POLE VAULT SUMMER CAMP 2017

July 9, 2017

WESTMINSTER COLLEGE
WHY WESTMINSTER POLE VAULT CAMP?

This camp is designed to improve vaulters of all ability levels, from beginner to elite. Whether you have never vaulted or you’re a seasoned veteran, this is the camp for you to learn and improve.

- pit coaches
- SHORT walking distance to everything
- video of every jump
- film breakdown after EVERY vault session with your pit coach
- more than 120 drills to fix your vault
- classroom lectures that address your specific needs as a vaulter
- individual evaluations
- list of recommended improvements for your upcoming season with a specification of which drills you should practice most to make those improvements
CAMP COACHES

JOE SANFORD
- 40 years of vaulting experience
- McDowell High School 28 years
- 1 national champion
- 12 PIAA state champions
- 50 PIAA state medals

TOM HALE
- 30 years of vaulting experience
- 2 national champions
- 7 PIAA state champions
- 14 PIAA state medals

HOWARD BRUNELL
- 42 years of vaulting experience
- 5 PIAA state champions
- 16 PIAA state medals

BRADI RHoadES
- 24 years of vaulting experience
- Westminster Pole Vault Coach 8 years
- 10 NCAA All Americans
- 17 Presidents’ Athletic Conference champions
- 18 Division III national qualifiers
- 71 Presidents’ Athletic Conference medals
- Wilimington Area High School 2 years
- 2 PIAA state medals

TITAN POLE VAULT BELIEF STATEMENT
Work hard for everything and when you think that you have worked hard enough, WORK HARDER!

Coach Rhoades’ Coaching Philosophy:
I firmly believe in coaching every day like it is my last. I vow to coach with energy and enthusiasm every moment of every day. My goal is not to win, but rather it is to coach winners. In reaching my goal, I instill qualities within my athletes that they will have for life, which will allow them to persevere in times of hardship. I show by example how to live a life that is 100% positive and encouraging. I enable athletes to achieve what they never thought possible, by teaching them how to believe in themselves and the abilities they physically and mentally possess. I am determined to gain as much knowledge as possible about pole vaulting and then to mold the knowledge into my coaching style and beliefs.

UNDERSTANDING YOURSELF IS THE KEY TO SUCCESS!
CAMP OUTLINE
RESERVE YOUR SPOT TODAY BY SENDING A NON-REFUNDABLE DEPOSIT OF $150 AND THE REGISTRATION FORM TO THE ADDRESS ON THE BACK.

Your remaining balance can be paid at registration.

Deposit is preferred but not necessary. An accepted deposit guarantees you a spot. You may pay in full on the day of registration if space is still available.

Confirmation of getting a space at the camp will be sent via email.

Cost:  
Overnight $375  
Commuter $325

Make checks payable to: Westminster College

Camp Outline:  
(a specific agenda will be provided)

JULY 9-11

Sunday
- 1:30-2:30 Registration
- 2 Vault Sessions
- Film Session

Monday
- 2 Vault Sessions
- 2 Film Sessions
- 1 Inversion Session
- 1 Pool Session
- 2 Mini Lectures

Tuesday
- 2 Vault Sessions
- 1 Demo Session
- 1 Pool Session
- 2 Film Sessions
- 2 Mini Lectures

8 p.m. camp ends and athletes depart
WAIVER & RELEASE

In consideration of my application being accepted, I, intending to be legally bound, do hereby release and forever discharge any and all rights and claims for damages, which I may have or which may hereafter accrue to me against Westminster College and the Pole Vault Camp/Clinic Staff (Bradi Rhoades, Tim McNeil, Thomas Hale, Joe Sanford and any other Camp/Clinic staff member) for any or all damages which may be sustained or suffered by me in connection with my participation in and/or rising out of my traveling to or returning from said Camp/Clinic; or the campus of Westminster College. I understand that pole vaulting is a risk and that injuries can be a consequence of participation in this activity and no amount of reasonable supervision or use of the facility will prevent injuries. I have carefully considered how the possible consequences of any injury may impact my child's life, and I choose to accept this risk and allow him/her to participate in the designed activity.

Westminster College Pole Vault Camp/Clinic reserves the right without notice to modify, change or revoke the arrangements, regulation, curriculum and instructional materials used in its programs. Westminster College Pole Vault Camp/Clinic reserves the right to refuse admission to any student at anytime should Westminster Pole Vault Camp/Clinic determine such action is in the best interests of the school or student. Westminster College Pole Vault Camp/Clinic assumes no liability for personal injury or for the loss or damage of personal property.

I have read and understand the Waiver & Release Form.

Signature of Parent/Guardian: ____________________________________________________________

Date: __________________________________________

Name of Vaulter: _______________________ M F

School: __________________________________________

Grade Entering: __________ Personal Best: __________

Shirt Size: ______ Circle one: Overnight or Commuter

Vaulter’s Cell Phone: __________________________

Parent’s Phone: __________________________________

Emergency Phone: __________________________

Street: _______________________________________

City: _________________________________________

State: __________ Zip: ______________________

Email: ________________________________________

Roommate: ____________________________________
Track and Field Pole Vault Camp
Box 185
319 S. Market Street
New Wilmington, PA 16172

STAY CONNECTED
CALL: 724-496-5863
VISIT: http://westminster.edu/athletics
EMAIL: rhoadeb@westminster.edu

JOIN THE CONVERSATION

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