings/interviews shall be the property, solely and completely, of the Patriot Pole Vault Club. If I have any concerns with any media containing me/my child, I have the right to contact the Patriot Pole Vault Club about the use of the materials.

Athlete's Name & Signature

Date

Parent/Guardian's Name & Signature (if under 18)

Date



USATF Membership Application

New Member Renewal (from previous year – USATF Number _____)

Please print or type information

Last Name	First Name	Initial

Address

City	State	Zip Code

Sex M/F Age Today Date of Birth - - (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen Yes No If no, country of Citizenship

Phone Number - -

Club No. Club Name

Email

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

Track Field Road Running/LDR Cross Country Ultra-Marathon Mountain/Trail Race Walking

Membership Category Codes

Please use the codes below – you may indicate one or more categories.

AT: Athlete

PA: Parent

DA: Disabled Athlete

OF: Official -uncertified

CH: Coach-uncertified

OA: Official – Association

CD: Developmental certified

ON: Official - National

C1: Coach - Level 1 certified

OM: Official - Master

C2: Coach - Level 2 certified

AD: Administrator

C3: Coach - Level 3 certified

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application


- - (MM-DD-YYYY)

Important information: Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

Youth members: New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

OPTION 1



JOIN ONLINE AT
www.usatf.org/membership


You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

OPTION 2

MAIL TO YOUR LOCAL ASSOCIATION

Mail the completed application and appropriate membership fees to your local Association. Mailing addresses can be found at www.usatf.org/associations



Adult Membership (19 yrs & over)		\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)	
\$ 55.00 (2-years)	\$ 100.00 (4-years)	
Youth Membership (18 yrs & under)		\$ _____
$\$ 20.00 \times \underline{\hspace{2cm}} =$ # of membership years		
CONTRIBUTIONS (TAX DEDUCTIBLE)		\$ _____
Please direct my contribution to <input type="checkbox"/> LDR <input type="checkbox"/> Youth		
<input type="checkbox"/> Masters T & F <input type="checkbox"/> RW <input type="checkbox"/> Association Programs		
<input type="checkbox"/> Unrestricted		
TOTAL		\$ _____

Please make checks payable to USATF.