



POLEBENDERS VAULT CLUB POLICIES and CODE of CONDUCT

Be Kind! We are a family and expect athletes to praise each other and help each other become better with each practice.

Attendance:

Polebenders Vault Club requires athletes to register for each season through our website polebendersvaultclub.com or through email. Athletes register for a particular session and time. We ask athletes only come to their registered time, unless notification has been made and approved with a coach. Coming to practices regularly only helps athletes become better pole vaulters. Athletes who miss sessions will not be able to make up those sessions or request a free private lesson for the missed class.

Athletes are required to sign in when he/she comes to his/her session. Attendance sheets are kept at the table near the pit. Athletes are also asked to drop his/her payment in the box near the attendance sheet on the first day of their monthly vault session.

Payments:

Please pay your dues on time, on the first day of the month that the athlete vaults. We are not here to chase down payments for your athlete. We are here to train your athlete and provide them the means necessary to jump high and continue to develop as an athlete. We have multiple ways of paying: by check, by cash, Venmo, Paypal or Apple pay. The monthly fees cover rent, insurance, poles, supplies and training gear. This does not cover out of town or away meets and travel expenses for coaches. Athletes who come to the club without a payment may be asked to leave until payment is received.

Pole Use and Breakage:

We have various poles for athletes to use during practice, or athletes can bring his/her own poles. Each 3 month session we charge a \$25 fee to an athlete to replace poles and to continue to maintain the poles integrity. Poles need to be taped, retaped, throughout the year. The fee also allows us to increase the poles we can offer the athletes at our club. Please be respectful of the poles to help them last. Put them away after each use or lay poles against a wall so they are not stepped on.

During season, athletes will be given an opportunity to rent pole(s) through an ESSX dealer. Renting poles is an option for athletes who don't have poles at his/her school and gives the athlete an opportunity to work on vaulting on his/her pole. Please don't ask to borrow the poles during the season, as we have limited poles for all our athletes to use at practice. At some point in the future we hope to have enough poles to allow us to rent poles as needed to our athletes. Remember all athletes need to have the opportunity to have poles to choose from when he/she is practicing.

Meets:

Meets during the Fall, Winter and Summer sessions are optional. However, we encourage athletes to try to participate in as many meets as their schedule allows. Practicing at meets with a bar and the competition of others is essential in the development as an athlete and becoming a versatile athlete in different situations and on different tracks.

During the summer, we attend the USATF qualifying meet in Wisconsin. Those that qualify (and plan to attend) for the regional and/or National meet, will be required to share the expense for sending a coach(es) to the location of the meet. This expense cost to send a coach or coaches will include travel, hotel, meals, and pole transportation fees. The fee will be shared among the competitors attending the meets and will be decided as soon as it is determined where the meet is and which athletes will compete.

Code of Conduct

1. Vaulting can only be done when a coach is present.
2. Athletes should arrive at practice with a positive attitude ready to listen, learn, work and have fun.
3. Be a good sport. Treat all people as you would like to be treated.
4. Athletes must be supportive and show respect to everyone - coaches, club members, other athletes, guests, spectators & officials.
5. Athletes must use appropriate language. Appropriate means 'acceptable to all.'
6. Athletes must not distract other athletes on the runway. Remember -the runway is your sanctuary.
7. Athletes are expected to help take care of the club and clean up after themselves - mats, poles, chalk, water bottles, clothing etc.
8. Athletes are responsible for their own safe and appropriate behavior. Polebenders has a "Zero Tolerance" policy with regards to drug and tobacco use and consumption of alcohol. Any athlete caught using drugs, tobacco or alcohol at pole vault practice or a meet will be asked to leave immediately.

I have read, understand and agree to abide by the **Polebenders Vault Policies** and **Code of Conduct**.

Parent/Guardian's Signature : _____

Athlete's Signature: _____

Printed athletes name: _____ date: _____