

2010 UW-L Pole Vault Clinic Sponsors

The 2010 clinic will provide a co-ed learning opportunity designed to improve pole vault technique, training methods, and knowledge. Our coaching staff has years of vaulting experience highlighted with several National Championship Honors. Come join the rich track and field tradition at the University of Wisconsin - La Crosse and gain an advantage over the competition.

UW - La Crosse

Coaches from the University track and field team will be represented at the clinic offering their advice and knowledge.



WISTCA

Wisconsin Track Coaches Association



Games People Play

All registrants will receive a Pole Vault Camp t-shirt from our local apparel distributor.



University of Wisconsin - La Crosse Track and Field

University of Wisconsin -
La Crosse

1725 State St.
La Crosse, WI 54601
Phone: 608-785-8622
Fax: 608-785-8674
E-mail: buchholt.josh@uwlax.edu

**Check out all UW-L Athletic Camps and
Register Online at:**

www.uwlcamps.com

Online registration is provided by [My Online Camp](#). Online service charges apply and are not refundable by UW-La Crosse

University of
Wisconsin -
La Crosse

BOYS AND GIRLS POLE VAULT CLINIC



Date: Sunday, March 14th, 2010

**Time: Session 1 @ 9am
Session 2 @ 1pm**

UW-L Pole Vault Clinic

What:

UW-La Crosse CO-ED Learn By Doing Pole Vault Clinic.

Format:

- Session 1: beginner vaulters (vaulters with little or no vaulting experience)
- Session 2: Intermediate and advanced (vaulters with experience looking for advanced instruction)

Where:

Mitchell Hall Field House
University of Wisconsin - La Crosse

When:

Sunday, March 14, 2010

Session 1: 9am

Session 2: 1pm

Who May Attend:

Open to all High School students. Coaches are also welcome and will be admitted free with the registration of an athlete.

Type of Camp:

This is a developmental clinic to help you to become a better vaulter or coach. The clinic is designed to teach progressions, offer constructive criticism, and give you assistance in workout development.

Deadline for Pre-registration:

Must be received by Wednesday, March 10, 2010.

Cost per session:

Preregistration..... \$25.00

Registration the day of.....\$30.00

INCLUDED IN THE CLINIC

- Pole Vault Instruction
- Training Techniques
- Knowledgeable staff and counselors
- T-shirt to all registrants

WHAT TO BRING

- Work out clothes
- Lock for your locker
- Vaulting Poles
- SPIKES WILL NOT BE ALLOWED

EMERGENCY TELEPHONE

(608) 785-8061 is the telephone number of our campus security.

(715) 308-0102 is Coach Buchholtz's cell phone.

ADDITIONAL INFORMATION

If, after reading this brochure you still have questions, please feel free to contact:

Josh Buchholtz
UW-L Head Coach
Men's Track and Field
(608) 785-8622
buchholt.josh@uwlax.edu



YOU CAN REGISTER FOR CAMP ONLINE AT:

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-OR FILL OUT AND MAIL THE FOLLOWING-

Camp Registration Form

Sign up for: UW-L Pole Vault Clinic	Time	Price
<input type="checkbox"/> Session 1 - Beginner Vaulters	9 am	\$25.00
<input type="checkbox"/> Session 2 - Intermediate Vaulters	1 pm	\$25.00
		Subtotal: _____
		Total: _____

Please make checks payable to: UW-La Crosse Track

*Please understand that checks are NON-REFUNDABLE.

Name _____
Street Address _____
City _____ State _____ Zip _____
High School _____ Current Year in High School _____
Phone _____

By signing this form you are providing permission for your son/daughter to be treated for any injuries sustained at the UW-La Crosse Pole Vault Clinic. Please be advised that all medical expenses are the responsibility of the parent /guardian.

Parent/Guardian Signature _____

University of Wisconsin - La Crosse

MAIL FORMS TO:

UW-La Crosse

Joshua Buchholtz -127 Mitchell Hall
1725 State St.
La Crosse, WI 54601

Phone: 608-785-8622

Fax: 608-785-8674

E-mail: buchholt.josh@uwlax.edu

Josh Buchholtz: Head Coach Men's Track and Field