

Why Westminster Pole Vault Clinic?

- PIT COACHES!!!!
- 120' RAISED RUNWAY
- VIDEO OF EVERY JUMP
- 4 PIT SIDE VIDEO ANALYSIS UNITS
- OVER 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!!!

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!!!

Clinic Outline:

- 13 Clinic Dates
- **SUNDAYS 3:00pm-7:00pm**
- Warmup
- Video Analysis of Elite Vaulters
- Drill Session
- Vault Session
- All vaulters will have each session, but the order changes based on the day!!!!

Cost:

\$175 for all 13 Clinic Dates!!!
There are no partial packages.

Dates

10/30
11/6
11/13
11/20
12/4
12/11
12/18
1/8
1/15
1/22
1/29
2/5
2/12

RESERVE YOUR SPOT TODAY BY SENDING A NON-REFUNDABLE PAYMENT OF \$175 TO THE ADDRESS BELOW.

SPACE IS VERY LIMITED!!!

CONFIRMATION OF GETTING A SPACE AT THE CLINIC WILL BE SENT VIA EMAIL!!!

YOU MAY PAY IN FULL ON THE DAY OF REGISTRATION IF THERE ARE SPOTS STILL AVAILABLE!!!!

Contact Information:

Westminster College
Track and Field Pole Vault Clinic
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/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 Forms

Signature of Parent/Guardian: _____

Date: _____

Name of Vaulter: _____

School: _____

Current Grade: _____ Personal Best: _____

Shirt Size: _____

Vaulter's Cell Phone: _____

Parent's Phone: _____

Emergency Phone: _____

Street: _____

City: _____

State: _____ Zip: _____

Email: _____

Tom Hale:

25 Years of vaulting experience
2 National Champions
7 PIAA State Champions
14 PIAA State Medals

Bradi Rhoades:

19 Years of vaulting experience
Westminster Pole Vault Coach 4 Years
5 Presidents Athletic Conference Champions
3 Division 3 National Provisional Qualifiers
18 Presidents Athletic Conference Medals
Wilmington Area 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 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
WINTER CLINIC**



PIT COACH:

TOM HALE

(Hickory High School)

CAMP DIRECTOR:

BRADI RHOADES

Starting 10/30/11