

## A Message from the Director

Coaching pole vaulters to their potential in a highly technical event does not happen by accident. It is a collaborative effort between:

- the great coaches at schools who work with athletes to increase their speed and power as well as developing their vault,
- supportive parents who drive them often great distances and at great expense to get specialized coaching as well as the equipment they need,
- eager athletes with the desire to jump higher and a great thirst for knowledge,
- and advanced pole vault coaching, which is where we help most.

This has to be one of the best collaborations in sports and a sure way to maximize an athletes potential.

We teach sound pole vaulting methods used by the world's best coaches and athletes. This camp takes vaulters through the basic skills progressions necessary to vault high. The camp is open to all ability levels, ages 12 and older, including those who have never vaulted before. Pole vaulting is a extremely technical event and this is a very good way to develop vault skills with intense training, covering a multitude of topics.

We teach vaulters to vault high, with an emphasis on being safe at all times. Each athlete attending will have a greater knowledge and understanding of what they need most.

Coach Rusty Shealy  
Camp Director

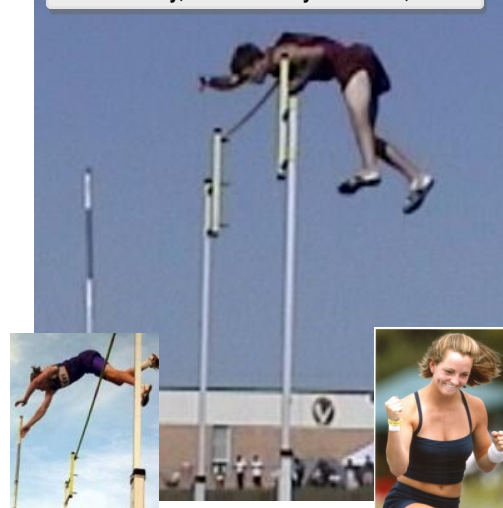
Contact us:  
803-315-5998  
Rusty@ShealyAthletics.com  
www.ShealyAthletics.com



**75 SCHS State Champions  
10 National Champions  
3 "Team USA" (World Team)**

## **RUSTY SHEALY** **Pole Vault Camps**

Chase Shealy, Brookland Cayce HS 2003, 17' 1"



Mitch Greeley  
16' 9"

Sarah Young  
12' 8.5"

### **2014 CAMP DATES**

**February 15 \* March 1 \* April 5 \* April 16 \*  
April 19 \* April 23 \* April 26**  
*Summer Camp Dates Announced Soon!*

## **Limited Space!**

*Questions?*

Contact Rusty Shealy  
803-315-5998  
Rusty@ShealyAthletics.com  
www.ShealyAthletics.com  
121 Crockett Road  
Columbia, SC 29212

## The Camp Staff



**Rusty Shealy**  
**Camp Director**  
**Shealy Athletics, Columbia, SC**

- 2013 Jeff Truman Coaching Memorial, awarded during the National Pole Vault Summit Hall of Fame Banquet in Reno, NV.
- Seventy five SCHS pole vault champions since 1998. Top males at 17' 1" and 16' 9". Top females 13' 3.5" and 12' 11.75".
- Three junior vaulters, "Team USA", world team.
- 2003 Adidas Outdoor Championships: National high school champion and meet record 17' 0.25".
- Ten high school national champions coached, won by eight different vaulters.
- While coaching at the University of South Carolina: Seven SEC Championship scorers in two seasons.
- NCAA Indoor All-American '06, female 13' 6.25"
- In 2007, inducted into the USA Track and Field — SC Hall of Fame.



**Chase Shealy**  
**Assistant Camp Director**  
**Shealy Athletics, Columbia, SC**

- 2004: #1 USA Junior (under 20) vaulter, #1 Junior College vaulter nationally, #7 World Junior rankings, and #1 USA eighteen year old at 17' 7".
- Two-Time National Champion: 2003 Adidas Outdoor Championships with national meet record 17'0.25", and 2002 USATF National Junior Olympic Champion.
- SCHS overall state record vault of 17' 1". Also, broke the state meet record four times in route to new meet record of 16' 8" in 2002.
- Has achieved the rarity of jumping his age three times. He has vaulted 15' (15' 1") as a 15 year old, 16' (16' 7") at 16, and 17' (17' 1") at 17 yrs.

## Camp Overview

### Meals and Lodging

Lunch will be provided during day camps. This is a commuter (day camp) with no housing. However we can recommend a hotel near Shealy Athletics if needed.

### Medical Attention

Serious issues will be referred to the Lexington Medical Center in Irmo, SC.

### What To Bring

The following clothing and equipment is recommended: Come prepared for varying weather conditions for the season. Also, one pair training flats, one pair spikes. A small athletic bag. Campers should bring their own poles if possible, however our poles will be available for use.

### Supervision, Discipline and Safety

Campers will be supervised at all times. All athletes must conform to rules of conduct and behavior. Disruptive behavior may result in dismissal from camp.

### Complimentary Transportation/Airport Shuttle

We offer complimentary transportation to and from Columbia Metropolitan Airport (CAE).

### Refund Policy

If an athlete is unable to attend the camp, the athlete will be charged a \$50 service fee, or may take credit for amount paid towards a future camp or weekly clinics. No refunds if dismissed for disciplinary or injury reasons. There will be no refunds for no-shows.

### Camp Schedule

The camp will be from 10 AM to 5 PM daily.

### Additional Comments

We will have a fire pit to keep it toasty between jumps. However, be sure to dress for winter weather by layering your clothes.

Please be sure to eat a good breakfast each morning and a good dinner in the evenings... you will need the energy.



## Camp Registration



**Sandi Morris. 2010 USATF Junior Olympic National Champion winning at 13' 3.5".**

### To Register:

1. Go to [www.ShealyAthletics.com](http://www.ShealyAthletics.com)
2. Click on "Pole Vault Camps" link.
3. Choose best camp date for you.
4. Register online.
5. Print "Athlete Waiver and Release" to bring with you to participate.

### If Questions Contact:

**Rusty Shealy**  
**803-315-5998**  
**[Rusty@ShealyAthletics.com](mailto:Rusty@ShealyAthletics.com)**