

## Summer Vault Series 2021

**Coaches:** Geoffrey Gerstner, Noah Gary, Nicole Bow, Henry Sheldon  
Bios on next page

**Location:** Dexter High School Field Event Area  
Al Ritt Field, Creekside Intermediate School  
Virtual location: dexterpolevault.org

**Cost:** \$150.00; checks payable to Up and Running Track Club  
Siblings 1/2 price

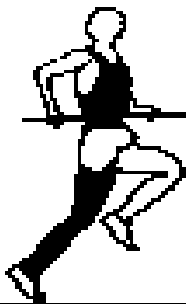
**Dates:** June 7<sup>th</sup> - August 14<sup>th</sup>. NO sessions June 28<sup>th</sup> - July 10<sup>th</sup>

**Times:** Mondays & Thursdays:  
6:00-7:30 pm for newer and intermediate vaulters  
7:15-9:00 pm for advanced vaulters  
Saturday meets, below

**Focus:** Safety, fun, team-building, full vaults, drills, films, competition prep, off-season conditioning, speed training.

**Meets:** Chelsea Field Event Meet, June 12  
Dexter Mini Meet June 19  
Landon Kite Meet July 17  
Dexter Mini Meet July 24  
Vermontville Moon Vault, Aug. 7  
Dexter Daze vault, Aug 14.

**These meets have registration fees; attendance is not required. As COVID restrictions change, meets may be added.**



## REGISTRATION FORM

Please Print

Athlete's Name \_\_\_\_\_

Event Interest \_\_\_\_\_

Address \_\_\_\_\_

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

Parent Phone \_\_\_\_\_ Parent Phone \_\_\_\_\_

Athlete Phone \_\_\_\_\_

A regularly checked email: \_\_\_\_\_

Grade as of Fall 2021: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Insurance carrier: \_\_\_\_\_

Policy number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

USATF Membership Number: \_\_\_\_\_

**Athletes must be USATF members in order to participate in the series. Join at [USATF.org](http://USATF.org). Our club number is: 19-0928 or you can join unattached or with another club.**

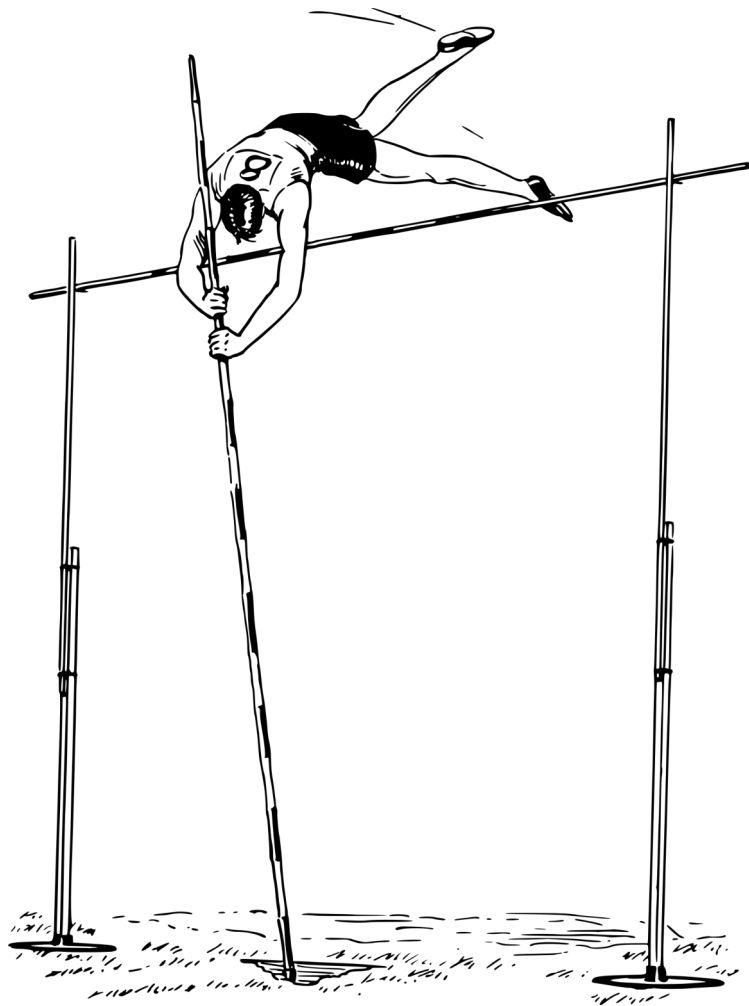
I certify that I am aware of the inherent risks in the above series, and that my child is physically capable of performing the normal activities related to the athletic series, and that I assume full responsibility for accidents arising out of circumstances not under control of the Dexter Community Schools, Up and Running Track Club and/or their agents. I grant permission for emergency medical treatment for my son/daughter by medical personnel.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Bring this form & check to the track or mail to:**

Up and Running Track Club, 4755 Bridgeway Drive, Ann Arbor, MI 48103

**Make checks payable to: Up and Running Track Club**



## Coach Bios:

**Coaches Gerstner:** Geoff and Janell have coached the pole vault in Dexter since 2002. Geoff vaulted in high school and held the school record. He vaulted in college and holds a PR of 15'6". During their 20 years of coaching in Dexter, Geoff and Janell have coached 371 athletes, 351 from Dexter. Some of their Dexter High School coaching accomplishments include:

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 8 State Champions                  | 22 Dexter athletes vaulted in college |
| 16 State Runner ups                | 9 Girl Vaulters over 12'              |
| 63 All-State Athletes              | 3 Boy Vaulters over 16'               |
| 177 State Meet Qualifiers          | 8 Boy Vaulters over 15'               |
| 21 Regional Champions              |                                       |
| 26 Regional Runner ups (2nd Place) |                                       |
| 125 All-Region Athletes            |                                       |
| 175 Regional Meet Qualifiers       |                                       |
| 182 Dexter School Records          |                                       |

**Coach Noah Gary:** Noah is the current Dexter High School Boy's Record holder at 16'4.75". He was MITS indoor and MHSAA Division I Outdoor State Champion in 2014. He vaulted for Michigan State University winning awards for both vaulting and academic accomplishments. He was NCAA 2nd team All-American in 2017. He has a PR of 17'5.5". Noah has been coaching since 2015.

**Coach Nicole Bow:** Nicole is a 4 year Division 1 All-State athlete and State Champion in 2019. She started her collegiate career at Guelph University before transferring to Eastern Michigan University where she is continuing her collegiate career and is on the Dean's list. She is the Dexter High School Record holder in the long jump and 300 m hurdles. Nicole jumped over 12' 8 times while in high school. She has a high school PR of 12'3".

**Coach Henry Sheldon:** Henry is a multiple year State meet and Nationals meet qualifier and MITS Indoor State Champion in 2020. Henry just completed his freshman year vaulting at the University of Michigan where he achieved a new PR of 16'5.5". He competed at Big Tens and the NCAA Division 1 Regional in Florida. This will be Henry's first full season coaching.