

Elevation by Determination Camp

Since 1987, Coach Matt Kolb has helped recruit and organize various vaulting camps including the Don Hood World Class Pole Vault Camps, Jan Johnson's Sky Jumpers Vault Camps and the UCS Vault Camp at West Point, New York. Coach Kolb has now been urged to bring his pole vaulting knowledge, athletic ability and coaching expertise together to start the Elevation by Determination Camp at Minnesota State University, Mankato.

Elevation by Determination Philosophy

Coach Kolb and his staff take great pride in teaching the athletes a safe progression of skills and drills. Each athlete will be placed in a group based on ability and experience. The safety of your child is the number one concern at this camp.

Program

The Elevation by Determination Camp program will consist of three daily sessions with athletes working in groups based on ability. The training will focus on Phase I of the vault with a variety of drills. Some of the activities included in the daily sessions will be underwater vaulting, gymnastics, imitative exercises, videotape analysis, speed and strength testing and age group competitions.

Eligibility

Male and female pole vaulters, ages 12 and up that have any desire to learn proper vault technique and a school physical. **Please send a current physical with your registration.

Costs

Commuters-- \$280.00 [includes all instructional activities, 2 meals/day and booklet]

Resident - \$330.00 [includes all instructional activities, 2 meals/day, booklet and lodging]

Lodging

Lodging for the summer camps will be at Stony Point Camp in Lake Crystal. Transportation to and from lodging will be provided. Proper supervision of athletes will be provided at lodging sites.

Registration

A check for \$150.00 down payment should accompany the registration form. The balance of the camp fee will be due at check-in. Participation in the camp is available on a first come, first serve basis.

**Refunds subject to a \$75 processing fee. No refunds after June 21st, 2008. Substitutes are acceptable. No refunds if dismissed for disciplinary or injury reasons.

What to bring

Each vaulter should bring his/her own helmet, poles, shoes, spikes, shorts, sweats, swim suit, towels, toiletries, pillow, sheets, blankets, or sleeping bag, alarm clock, tape and extra spending money. [Arrangements can be made to borrow poles, but it is best if you can bring your own]

Coaching Education Program

Coaches who participate in the camp, either as a participant or registered observer (\$150.00 commuter and \$200.00 resident), will receive an Official Elevation by Determination Pole Vaulting Camp Coaches Certificate for clock hours (teaching).

Check-In

Summer Camps--Both residents and commuters should check in between 10:00 a.m. and 10:30 a.m. at MSU, Mankato--Bud Myers Indoor Track Complex.

Departure

The final day of the camps will include a competition at the Bud Myers Field House which will begin at 9:30 a.m. Families are encouraged to attend. The camp will come to a close at the end of the competition (1:00-2:00) and athletes are asked to please have their transportation planned accordingly.

Location

Bud Myers Field House Minnesota State University Stadium Road, Mankato, MN [When entering Mankato, follow the signs to Minnesota State University]

To order poles and/or pits contact Matt Kolb!

Application

Mail application, physical exam, payment and parental consent forms to:

Matt Kolb
26 Renann Ct.
North Mankato, MN 56003

Contact MATT KOLB:

Cell # (507) 271-3626
Email: kolb@hickorytech.net

Name _____ M__F__

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work phone _____

School _____ Grd fall 09 _____

Best Vault _____ Grip _____ Pole _____
ex. 13'-0" 13'-2" 14' 160lbs.

E-Mail _____

Make checks payable (\$150 down payment) to: Matt Kolb
() Commuter \$280.00 (does not include room)
() Resident \$330.00 (Room included)

Optional T-Shirt Size S - M - L -
\$10.00 _____

Parental Consent / Participant Wavier

I hereby grant permission for my child to attend the Minnesota State Elevation by Determination camp. I verify that my child has had the physical exam in the past year and is capable of participating in the activities related to the clinic. I agree to indemnify, hold harmless and defend Matt Kolb, Elevation Determination, Minnesota State, and/ or their agents employees from any and all liability for injury to my child, well as any injury or damage caused by my child. Should medical treatment for my child be necessary, I hereby authorize any physician or trainer selected by camp personnel to order and conduct medical or surgical procedures necessary. In addition, I hereby grant permission to Elevation by Determination to use any photography or videotape of related camp activities for advertising or educational video materials.

Health & Accident Insurance Company:

Company _____

Policy # _____

_____/_____/_____
Guardian Signature _____ Da

ELEVATION BY
DETERMINATION™
POLE VAULT CAMP

Coach Matt Kolb

“The Highest Pole Vaulter in Minnesota’s
History”

Personal Record of 18’- 3” in 1989

Matt Kolb—The Athlete

MSHSL Athlete: Gymnast, State Swimmer, State Pole Vault
Champion and record holder 15’-1.5” in 1982.

MSU Athlete: Indoor Vault Record Holder 17’7.75”,
Outdoor Record Holder 17’-1”, seven-time Conference
Champion, two-time Div. II All American and 1986 Div. I
All American, three-time USA Nationals qualifier, 1987 US
Olympic Festival Bronze Medalist, and all time best 18’-3”
Kansas Relays in 1989.

Matt Kolb—The Coach

“Over 25 years of experience coaching junior high athletes to
World Class Pole Vaulters.”

Mankato West High School

2003 Top Three 14’ - 9”, 14’ - 4.25”, 13’ - 7”,

2004 Top Male 14’-3” Top Female 10’-6”

12 Conference Champions

9 Section Champions

14 State Qualifiers

First and Third pole vault at State (2004)

State Pole Vault Champs (1984, 1998, 2002, 2003)

State Team Champions (2004)

Minnesota All-time Freshman Record 14’-3”

Minnesota State University, Mankato

Twenty- Nine (29) men and women All-Americans.

Five NCAA Champions and Record holders - Male (1995),

Female (2004) (2005) (2007) (2008).

All Time MSU

Women List

14’ - 1.75”

13’ - 4.75”

13’ - 0.25”

12’ - 6.25”

12’ - 3.75”

12’ - 2.5”

Men List

17’-7.75”

16’ - 10.5”

16’ - 7”

16’ - 5.25”

16 - 4”

16’ - 3.5”

Coach MATT KOLB’S

**ELEVATION BY
DETERMINATION™
POLE VAULT CAMP**

At
MINNESOTA STATE UNIVERSITY’S
Eight Lane, Air Conditioned,
Indoor Mondo Facility
In
MANKATO, MN



**Coach Kolb
Foresees a P.R. in your future!**

**Camp date
June 27,28, 29th 2008**