

Fuzion Athletics Presents:

1st Annual Pre-season H.S. Preview Opener

When: Saturday March 13, 2010

Location: Gleason's Gymnastics Center, 5 minutes south of the Mall of America on Hwy 77/Cedar Ave. ----
2015 Silver Bell Rd Eagan, MN 55122

Who: High School Pole Vaulters and Showcase with pole vault Clinic

Level: EVERYONE is welcome --Bring your whole H.S. pole vault team

Cost: pre-registered--\$30 ---before **March 11th** and \$45 ---day of competition (*please pay all fees day of*)

Entry Fee Includes: Commemorative T-Shirt, Competition and Showcase Elite Clinic, Power Drink

"Parents, family and friends are FREE with Athlete"

How to Sign Up: e-mail jamie@fuzionathletics.com -PR height, age, sex, school, shirt size, preferred email, phone #, and # of Guests.

Example: (John Smith, 15 years old, 13'6" Male, Smallville H.S., Small Shirt, john@whatever.com, 123-444-1234 and plus 3 guests)

Poles: We have every size and you can use our poles... **Food:** on your own: McDonalds, Domino's and Subway are across the street

***Showcase*:** "Learn by watching" We will teach everyone how to spot errors, and teach the vault. This will be an open format of coaching with questions and answers. **This is for everyone to attend:** coaches, athletes, parents and friends. *Please plan on attending this event*, great opportunities for all involved in pole vault. You will leave with a greater understanding of the event.

Heat Sheets will be published Thursday March 11th Available at: www.fuzionathletics.com and will be e-mailed out

Meet Format: warm-ups start 1 hour before, we will put teams together based on ability and we will provide team coaches

2:00 pm----Check in for girls, guys check in will thought out the event (pay fees at time of check-in)

2:30 pm----High School Girls Warm ups Start time is 2:30 pm (stay for the showcase)

5:30 pm---- Showcase Clinic (after h.s. girls) 14' + girls and 17' + guys will be jumping (Team Fuzion and friends)

7:00 pm----High School Boys (after elite) 4pm (come early to watch the showcase)

These start times can change based on number of vaulters will not start before 2:30pm

Come ready to buy everything you will need this season

Pole vault spikes, helmets, poles, pv backpacks, bags, shirts, and everything else you would need for your season will be on hand for sale.

After the meet you can rent and take home the pole's for your high school season

Please bring your teammates, friends and plan to attend the Showcase Clinic

You must be registered before March 11th in order to qualify for the \$30 reduced entry price

First day of Track is Monday March 15th