

NORTH CENTRAL COLLEGE TRACK & FIELD

450 S. BRAINARD, CM#286

NAPERVILLE, IL 60540



North Central College
Track & Field

Presents

***Coaching
Pole Vault
& Safety
Clinic***

Sunday, December 17th,
2006

Noon-4:00pm

(Coaches only –
All levels)

**"Learn by Doing" Track & Field Series

SPECIAL THANK YOU TO OUR SPONSORS.!



DICK POND
ATHLETICS Inc



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ATHLETICS Inc



**NORTH CENTRAL COLLEGE
TRACK & FIELD SERIES -
COACHING POLE VAULT & SAFETY CLINIC
SUNDAY, DECEMBER 17TH, 2006**

WHY?

THE TRACK & FIELD SEASON WILL ARRIVE SOON!
COACHES HAVE AN OPPORTUNITY TO LEARN BY ENGAGING
IN DRILL SESSIONS WITH SUCCESSFUL POLE VAULT
COACHES.

WHO SHOULD ATTEND?

COACHES – ALL LEVELS

HIGHLIGHTS

- TEACHING TECHNIQUE FOR BEGINNERS THROUGH
ADVANCED LEVELS
- GYMNASTICS MOVEMENTS
- STRENGTH TRAINING
- VIDEO TAPE REVIEW
- SAFETY ISSUES
- POLE SELECTION

GENERAL INFORMATION

- **\$85** PER PARTICIPANT
- PARTICIPANTS ARE ENCOURAGED TO PARTICIPATE IN
SESSIONS – PLEASE DRESS APPROPRIATELY. LOCKERS
AND SHOWERS ARE AVAILABLE IN MERNER FIELDHOUSE.
POLES WILL BE PROVIDED.
- RESTAURANTS ARE AVAILABLE IN THE DOWNTOWN
NAPERVILLE AREA – FOOD WILL NOT BE PROVIDED.
- FOR SAFETY, ONLY PARTICIPANTS WILL BE ALLOWED
INTO THE ARENA.

QUESTIONS AND RESERVATIONS

MAHESH NARAYANAN
630-637-5525
MAHESH@NOCTRL.EDU

COACHING STAFF

THE NCC COACHING STAFF BRINGS EXTEN-
SIVE KNOWLEDGE TO THE POLE VAULT CLINIC.
THEIR EXPERTISE HAS PRODUCED CONFER-
ENCE CHAMPIONSHIP TO NATIONAL CHAMPION-
SHIP LEVEL ATHLETES.

**KATE HILLMAN
BATAVIA HIGH SCHOOL
ASSISTANT BOYS' AND GIRLS'
TRACK & FIELD COACH**

**JAMES HOUSTON
PLAINFIELD SOUTH HIGH SCHOOL
ASSISTANT BOYS' TRACK & FIELD COACH**

REGISTRATION INFORMATION

- FILL OUT REGISTRATION FORM, TEAR OFF
FORM AND MAIL IN A SEALED ENVELOPE
WITH PAYMENT (PLEASE DO NOT SEND
CASH)
 - MAKE CHECKS PAYABLE TO:
NORTH CENTRAL COLLEGE
 - MAIL PAYMENTS TO
***MAHESH NARAYANAN,
NORTH CENTRAL COLLEGE TRACK &
FIELD, CM#286, NAPERVILLE IL 60540***
 - PLEASE BE LEGIBLE WITH ALL CREDIT CARD
INFORMATION (CREDIT #,EXP DATE, V#)
 - **FREE GIFT:** THE FIRST 20 PAID-
REGISTERED PARTICIPANTS.
- CLINIC DAY REGISTRATION
- REGISTRATION WILL BE AVAILABLE 60 MIN-
UTES PRIOR TO THE CLINIC. ***CHECK, CASH,
OR CREDIT CARD PAYMENTS.***
 - AFTER DECEMBER 12TH, IF YOU ANTICI-
PATE ATTENDING, PLEASE CALL OR EMAIL
AHEAD TO ACCOMMODATE ALL PARTICI-
PANTS. ***SPACE IS LIMITED.***

NORTH CENTRAL COLLEGE–TRACK & FIELD SERIES
COACHING POLE VAULT & SAFETY CLINIC

SUNDAY, DECEMBER 17TH, 2006

REGISTRATION FORM

PRINT CLEARLY OR TYPE

(ONE PARTICIPANT PER FORM – COPY IF NEEDED)

NAME _____

SCHOOL _____

ADDRESS _____

PHONE _____

CIRCLE: **MASTER CARD VISA DISCOVER**

CREDIT CARD# _____

V# _____ EXP. DATE: ____/____/____
(3 DIGIT NUMBER ON BACK OF CARD)

TOTAL: _____

PARTICIPATION FORM

I AM AWARE THAT PLAYING OR PRACTICING IN ANY
PHYSICAL ACTIVITY CAN BE DANGEROUS, INVOLVING SIGNIFICANT
RISK OR INJURY. I UNDERSTAND THAT THE DANGERS AND RISKS
INCLUDE BUT ARE NOT LIMITED TO, DEATH, SERIOUS NECK AND
SPINAL INJURIES WHICH MAY RESULT IN COMPLETE OR PARTIAL
PARALYSIS OR BRAIN DAMAGE, SERIOUS INJURY TO VIRTUALLY ALL
BONES, JOINTS LIGAMENTS, MUSCLES, TENDONS AND OTHER
ASPECTS OF THE MUSCULAR-SKELETAL SYSTEM AND SERIOUS
INJURY OR IMPAIRMENT TO OTHER ASPECTS OF MY BODY, GENERAL
HEALTH AND WELL BEING.

BECAUSE OF THE DANGERS OF PARTICIPATING IN
PHYSICAL ACTIVITY, I RECOGNIZE THE IMPORTANCE OF THE
INSTRUCTOR'S INSTRUCTIONS REGARDING TECHNIQUES, TRAINING,
RULES OF THE SPORT, OTHER RULES, AND TO OBEY INSTRUCTIONS.

IN CONSIDERATION OF NORTH CENTRAL COLLEGE
PERMITTING ME TO PARTICIPATE IN NORTH CENTRAL COLLEGE'S
TRACK & FIELD SERIES, AND TO ENGAGE IN ALL ACTIVITIES RELATED
TO THE ACTIVITY, I HEREBY VOLUNTARILY ASSUME ALL RISKS
ASSOCIATED WITH PARTICIPATION AND AGREE TO EXONERATE AND
SAVE HARMLESS NORTH CENTRAL COLLEGE, THEIR AGENTS,
SERVANTS AND EMPLOYEES, THE STAFF OF NORTH CENTRAL
COLLEGE, THE PHYSICIANS AND OTHER PRACTITIONERS OF THE
HEALING ARTS TREATING ME, FROM ANY AND ALL KIND OF LIABILITY,
CLAIMS, CAUSES OF ACTION OR DEMANDS OF ANY KIND AND
NATURE WHATSOEVER WHICH MAY ARISE BY OR IN CONNECTION
WITH MY PARTICIPATION IN ANY ACTIVITIES RELATED TO NORTH
CENTRAL COLLEGE'S TRACK & FIELD SERIES.

THE TERMS HEREOF SHALL SERVE AS A RELEASE AND ASSUMPTION
OF RISK BY MY HEIRS, ESTATE, EXECUTOR, ADMINISTRATOR,
ASSIGNEES, AND ALL MEMBERS OF MY FAMILY.

PARTICIPANT'S SIGNATURE

DATE

TEAR ON DOTTED LINE