



Camp Program

The *INSIDE OUT* Pole vault camp is open to all vaulters 13 or older, including beginners-no experience necessary! Instruction includes vault drills such as:

Pole carry, Plant, Run-up, Take-off, Whip, Inversion, Bar Clearance, sand pit, high bar, rings, ropes, scaffold vaults, trampoline and gymnastic skills.

The camp will concentrate on each phase of the pole vault technique. There will be lectures on conditioning, and nutrition for all levels, as well as video analysis and discussion sessions. Some Poles are provided, but you are encouraged to bring your own, if possible.

What do I get?

- **Challenging instruction from college and professional coaches!**
- **Great housing and meals!**
- **Official FCA camp T-shirt!**
- **A complimentary issue of FCA's national sports magazine, *Sharing the Victory!***
- **Camp picture!**
- **NUU's Challenge course!**
- **Raft trip down Idaho's Boise River!**
- **FCA Athletic Bible with discussion guides and study helps!**



Sign Up Now!

Join us this summer and be part of the UNLEASH THE POWER Pole Vault experience!

Cost

Campers: \$350
Coaches: \$220

Coaches' credit and certification available at camp.
Contact for more information

Scholarships available check w/ your local FCA staff or check out: www.fcaidaho.org

Send Permission/Waiver Form
& check payable to FCA to:

FCA

6809 Leisure Lane
Nampa, ID 83687

Registration Questions Visit:

www.fcaidaho.org

Or

www.nnusports.com

or

Call 208-697-1051

Enrollment Instructions:

1. Complete the section on back. Please print using a black or blue pen. **DO NOT USE PENCIL.** Complete a separate form for each camper.
2. Enclose a minimum deposit of \$100 for each camper. If you cancel prior to the start of camp, the deposit, less \$50 service fee, will be refunded.
3. Balance is due at check-in.
4. Mail PERMISSION/WAIVER FORM and DEPOSIT without delay to secure your place at camp. Attendance is limited. Registration deadline is two weeks prior to camp.

What is FCA?

The Fellowship of Christian Athletes is an interdenominational Christian organization that for more than 50 years has been focused on the purpose: "To present to athletes, coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord. Serving Him in their relationships and in the fellowship of the church"

Why FCA Camp?

- * Receive the best instruction from college and professional coaches.
- * Meet other Christian pole vaulters & Coaches
- * Huddle time (small group time) with college athletes
- * Learn mentally, physically, and spiritually what it takes to be a great pole-vaulter
- * Learn to be a true leader in your daily life and on your team
- * Learn what it means to live inside out
- * Connect your love for Pole-vaulting with your love for Christ

Camp Staff

FCA Camps have the highest quality staff! Our instructional staff has been carefully selected and consists of FCA staff, current collegiate and high school coaches. The Coaching Staff has developed champions at all levels from State to Regional and National Champions. Each director has been trained and certified as an FCA Camp leader, and collectively, they bring years of experience to the Camp Leadership Team.