

Joe Sanford:

35 years of vaulting experience
McDowell High School 25 years
1 National Champion
12 PIAA State Champions
45 PIAA State Medals

Tom Hale:

24 years of vaulting experience
Hickory High School 12 years
2 National Champions
7 PIAA State Champions
14 PIAA State Medals

Bradi Rhoades:

18 years of vaulting experience
Westminster Pole Vault Coach 3 Years
3 Presidents Athletic Conf. Champions
1 Division 3 National Provisional Qualifier
11 Presidents Athletic Conf. Medals
Wilmington High School 2 Years
2 PIAA State Medals

TITANS 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 everyday like it is my last. I vow to coach with energy and enthusiasm every moment of everyday. 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!!!!**

WESTMINSTER POLE VAULT SUMMER CAMP



PIT COACHES:

JOE SANFORD
(VERTICAL VILLAGE & MCDOWELL HS)

TOM HALE
(HICKORY HS)

CAMP DIRECTOR:
BRADI RHOADES

July 10th-13th 2011

Why Westminster Pole Vault Camp?

- PIT COACHES!!!!!!!!!!!!!!!
- SHORT WALKING DISTANCE TO EVERYTHING
- VIDEO OF EVERY JUMP
- PIT-SIDE VIDEO ANALYSIS
- FILM BREAK DOWN AFTER EVERY VAULT SESSION WITH YOUR PIT COACH
- MINIMUM OF 2 COACHES PER PIT
- OVER 100 DRILLS TO FIX YOUR VAULT
- CLASSROOM LECTURES THAT ADDRESS YOUR SPECIFIC NEEDS AS A VAULTER
- INDIVIDUAL EVALUATIONS
- LIST OF RECOMMENDED IMPROVEMNTS FOR YOUR UPCOMING SEASON WITH A SPECIFICATION OF WHICH DRILLS YOU SHOULD PRACTICE MOST TO MAKE THOSE IMPROVEMENTS

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



CAMP OUTLINE: (a specific agenda will be provided)

SUNDAY:

11:00-11:45 AM REGISTRATION

- 2 VAULT SESSIONS
- 2 FILM SESSIONS
- 1 MINI LECTURE

MONDAY:

- 2 VAULT SESSIONS
- 2 FILM SESSIONS
- 1 INVERSION SESSION
- 1 POOL SESSION
- 2 MINI LECTURES

TUESDAY:

- 1 VAULT SESSION
- 1 DEMO SESSION
- 1 POOL SESSION
- 1 DRILL CIRCUIT
- 2 FILM SESSIONS
- 2 MINI LECTURES

WEDNESDAY:

- 2 VAULT SESSIONS
- 1 FILM SESSION
- 1 POOL SESSION
- 1 MINI LECTURE
- 8:00PM CAMP ENDS**
- ATHLETES DEPART**

RESERVE YOUR SPOT TODAY BY SENDING A NON-REFUNDABLE DEPOSIT OF \$100 TO THE ADDRESS BELOW. YOUR REMAINING BALANCE CAN BE PAID AT REGISTRATION ON JULY 10TH!!!!

DEPOSIT PREFERRED BUT NOT NECESSARY. A DEPOSIT GUARANTEES YOU A SPOT. YOU MAY PAY IN FULL ON JULY 10TH IF SPACE IS STILL AVAILABLE.

COST:
OVERNIGHT: \$350
COMMUTER: \$275

Contact Information:

Westminster College
Track and Field Pole Vault Camp
Box 185
319 S. Market St.
New Wilmington, PA 16172

E-mail: rhoadeb@westminster.edu
 Phone: 724-496-5863

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 Staff (Bradi Rhoades, Tim McNeil, Tom Hale, Joe Sanford and any other 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; or the campus of Westminster College. I understand that Pole Vault 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 consequence of 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 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 reserves the right to refuse admission to any student at anytime should Westminster Pole Vault Camp determine such action is in the interests of the school or student. Westminster College Pole Vault Camp assumes no liability for personal injury or for the loss or damage of personal property. I have read and understood the Waiver & Release Form

Signature of Parent/Guardian: _____

Date: _____

Name of Vaulter: _____

Home Address: _____

City: _____ State _____ Zip : _____

Phone: _____

Emergency Phone: _____

High School: _____

Grade: _____ T-Shirt Size : _____

Best Vault: _____ Avg. Vault: _____

PLEASE FILL OUT ABOVE APPLICATION AND SEND IN WITH YOUR CHECK PAYABLE TO: WESTMINSTER TRACK & FIELD