

**Spire 2-Day Pole Vault Clinics**  
**2004 Olympic Gold Medalist Tim Mack**  
**At Spire Institute**

**Where:** Spire Institute Indoor Track (Coach Mack will meet you at the front doors)  
**When:** April 4-5, April 25-26, May 9-10, May 23-24  
**Who:** Middle School and High school (Spaces limited to 5 athletes for each 2-day Clinic)  
**Waiver:** Complete Waiver at the Camp

**Schedule:**

**Day 1**

9:00-10:00 Check-in  
10:00-12:15 Morning Session  
12:15-1:15 Lunch (Included)  
1:30-3:00 Functional Mvmt Test  
3:15-5:30 Afternoon Session  
6:00-7:00 Dinner

**Day 2**

10:00-12:15 Morning Session  
12:15-1:15 Lunch (included)  
1:15-2:00 Mental Imagery  
2:00-4:30 Afternoon Session  
4:30-5:00 Final Comments/Dismissed

**Cost:** \$400

**Sign-up:** Email Tim at [timothymack1972@gmail.com](mailto:timothymack1972@gmail.com) with the following:

**Athletes name, gender, grade, height achieved, which days you would like to attend. Coach Mack will get back to you within 24 hours to confirm your spot in the Clinic**

**What to bring:** Poles (poles are "NOT" provided), running shoes, training clothes, spikes (if you have them), water and Gatorade bottle.

**What you will learn:** Coach Mack will take athlete through a series of exercises and drills to identify what the biggest weakness seems to be. This series is applicable for all skill levels and Coach Mack will adjust exercises for more skilled athletes.

We will work on running mechanics, pole drop mechanics, take-off, swing, turn. We will spend most of the time addressing the weakness and prioritizing other stages of the vault at the appropriate times of the year.

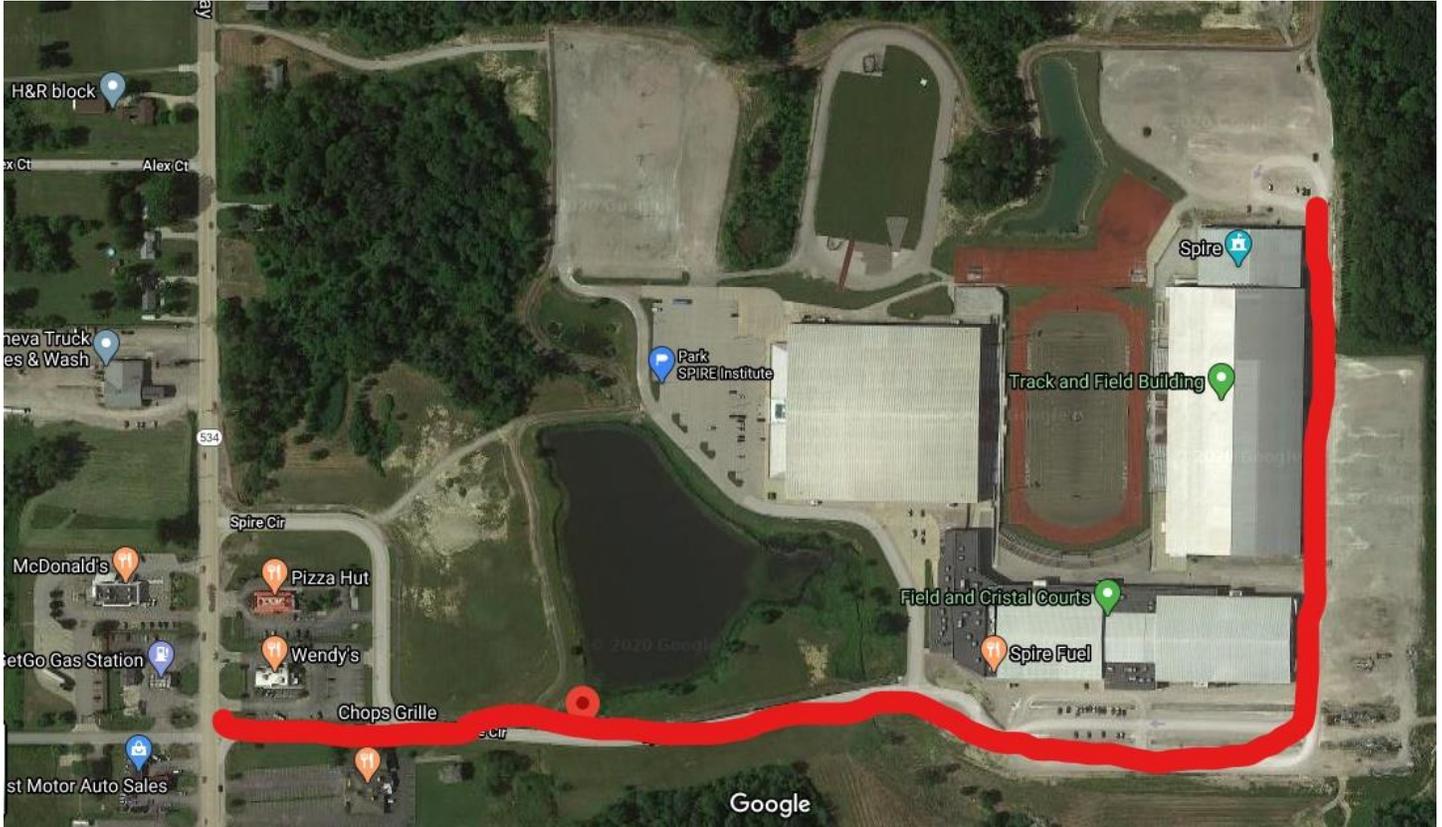
The athlete will also learn drills and exercises they can do on their own, with a coach and without a coach to improve in those areas when they are at home.

The athlete will also learn how to build confidence, set goals, how to motivate self, and how to be persistent and stay balanced.

All of this with goal in mind to be a student of their sport and to vault higher!

### Where to park? Where to enter building?

The Indoor track is the farthest building. You will park in the farthest parking lot. You will enter through the glass doors at the corner of the building nearest the parking lot. Coach Mack will meet you inside the glass doors.



### Where to stay?

<p><b>Holiday Inn Express and Suites</b> 1831 Austinburg Rd. Austinburg, OH 44010 440-275-2020 6 miles from SPIR</p>	<p><b>Hampton Inn- Ashtabula</b> 2900 Gh Dr. Austinburg, OH 44010 440-275-2000 6 miles from SPIRE</p>
<p><b>Holiday Inn Express and Suites- Madison</b> 181 Water Tower Dr. Madison, OH 44057 440-307-4449 6 miles from SPIRE</p>	<p><b>Hampton Inn-Madison</b> 171 Water Tower Dr. Madison, OH 44057 440-307-4450 6 miles from SPIRE</p>

Hope to see you soon!

Coach Mack