

MISSION

West Virginia University Pole Vault Camp carries the mission of educating athletes and coaches with the most current and correct information regarding the technique, training, and safety of the pole vault. Furthermore, we are dedicated to providing these individuals the opportunity to receive progressive learning with individualized attention and present them with the necessary equipment and environment that caters to reaching their potential.



THINGS YOU SHOULD KNOW:

- Registration time will be Monday from 12-1pm at the Evansdale Residential Complex (Towers Dormitory).
- Pick-up time will be between 12-1pm the final day of camp at the WVU Track facility.
- It is not necessary, but vaulters should consider bringing own vaulting poles to decrease pole sharing.
- Campers should bring pillow, bed linens, swimsuit, training shoes and vaulting spikes.

CAMP FEATURES:

- Intense vault and drill sessions twice a day
- Night vault competition
- Elite vault demonstration
- Guest Speaker - TBA
- Use of WVU's state of the art Recreation Facility
- Catered Meals

CONTACT:

West Virginia University
Pole Vault Camp
Coach Tim Sullivan
PO Box 0877
Morgantown, WV 26507-0877

412-512-3309
tsullivan@wvutrackandfield.com



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Morgantown, WV 26507-0877



Pole Vault

2010
WEST VIRGINIA
UNIVERSITY

POLE VAULT
CAMP

CAMP DIRECTOR:
Tim Sullivan
West Virginia University
Pole Vault Coach

BOYS & GIRLS
CAMP #1 JULY 5-9
CAMP #2 JULY 26-30

LIABILITY STATEMENT

I hereby authorize the directors of the WVU Pole Vault Camp to act for me according to their best judgement in an emergency requiring medical attention. I hereby waive and release the WVU Pole Vault Camp. I know of no mental or physical problems which may affect my child's ability to safely participate in this camp. I will be responsible for any medical and other charges in connection with his/her attendance at the WVU Pole Vault Camp. I have read the rules and regulations of the camp and both the camper and I agree to abide. I hereby give the WVU Pole Vault Camp permission to use any related photos of my child for camp publicity.

Parent/Guardian Signature

Today's Date

CAMPER INFORMATION

Camp #1 July 5-9 Camp #2 July 26-30
(Check box of requested camp)

Name: (of person attending) _____

Address: _____

City: _____ State: _____

Zip Code: _____

Phone: _____

Email: _____

High School: _____

Age: _____ Graduation Year: _____

Date of Birth: _____

Parent or Guardian Name: _____

Insurance Company: _____

Policy Number: _____

Policy Holder's Name: _____

Medications: _____

Allergies: _____

PAYMENT INFORMATION

Fill out the following application and mail it with payment to the address below:

West Virginia University
Pole Vault Camp
Tim Sullivan
PO Box 0877
Morgantown, WV 26507-0877

Check/Money Orders: should be made out to the WVU Athletic Department: \$380 for campers or \$310 for commuters

Credit Card: _____

Credit Card Number: _____

Expiration Date: _____

Name on Credit Card: _____

Type of Card: Visa MasterCard Discover

Authorized Signature for Credit Card: _____

Today's Date: _____

Please Check one:

Overnight Camper (\$380)

Commuter (\$310)

TENTATIVE CAMP SCHEDULE

MONDAY

Registration 12-1
Intro Activity..... 2-4
Dinner..... 5-6
Drill/Vault 7-9
Activity 10-11

Drill/Vault 3-6
Activity 8-10

THURSDAY

Breakfast 8-8:30
Drill/Vault 9-12
Lunch 12:30-1:30
Fun Activity..... 1:30-3:30

Rest..... 3:30-5:30
Dinner..... 5:30-6:30
Night Vault..... 7:30 -

TUES/WED

Breakfast 8-8:30
Drill/Vault 9-12
Lunch 12:30-1:30
Rest..... 1:30-2:30

FRIDAY

Breakfast 8-8:30
Drill/Vault 9-12
Parents Pick up
at Track 12



www.explosionathletics.com

CAMP STAFF

CAMP DIRECTOR



Tim Sullivan
West Virginia University
Pole Vault Coach &
Explosion Athletics Inc.
Director/Coach

PIT COACHES



Dave Sullivan
Riverside High School
Pole Vault Coach



Jeff Core
Former WVU Vaulter/Record Holder
Morgantown High School
Pole Vault Coach



Bradi Rhoades
Westminster College
Pole Vault Coach



John Vellenoweth
Penn State Record Holder
Currently training under
Coach Tim Sullivan