



## POLE VAULT Summer Youth Clinic

June 17 – June 19, 2019  
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 seven 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 38 years and over this time has had numerous state qualifiers.

*We are working on bringing alumni of the LHS and Free State programs to provide, as well other experienced pole vault experts, to their expertise and experience. As our guest list fills out we will keep you posted!!!*

### **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 plan
- Gatorade water bottle
- Camp tank or tee

### **Registration:**

Please email Coach Mitchell [plmitche@usd497.org](mailto: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 June 1st to receive an awesome camp shirt!!**