



POLE VAULT

Summer Youth Clinic

May 31 – June 2, 2017

Free State High School Track

ANY middle school or high school athlete with an interest in pole vault should attend!!!

Clinic Divided into TWO Sessions:

Beginner's Session (9-11am):

Designed for athletes who have little to no experience vaulting. This session provides an introduction to the event of pole vault and instruction on basic drills to build a solid fundamental base (and thus be prepared for other summer camps). By the end of this session most vaulters will be able "pop up" into the pole vault pit. Beginners are welcome to stay and watch the conclusion of the advanced session.

Advanced Session (10am-12pm):

Designed for the experienced vaulter. This session provides a review of fundamentals, identification and correction of technical errors, and advanced drill work to improve the vaulter's technical and mental approach. By the end of the session most vaulters will set a new personal best clearance.

Coaching Staff:

Phil Mitchell has coached pole vault for six years at Free State High School and over that time has coached three state championship performances, has had three athletes go on to compete collegiately, and was named the KCCTFCA Assistant Coach of the Year for 2015.

Bill Kelly has coached track and field at South Junior High and Lawrence High for 37 years and over this time has had numerous state qualifiers.

Callie Hicks has competed in the pole vault for three years at Free State High School. She is the back-to-back Kansas State Champion in Class 6A. She has a personal best performance of 12'6", which places her as one of the top 10 high school girl vaulters in state history. She currently competes for the University of Kansas.

Cost:

The cost of this three-session clinic is \$60. Please make checks payable to Phil Mitchell. Cash or check should be brought the first session.

Campers will receive:

- Safe & sound instruction
- Video analysis
- Total body workout
- Gatorade water bottle
- Camp tank or tee

Registration:

Please email Coach Mitchell plmitche@usd497.org to reserve your spot today! Be sure to include:

- athlete's name & grade
- which session they will attend (beginner/advanced)
- shirt size (S/M/L/XL; tank/tee)*

*** Register by May 19th to receive an awesome camp shirt!!!**