

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



**109 SCHS State Champions
11 National Champions
3 "Team USA" (World Team)**

SHEALY ATHLETICS

Pole Vault Camps



Sandi Morris
2018 and 2022 IAAF Indoor World Champion
2016 Rio Olympic Silver Medal.
Lifetime best 16' 4.75" (5.0m) PR.
Greenville HS 2010, 13' 3.5".

2022 SUMMER CAMP DATES

Girls: Overnight/Day

Boys: Day Only

June 13-15

June 27-29

July 25-27

Boys: Overnight/Day

Girls: Day Only

June 20-22

July 11-13

August 1-3

* Overnight Camper, \$495.00 *

* Day Camper, \$425.00 *

* Siblings Discount. Second child living same household is half price *

Registration is Open!
www.ShealyAthletics.com

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

- One hundred five SCHS pole vault champions since 1998. Top males at 17' 1". Top female 13' 3.5".
- Eleven high school and youth national champions coached, won by nine different vaulters.
- High school/club coach of Sandi Morris, 2018 and 2022 IAAF World Indoor Champion, and Rio Olympic Silver medalist. 16' 4.75" (5.0m) PR.
- Coached 2003 NSSF Adidas Outdoor Championships: National high school champion, with meet record 17' 0.25".
- Coached four National Champions in three seasons as the Columbia International University PV Coach: The 2020 & 2021 NAIA Collegiate Indoor National Champion with a 17' 8.5" (5.40m) PR; and the 2021 Outdoor and 2022 Indoor National Christian College Association (NCCAA) National Champions.
- In 2007, inducted into the USA Track and Field — SC Hall of Fame.



SPECIAL GUEST COACH
David "DJ" Johnston
Western Carolina Univ.
Pole Vault, Throws & Multi's
Cullowhee, NC.

He is most noted for the creation of the "Six-Stride Mark Chart", which deals with setting up and maximizing the approach run in long jump and pole vault. DJ is a clinician at camps and clinics worldwide. DJ is considered by many to be the godfather of the pole vault approach run. His enthusiasm is contagious!

"We are very excited to have this world renowned pole vault coach assisting with summer camps. When we coach together great things happen!"

Camp Overview

Meals and Lodging

Athlete housing will be on site at Shealy Athletics. Meals will be provided during camp.

Medical Attention

Serious issues will be referred to the Palmetto Baptist Parkridge Medical Center in Irmo, SC.

What To Bring

The following clothing and equipment is recommended: Sleeping bag, pillow, plenty changes of clothes, swimsuit, towel and toiletries. Also, training flats and 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 are supervised at all times, and must conform to rules of conduct and behavior. Disruptive behavior may result in dismissal.

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 begin at 12:00 PM on the first day, and end at 4:00 PM on the final day. Contact Coach Shealy for detailed camp schedule.

Additional Comments

Please be sure to eat well during the camp... you will need the energy.



Camp Registration

Left photo:
Chase Shealy
Brookland Cayce HS 17' 1"
Lifetime PR 17' 7"



Photo above:
Mitch Greeley
Northwestern HS 16' 9"
Lifetime PR 18' 3"

To Register:

1. Go to www.ShealyAthletics.com
2. Click on "Pole Vault Camps" link.
3. Choose best camp date for you.
4. Register online.
5. Print and fill out all three forms needed to bring with you to participate.

If Questions Contact:

Rusty Shealy
803-315-5998
Rusty@ShealyAthletics.com