

## Location

The LoJo Vault Assault Camp is located at the University of South Carolina in the capital city of Columbia, SC. USC is situated in the heart of the Palmetto State and is located at the intersections of interstates 20, 26, and 77. The Columbia Metropolitan Airport is 15 minutes from campus with major airlines such as American, Delta and USAir making regular flights in and out daily. Bus transportation to Columbia is provided by Greyhound and Trailways and rail transportation is provided by Amtrak.

## What to Bring

Other than a reasonable amount of street clothes, the following and equipment is recommended:

- One pair of spikes
- Several pairs of running shorts and T-shirts
- Six pairs of socks
- One small athletic bag
- One laundry bag
- Toiletries
- You must also bring your own pole(s)

## Medical Attention - Camp Insurance

A full-time trainer will be on standby to administer to minor injuries and ailment. For more serious problems, the University hospital facilities are just seconds away. No camper will be allowed to participate without a completed application and consent form. Your personal insurance will be used as the primary coverage. Please download the Parental Consent Form from our website and mail or fax it to us. If you do not have access to the internet, please call and we will fax or mail all the forms needed to register for the camp.

## Private Lessons

All Campers will have the opportunity to receive Private Lessons. Private Lessons will be available during several Free Time Sessions.

During Check-in, a list of Coaches available for private sessions will be provided. Campers can register with any coach with availability. Private lesson coaching cost is not included in camper fee and is set by each individual coach. Coach scheduling opportunities and price will be posted online; however no appointments will be set prior to camper check in. Private Sessions are limited.

**For Complete Information and to Enroll:**  
[www.lojovaultassault.com](http://www.lojovaultassault.com)



## Lawrence "LoJo" Johnson: Track and Field Club Coach/Personal Trainer/Elite Athlete.

As an athlete, LoJo has one of the most successful resumes in the last fifty years including 2 National High School Titles, 4 NCAA Titles, Current Collegiate Record Holder, 7 US Titles, 2 Olympic Teams, Olympic Silver, and World Champion. As a former NCAA Division I

Coach in a 4 year span, LoJo had 5 All Americans, 15 NCAA Qualifiers, 4th NCAA Finalist, 2 SEC Champs, and Multi School Records in both Men's and Women's Teams.



### LoJo Entertainment - Vault Assault Camp

Attn: Registration

P.O. Box 7187

West Columbia, SC 29169

Phone: 865-684-7780 Fax: 888-822-8781

e-mail: [registration@lojovaultassault.com](mailto:registration@lojovaultassault.com)

website: [www.lojovaultassault.com](http://www.lojovaultassault.com)

# LoJo VAULT ASSAULT

## 2011 Summer Pole Vault Camp



July 5 - 8, 2012

Boys and Girls  
All Ages



[www.lojovaultassault.com](http://www.lojovaultassault.com)



# VAULT ASSAULT



## Why Attend LoJo Vault Assault Camp

The LoJo Vault Assault Pole Vault Camps introduces a more efficient pole vault technique than what has been utilized through traditional American pole vaulting. Vault Assault Campers will gain a true understanding and experience for many incorrectly presented terms and concepts including; free drop, free take off, inversion vs. rock back, etc. Additionally, VA campers will be introduced to exercises to train and reinforce physical and mental skills required for enhanced pole vault performance.

Small group size will ensure each camper has the attention to detail required to address individual needs and abilities.

Campers attending Vault Assault will have the opportunity to receive continued assistance and guidance even after the end of the camp experience to insure vaulters can retain the new drills and exercises experienced during the VA Camp.

The LoJo Vault Assault Camp is a learning experience for athletes/coaches. Boys and girls of any age can enroll. Our staff will teach, demonstrate, and share with you drills, mechanics, and training tips to help you progress to a new level of excellence.

The VA Pole Vault Camp hosts an experienced staff of proven instructors who can provide hands on guidance for each skill. Sessions begin and end with campers engaging in full execution of coached exercises and drills.

## Who Can Enroll

Boys and girls of all ages are eligible. Individualized instruction will be available for various age divisions. The camp director reserves the privilege to make exceptions based on ability and experience. Applications are accepted on a first-come basis. You can enroll immediately by downloading and mailing an Application and Parental Consent Form to us or registering online at:

[www.lojovaultassault.com](http://www.lojovaultassault.com)

## Resident Camper

Resident campers will receive a LoJo Vault Assault Camp T-shirt. Campers must be checked in on Tuesday at the Inn at USC from 1:00 p.m. through 2:00 p.m. Meals will be provided from dinner on Monday evening through check out on the morning of Friday.

## Summer Pole Vault Camp July 5 - 8, 2012

For complete Information or Enroll:  
[www.lojovaultassault.com](http://www.lojovaultassault.com)

## TUITION

Session	Deposit	Tuition
RESIDENT CAMPERS	\$95	\$625.00
DAY CAMPERS	\$95	\$387.50
H. S. & COLLEGE COACHES TRAINING	\$95	\$330.00

## Day Camper

Day campers will receive a LoJo Vault Assault Camp T-shirt. Campers must be checked in on Tuesday at the Inn at USC from 1:00 p.m. through 2:00 p.m. Lunch only will be provided daily for day campers starting Monday through Thursday. Day Campers will have the option to eat dinner with the Resident Campers and Coaches each night for \$13.00 per dinner.

## H. S. & College Coaches Training

Coaches will receive a LoJo Vault Assault Camp T-shirt. Coaches must be checked in on Tuesday at the Inn at USC from 1:00 p.m. through 2:00 p.m. Coaches will be permitted to watch and participate in drilling and exercises by paying the coaches registration fee. There will be a Coaches Clinic / Seminar / Discussion on Tuesday - Wednesday evening starting at 9:45 p.m. - 11:00 p.m. The use of personal video cameras, phones, or other media recording devices, will be permitted, however, all rights are reserved to the LoJo Vault Assault Camp and LoJo Entertainment and only authorized for limited, and non-duplication or reproduction purposes by coaches.

## Meals and Lodging

All Resident Campers, counselors and instructors will be housed at the Inn at USC, 1619 Pendleton Street, Columbia, SC 29201, (803) 779-7779. Resident camper pricing includes all accommodations and meals. All campers will receive lunches. Campers will benefit from a nutritionally balanced menu.

## Camp Schedule

<b>Thursday</b>	1:00 p.m. - 2:00 p.m.	Check in at the Inn at USC
	2:00 p.m. - 2:30 p.m.	Everyone meet in Hotel Meeting Room/ Welcome to Camp / Safety Information / Discussion (dress to work out) (Parents may be dismissed at this time)
	2:30 p.m. - 4:00 p.m.	Presentation and Discussion Time to Get More Information From Each Camper
	4:00 p.m. - 7:00 p.m.	Warm Up/Vault Exabition
	7:15 p.m. - 7:30 p.m.	Shuttle to Inn at USC
	*Day Campers are dismissed for the evening. Meet at the Field House Tomorrow	
	<b>Morning at 9:15 a.m.</b>	
	7:30 p.m. - 9:00 p.m.	Dinner (Day Campers Cost - \$13.00)
	9:00 p.m. - 9:15 p.m.	Shuttle to the Inn at USC
	9:15 p.m. - 10:15 p.m.	Shower / Lights Out Campers
<b>Friday - Saturday</b>	<b>Wake Up</b>	
	6:45 a.m.	Wake Up
	7:00 a.m. - 8:45 a.m.	Breakfast at the Inn at USC
	8:45 a.m.	Meet in the Lobby to take Shuttle to the Field House (dressed for workout)
	8:45 a.m. - 9:00 a.m.	Shuttle to Field House
	*Day Campers meet at the Field House at 9:15 a.m.	
	9:15 a.m. - 9:45 a.m.	Warm Up
	9:45 a.m. - 11:45 a.m.	Morning Session
	11:45 p.m. - 12:00 p.m.	Shuttle to The Inn at USC
	12:00 p.m. - 1:00 p.m.	Lunch
	1:00 p.m. - 1:45 p.m.	Free Time
	1:45 p.m. - 2:00 p.m.	Shuttle to Field House
	2:00 p.m. - 2:30 p.m.	Warm Up
	2:30 p.m. - 4:30 p.m.	Afternoon Sessions
	4:30 p.m. - 4:45 p.m.	Shuttle to The Inn at USC
	4:45 p.m. - 5:30 p.m.	Get Ready for Dinner
	5:30 p.m. - 6:30 p.m.	Dinner (Day Camper's cost - \$13 each night)
	*Day Campers meet at The Inn at USC at 6:30 p.m. for Free Time / Video Review	
	6:30 p.m. - 8:30 p.m.	Video Session
	8:30 p.m. - 10:30 p.m.	Free Time
	*Day Campers are free to go at any time during or after Free Time / Video Review	
	10:30 p.m.	Lights Out Campers
	*Coaches Clinic / Seminar / Discussion will begin at 9:45 p.m. - 11:00 p.m.	
<b>Sunday</b>	<b>Wake Up</b>	
	6:45 a.m.	Wake Up
	7:00 a.m. - 8:45 a.m.	Breakfast at the Inn at USC
	8:45 a.m.	Meet in the Lobby to take Shuttle to the Field House
	8:45 a.m. - 9:00 a.m.	Shuttle to Field House
	*Day Campers meet at the Field House at 9:15 a.m.	
	9:15 a.m. - 9:45 a.m.	Warm Up
	9:45 a.m. - 11:30 a.m.	Free Time Sessions (Campers will be able to choose a station: Vault, Sprints, Gymnastics)
	11:30 p.m. - 11:45 p.m.	Shuttle to The Inn at USC
	11:45 p.m. - 12:45 p.m.	Lunch
	12:45 p.m. - 1:00 p.m.	Check out/Free Time
	1:00 p.m. - 1:15 p.m.	Shuttle to Field House (bring your bags)
	1:15 p.m. - 1:45 p.m.	Warm Up
	1:45 p.m. - 5:30 p.m.	Afternoon Sessions
	5:30 p.m. - 6:00 p.m.	Answer Parent's Questions and Report on Progress of Campers
	6:00 p.m.	End of Camp

## Supervision, Discipline and Safety

Campers will be supervised at all times. VA Camp instructors and counselors will reside at the Inn at USC with the campers. All students must conform to rules of conduct and behavior. Disruptive behavior may result in dismissal from camp.