



VALLEY FORGE
— Pole Vault —

VALLEY FORGE
— Track & Field —



TRACK & FIELD CAMP JULY 17 - 20, 2023



For Coaches & Grades 7th - 12th (11 - 17 years old)

Day camp 8:30am-5:00pm from Mon July 17 - Thurs 20, 2023

DAY CAMP STRUCTURE

- ALL Track & Field Events
- Campers are to bring their own lunch
- Athletes may choose their event(s) each day
- Grouped by age, ability, & event
- Group bonding events and activities

GOALS

- **Event specific training:** , drills and progressions provided for long term improvement
- **Morning & afternoon sessions:** focusing on technique, evaluation, power, speed, agility, & athletic development
- **Interactive guest speakers:** delivering insight on mental health as an athlete, college athletics, and leadership

LOCATION:
To Be Announced

ENTRY REGISTRATION:
EARLY registration discount (postmarked by May 15)
Tier II Early Registration Discount (Postmarked by June 21)

TENTATIVE DAILY SCHEDULE

8:30am	Arrival & Check in
9:00am	Session I: Group Drills & Progressions
10:30am	Session II: Technique Specific Specialty
12:30pm	Lunch (Bring your own Lunch)
1:30pm	Interactive Lecture or Group Bonding
3:00pm	Session III: Workout, Lift, or Drills
4:30pm	Group Mobility & Flexibility
5:00pm	Check Out & Departure



VALLEY FORGE
— Pole Vault —

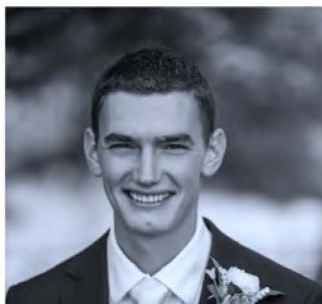
VALLEY FORGE
— Track & Field —



COACHING STAFF

COLIN VANNICOLO

- Assistant Coach - Avon Grove High School
- Former West Chester University Assistant Coach
- Over 6 years coaching experience
- USATF - Level I Certification
- 5x All Conference Award



SPECIALTY – Hurdles

- **DII Decathlete** - West Chester University
- 4x Division II National Provisional Qualifier
- 2x Academic All American
- **2x PSAC Conference Champion**
- Current School Record Holder

PAT MOSLEY

- Assistant Coach - West Chester University (2004 - Present)
- Over 30 years of coaching experience at College, High School and Middle School levels
- USATF Level I & Level II (Throws)
- USTFCCCA Throws Specialist Certification



SPECIALTY – Throws

- **Coached 10 Division-II All Americans**
- Coached current Pennsylvania State Athletic Conference All-time Record Holder - Men's Indoor Shot Put
- **Coached 12 PSAC Champions**
- Coached School Record Holder in all Throwing Events at West Chester University

MARK CARBERRY

- Former Villanova University Cross Country & Distance Assistant Coach
- Head Coach - Conestoga HS
- 15 years coaching experience (NCAA Division I Division III, and high school)
- **DI Cross Country & Distance Athlete** – Villanova University
- USATF Level I Coaching Certification



SPECIALTY – Distance

- **Coached 15 Division I All-Americans, 8 Division III All-Americans**, 3 PIAA/PTFCA State Medalists
- 7x member of Big East Conference "Staff of the Year"
- Assisted coaching 2016 NCAA Division I XC champion - Patrick Tiernan (Villanova U.)
- **Assisted coaching 2016 Olympians** - Patrick Tiernan (AUS), Sam McEntee (AUS)

ANECIA ALEXAKI

- Owner of Valley Forge Track & Field Club
- Assistant Coach – Conestoga HS (Hurdles & PV)
- 10 years coaching experience
- **DII Track & Field Athlete, Pole Vault** – Kutztown University.
- 2x NCAA Division II National Qualifier
- 3rd place PSAC Outdoor Championship



SPECIALTY – Pole Vault

- 2x USTFCCCA Indoor & Outdoor All-Atlantic Region 2017-2018.
- Women's Track & Field Athletic Scholarship & Legacy Scholarship
- **2x Indoor & Outdoor NB Track & Field National Championship Competitor 2014.**
- PSAC All Conference & All Honors Award.