



VAULT ASSAULT AND FLIGHT CLUB

PRESENTS

POLE VAULT COACHES CLINIC

FEATURING

LAWRENCE "LOJO" JOHNSON



When: Saturday, October 26, 2013

Where: Central Bucks High School West
375 West Court Street
Doylestown, PA 18944

Schedule:

9:30 am - 10:00 am Coaches Check-In
10:00 am - 11:00 am LoJo will Speak with PowerPoint
11:00 am - 12:00 pm Question and Answer
12:00 pm End of Clinic

(Please note, the above schedule is a rolling schedule.)



Who is Lawrence "LoJo" Johnson?

LoJo is a 2x Olympian and Silver medalist at Sydney Australia, Personal PR 19' - 7.5" (5.98m). He holds Championship Titles as World Champion Indoor and Outdoor, 7x US Champion, 7x NCAA Champion, Current NCAA Outdoor Record Holder, 7x SEC Champion, NCAA Athlete of the Year, and American Record holder to name a few.

While coaching at USC, during his four seasons at South Carolina, Coach Lawrence "LoJo" Johnson coached his athletes to two SEC titles, five All-America honors, 17 NCAA qualifiers, an NCAA East Region silver medalist, an SEC Championship silver medalist and five SEC Championship bronze medalists.

Coach Lawrence "LoJo" Johnson has now directed his focus on coaching athletes to the high school and elite levels as well as providing assistance at the collegiate level. Coach Johnson was always a student to the sport while in college and remain so as his experience progressed. LoJo has learned and trained under some of the greatest track and field coaches in modern times including, Head Coach Doug Brown (UT), Head Coach Bill Webb (UT), Coach Jim Bemiller (UT), Coach Roman Botcharnikov, Coach Vince Anderson (T-A&M), Coach John Smith (UCLA), and a multitude of mentors.

What to expect from the Coaches Clinic.

Coach Lawrence "LoJo" Johnson will share his conceptual approach to pole vault theory, development, and performance providing an understanding of efficient and safe pole vault fundamentals. Coach Johnson will share how he guides athletic development and focus to implement specific jumps development training influenced by periodization and segmentation for high school and college. Additionally, Coach Johnson will share various ways to implement low-budget pole vault skill training for programs which may lack facilities or resources.

ONLY 50 SPOTS AVAILABLE

How to Register:

Cost of Clinic - \$85.00 **Deadline to Register is October 23rd, 2013.** (If registration is done after this date, then a Late Registration fee of \$50.00 will apply.)

1. Pay Online at LoJo Vault Assault website (http://www.lojovaultassault.com/va_services_clinics_coach_flight_club.html#Topp)
2. Fill out Registration form
3. Click Submit Form button at top right of form (Highlighted in Purple, form will be email to registrations@lojovaultassault.com) or Fax Registration Form to (888) 822-8781

Questions call Christina at LoJo Vault Assault (757) 918-9933 or Coach Scott (215) 872-1986.

This clinic is open to all Coaches.

Once the limit has been reached the special opportunity will CLOSE.

