

# First Annual Yolo Striders Track and Field Club (YSTFC) Summer Championship Vault Series

*Vaulters, Coaches, Parents,*

*This summer, YSTFC has scheduled 5 all-comer pole vault meets. But, instead of simply holding 5 individual meets, we will hold four regular meets with a fifth and final championship meet. We will award winners in each of four divisions: HS Boys, HS Girls, Open/Collegiate/Master Men's and Open/Collegiate/Master Women's. Graduating seniors will be considered in the HS division.*

*Winners will be determined by adding each vaulter's final height at each of the first four meets together with three times their final height at the championship meet. The winner will be the one that has the highest cumulative height within each division. Winners will receive their medals at the championship meet. We will also award a medal to each meet's most improved vaulter. We're pretty excited about this format and we hope you will be too.*

*This summer's meets will alternate between Bella Vista High School and at Davis Senior High School as follows:*

## **YSTFC Summer Championship Vault Series**

- Saturday, June 27<sup>th</sup> 2015 @ Bella Vista High School
- Saturday, July 11<sup>th</sup> 2015 @ Davis Sr. High School
- Saturday, July 25<sup>th</sup> 2015 @ Bella Vista High School
- Saturday, August 8<sup>th</sup> 2015 @ Davis Sr. High School
- Saturday, August 22<sup>nd</sup> 2015 @ Bella Vista High School

*Start time for each meet will be 11:00 AM with door opening at 9:00 AM.*

*For insurance purposes, a valid USATF membership number and a liability waiver is required. The cost is \$10 per vaulter. Even if you don't vault, come and support us. The meets are free to spectators. I can be reached on my cell at [530.867.4286](tel:530.867.4286) if you have any questions. Feel free to pass this along to anyone you may think would be interested. We can accommodate up to 40 vaulters.*

## **USATF 2015 membership**

*If you don't already have a USATF membership or need to renew it, go to <https://www.usatf.org/membership/application/index.asp>. Remember, in order to participate in YSTFC meets a valid USATF membership number is required. Please obtain your membership and have a proof of membership when checking in.*

## **Liability Waiver**

*Download the liability waiver from the YSTFC Facebook page at <https://www.facebook.com/download/641113775990455/Assumption-of-Risk-and-Release-of-Liability.pdf>. Have your parents fill it out bring it to your first meet. Don't worry, if you forget yours, we'll have copies. Also, liability forms are kept on file and are only required once.*

## **Vault Pioneer and Olympic champion Stacy Dragila to appear on 27 June!**

*I've got some pretty exciting news. Stacy Dragila will be at our first meet on June 27th at Bella Vista High School to help support the ever growing pole vault community in our area. Not only will she be there to provide a few pointers, chat it up with fellow vaulters and help out, but she'll be providing a FREE stick jumping clinic after the meet.*

*The goal of the clinic is to teach 5th thru 8th graders how to jump over and across stuff with bamboo sticks, and, in the process, teach them a little something about physics and bio-mechanics. So, invite your little brothers and sisters, nieces and nephews or the kid next door to come out for a fun filled experience that may just change their lives.*

## **SATURDAY, JUNE 27<sup>th</sup>**

*Meet: Doors open at 9:00 AM, Competition at 11:00 AM*

*Clinic: 2:00 PM - 4:00 PM*

*Location: BELLA VISTA HIGH SCHOOL*

*Address: 8301 Madison Avenue, Fair Oaks, CA 95628*

*Come to watch, jump, or participate in the clinic but to definitely chat with Stacy. We hope to see you out at Bella Vista HS on June 27th!!*

*Please feel free to pass along information found at <http://www.vaultsafe.org/sacramento-stick-jumping-clinic.html> . You can contact Vault Safe at [888.581.2266](tel:888.581.2266) or [help@vaultsafe.org](mailto:help@vaultsafe.org) if you have any questions.*