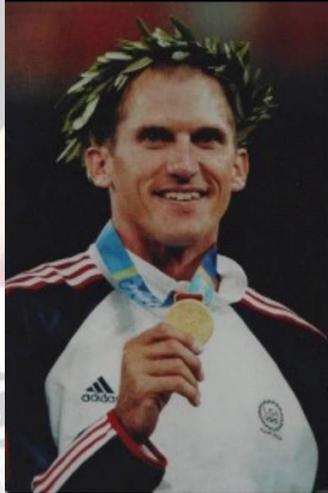


Private Pole Vault Coaching Session
2004 Olympic Gold Medalist Tim Mack
Spire Institute



Where: Spire Institute Indoor Track
5201 Spire Circle
Geneva, Ohio 44041
(See map on second page)

When: Email Coach Mack to set up a time that works for you. Timothymack1972@gmail.com

Waiver: Complete at beginning of session

Session: 2-hour session

Cost: One session \$200, 3 sessions for \$500, 5 sessions for \$750

Payable? Check payable to Spire, Credit/Debit/Cash

What to bring:

Poles (poles are "NOT" provided), running shoes, training clothes, spikes (if you have them), water, Gatorade

What you will learn:

You cannot pass up this unique opportunity to train with an Olympic Gold Medalist. The sport will make more sense after spending time with Coach Mack. Coach Mack will not only tell you what you are doing wrong, but why it is wrong, and how you can fix it. As long you have determination and persistence you will improve and understand the sport at such a higher level than you ever have before. You will learn what will help you in the short term, but also what you have to do for long term success.

Coach Mack has 33 years-experience in the event as an elite athlete and coach. Coach Mack takes the athlete through a series of exercises and drills to identify where the biggest weaknesses are. Many of these drills and exercises that Tim learned as being an Elite athlete and spending times with some of the best athletes and coaches in the world. We will spend most of the time addressing the weakness.

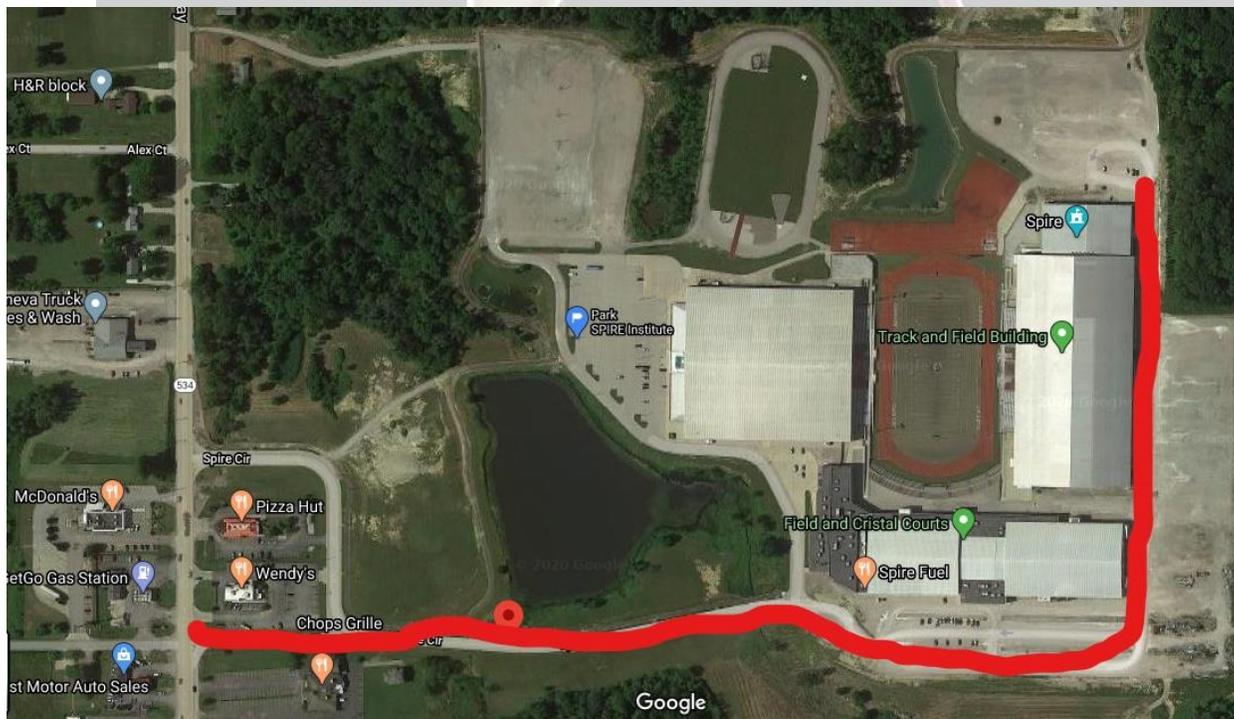
The athlete will also learn drills and exercises they can do on their own, with a coach and without a coach to improve on their own in those areas.

Coach Mack will also share with the athlete, through his experiences, how to build confidence, set goals, how to motivate yourself, and how to be persistent and stay balanced.

All of this with goal in mind to vault higher!

Where to park? Where to enter building?

Follow Red line all the way to the back of the property. You can there. Enter through the Glass door at the side of the building that you passed on your way to the parking lot. Coach Mack will meet you at the glass doors.



Really hope to see you soon!

Tim Mack