



***WAS YOUR TRACK SEASON TOO COLD,
TOO WET, TOO SHORT, OR JUST TOO BUSY
TO ACCOMPLISH WHAT YOU WANTED?***

Hi, my name is Paul Herda and I run Zero Gravity Track Club and if you're like me, the spring track season is never enough. I vaulted in high school and college and as a masters USATF athlete. I have been coaching the pole vault since 1990 at the high school, college and USATF Club level and would like to share with you what I know. That knowledge has helped a list of vaulters achieve their goals of making it to the MSHSL Track Meet as well as State, Regional and National USATF Junior Olympic Meets. That list includes the 2013 Class AA MSHSL Pole Vault Champion and Former State Meet record holder Mitch Valli (15'7.5"...current PR 17' & All-American), the 2015 & 2016 Class A State Champ Erik Olson, 2021 Class AA State Champ & USATF JO All-American, Jack Helmich, and current 15' Rockford HS sophomore & USATF JO All-American, Brian Schloeder. I believe most vaulters don't reach their potential because they misunderstand their goal to be that of getting over the crossbar. I would like to break down the event so that vaulters understand the event in its pieces and have the tools they need to improve on their own schedule before next spring. After all, "you don't get better on the runway—that's where you **PROVE you got better.**" And, oh yes, we will be vaulting, so bring your helmet, spikes & training shoes, appropriate warm-up and vault wear, a notebook and writing utensil, plenty of water, and **as many poles as you can!**


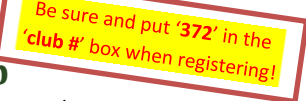
This summer, Zero Gravity will again make use of the amazing outdoor track & field facility at Rockford High School to host a dynamic, productive, fun, summer-long club for those who want to get better at the pole vault. The benefit of a summer **club** verses a 3 or 4 day **camp** is that it effectively adds an entire **season** to your high school career! This club will be extremely hands-on and will stress training, technique, mental aspects and the drills used to get it done! Much of each vault session will be videotaped for visual understanding of on-the-spot individual technique analysis. The club will start on **June 14th** and meet every Tuesday and Thursday (13 practices/26 hours) in June & July with four session times to pick from: 10am-Noon, 12:30- 2:30pm, 3-5pm **or** 5:30-7:30pm (**pick ONE of these four session times**).

*****POLE VAULTERS: BRING YOUR HELMET AND POLES (SMALLER AND LARGER THAN YOU CURRENTLY USE).** We will fill out a pole inventory sheet for each school that supplies poles for their vaulters to keep track and get them back where they belong at the end of the club and we will provide a locked shed for safe storage of your poles at the track.

Zero Gravity Track Club is a Registered USA Track & Field Club (#30-372) and coaches have passed background checks and completed the Safe Sport program. Athletes will range from beginners to college vaulters & decathletes.

Registration Information: see backside...

Registration Information: To reserve your spot, complete the steps below:

1. Register online for membership with USATF (\$25) at:  **<https://www.usatf.org/membership/application/index.asp>** 
2. Fill out the form below, attach a check made out to 'Paul Herda' for \$350 (includes jersey) and **post mark by June 9th** to: Paul Herda, 1063 21st Street NW, Buffalo, MN 55313 ...I need to pay for the facility, club membership & insurance.
3. Post a comment on, and 'like' our Facebook page ***Zero Gravity Pole Vault !***
4. When this form is posted on our Facebook page, **click on this "link"** and reserve your spot in your desired session time! **HURRY! SPACES ARE LIMITED!!!**

Date_____USATF MEMBER #_____Preferred Session_____

Parents/Guardians_____

Parent/Guardian Signature_____

Address_____

Phone# - Home_____ **Work**_____ **Email**_____

Athlete Name_____Cell #_____

Age_____Grade_____Shirt Size_____Weight_____High School_____

Track Coach_____Vault Coach_____

How high have you vaulted each year?_____

Other track & field events and PRs?_____

Other sports and activities?_____

How have you learned about vaulting?_____

Have you done any gymnastics? Explain_____

Big track meet performances - Conference, Section, State, USA JO, AAU, other...

Current PR_____End of summer goal_____Next SEASON goal_____

What do believe could keep you from your goals?

- Technique_____
- Other_____

If you have any questions TEXT Paul Herda at 763-670-5687 or email at gpherda@gmail.com