

2006 North Central College Winter Pole Vaulting Camp

Dates:

Monday, December 11 – Wednesday, December 13 – Thursday, December 14 – Friday, December 15

Times:

Camp 1 5:00-7:00

Camp 2 7:00-9:00

IHSA rule:

No more than two vaulters from the same school may attend the same session. If this rule is broken, you jeopardize your IHSA eligibility.

Cost:

\$150 per session (Make checks payable to North Central College.)

Location:

Merner Field house on North Central College Campus. Directions. <http://www.noctrl.edu/x11364.xml>

Coaches:**Tim Winder**

A 1983 graduate of Texas A&M University – Kingsville, Winder begins his 21th year of coaching the pole vault. Winder was an, IHSA state pole vault champion in 1979, multiple NCAA qualifier, and All-American while attending university. A 17 foot vaulter himself, Winder blends his vaulting experience and proven instructional methods to teach the technical aspects of vaulting. Winder has coached numerous men & women NCAA All-Americans, and two National Champions while at North Central College. Over the years there have been many IHSA State Qualifiers, All-State, and State Champion vaulters attend the camp. Winder teaches vaulting using a systematic approach that has been developed over Winder's life time of experience in pole vaulting.

James Houston

Coach Houston is entering his 4th season coaching the pole vault at Plainfield South High School. While at Plainfield South, Houston coached the 2005 IHSA State Pole Vault Champion, and numerous conference champions. Coach Houston is a product of the North Central College systematic approach to vaulting, and used its methods to propel him to high heights. Coach Houston himself was a 16'1 vaulter and multiple All-American. Houston graduated from North Central college in 2001.

Camp Description:

The North Central College pacer pole vaulting camp has been an important part of the development of vaulters in the Chicagoland area for 20 years. The camp has trained many IHSA All-State and State Champion pole vaulters over the years. Many of the IHSA state finalists, year in and out, are products not only of their high school programs, but also of the North Central College Pacer pole vaulting camps. Pole vaulting is taught in a systematic way that is easy for vaulters to understand. The teaching is based upon sound fundamental and safety practices. This approach to vaulting instruction was instrumental in North Central College having both a men's NCAA Division III, and women's NCAA Division III pole vaulting champion in 2004/05. In addition to a lot of vaulting, the coaches at the camp instruct campers through videotape analysis, vault related gymnastics, strength training, as well as classroom lecture on the pole vaulting techniques and training.

What to Bring:

You may bring your own poles if you like. They will be stored in Merner Field house. If you do not have poles we have poles that you may use. Other items that might be helpful to bring are, athletic tape, chalk, water bottle and a snack.

North Central College Winter Pole Vault Camp Application

