
INDY TECHNICAL CAMPS

Field Events | Hurdles | Sprints

Pole Vault camp

Since 1998, the best. Started in 1998, this camp has become the best in the nation in terms of pole vault instruction, whether just starting out, checking out a new event, or as a returning state champ, cleaning up technique to become one of the best in the nation. Led by Tim Richey, Derek Cullison 7 state titles outdoor, 4 indoor, 1 NATIONAL CHAMP (SO FAR)

Jumps Camp

Now in its 3rd year, and 6th camp, we have hired all American athletes, turned state champ coaches Lauren Martin Wright, (ISU) and Geoff Davis (Purdue) Often, this camp boasts hall of fame coach Mike Holman (Marian University)

Hurdles Camp

A long time staple of our camp (2009) has been our outstanding hurdle offering, founded by Coach Clark at Ashland U, now being led by coach Carlos Brown (UINDY) and KY hall of fame coach James Webb.



Technique, purpose, improvement

INDY Pole Vault-Track camps are dedicated to creating the optimum learning environment for your student athlete. Camp numbers have a ceiling to keep coach to athlete ratio at a premium for athlete AND instructor. Come and be part of a great track and field experience to launch into the next phase of your athletic career. INDY camps have perfected the athletic camp niche in terms of teaching, and obtaining great results with our student athletes! We provide instruction, motivation, goal setting, learning HOW to learn physically, and more. Be GREAT!





THROWS CAMP-

Led by former all American thrower and UINDY throw coach Matt Royer along with D2 national champ Tatiana Zhuravleva. This growing camp gets rave reviews, and returning campers year after year.

SPRINTS CAMP-

JUST ADDED LAST SUMMER- This camp is a gold mine of knowledge and tools to take and use over the summer, in the fall to become a better athlete, as well as a top sprinter in your state! Led by USTFCCCA asst coach of the year, Giles Davis of UINDY!



Takeaways from INDY CAMPS!! (WHAT DO I GET?)

- Teaching progression of your event(s) on paper to take home
- Classroom sessions (where note taking is encouraged)
- Video analysis of YOU, and a teaching model (olympian, college)
- Organized and sequenced packet: warmup plan, including mobility activities, activation, dynamic flexibility, sprint development, general strength circuit, hurdle mobility, multi throws, and multi jumps circuits
- Off-season plans for development of fundamental skills and readiness for next season!
- INFO on summer meets, and polishing for summer meet series
- Coaching from Division 1 and Division 2 NCAA athletes who have been great high school athletes and are motivated to help YOU!!
- Competition plans for meet day. Pre-meet, during meet strategies, and post meet evaluation criteria

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