

Pole Vault Camp & Coaches Clinic

May 4th & 5th
2019



Location

Ray Lewis Track & Field Center (Mohawk Sports Park)
Upper Kenilworth Avenue & Mohawk Road East Hamilton.
(Enter off of Mohawk Road – Rear parking lot entrance).



Training Overview

High Performance Coach Kevin DiNardo and his staff will facilitate small and large group sessions (in class and practical) for both athletes and coaches. Training will include introductory principles to the sport of pole vault involving learning progression; phases of pole vault; drills; corrective cues; and safety.

Facilities

Two UCS 1900 Pits.
Beynon High Performance BSS 1000 Dual Runway.
Limited number of poles available for participants, bring your own poles if preferred.

Registration

Athletes \$100.00
Coaches \$25.00
Due by May 3, 2019
Lunch provided.

Contact/Registration

Kevin Gonci, Coordinator
21 Elora Drive, Hamilton, L9C 6T4
(905) 317-9381
kgonci4@gmail.com



Kevin diNardo
Coach Instructor

Kevin DiNardo, native of Amherstburg, ON and a graduate of the University of Windsor, is in his 18th year with the Windsor Lancer program, and 16th year serving as pole vault coach for the Lancer Track and Field team. Kevin started coaching while studying at the University and competing for the Blue and Gold.