



TRACK AND FIELD

*Pole Vault Winter Clinics Series*

Our pole vault clinic is design to teach the correct way to pole vault beginning with the fundamentals. Each participant will learn proper way to run, plant, swing and get inverted with a focus on Safety. We invite all skill levels, male and female, including masters.

University of Delaware Pole Vault Coach **Christopher Watson** will be the instructor for each clinic.

Lessons will be conducted indoors on Monday's and Wednesday's  
7:00pm to 9:00pm

Registration fee: \$200.00 per month or \$50.00 per session

**Location**

621 South College Ave,  
Newark DE, 19716



For more information contact:  
Wendy McFarlane  
Head Women Track and Field Coach  
Phone: (302) 831 8738  
Email: [wendym@udel.edu](mailto:wendym@udel.edu)

**To register - please fill out the form below**

Mail payment and forms to the mailing address below  
Lessons will be conducted indoors on Monday's and Wednesday's  
Time: 7:00pm to 9:00pm  
Registration fee: **\$200.00** per month or **\$50.00** per session

Parents/participants will be asked to sign participation agreement form on-site or click the link below to print and return form with your payment.

[Participation Agreement Form](#)

Full Name: \_\_\_\_\_

School or Affiliation:  
\_\_\_\_\_

Gender: M / F

Age: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone: \_\_\_\_\_

Other Phone: \_\_\_\_\_

Email \_\_\_\_\_

**Please Circle Payment Type**  
**\$200/month --- Cash/Check**  
**\$50/session --- Cash/Check**

**Make Checks Payable to: The University of Delaware**

***Mail to: Wendy McFarlane***  
***134 Delaware Field House***  
***621 S. College Ave.***  
***Newark DE, 19716***