

**WE'VE GOT THE OLYMPIANS!  
AT THE 32ND ANNUAL  
"ON THE ROAD"  
TRACK & FIELD  
WORLD TOUR**

**A UNIQUE CAMP EXPERIENCE**

2024 TOUR CITIES INCLUDE:  
BRISBANE, AUSTRALIA PRAGUE, CZECH REPUBLIC PARIS, FRANCE  
ST. GEORGE, GRENADA DOHA, QATAR  
RIETI, ITALY OSLO, NORWAY SAN SEBASTIAN, SPAIN

**PENNSAUKEN, NJ.....JULY 20 & 21, 2024**  
PENNSAUKEN HIGH SCHOOL



**NOW YOU CAN LEARN THE SECRETS OF THE GREAT ONES!**

**THE ONLY CAMP IN THE WORLD  
STAFFED EXCLUSIVELY WITH OLYMPIANS  
OF THE PAST, PRESENT & FUTURE!**

**THE OFFICIAL TRACK & FIELD CAMP OF THE  
NJSIAA, NYSPHSAA, PIAA & LOUCKS GAMES**

**\*\*TRUTH IN ADVERTISING, PLEASE READ!\*\***

**VERTICAL ADVENTURES SHEDS LIGHT ON A FEW "SCAMS" THAT CAN RUIN A CAMP EXPERIENCE!**

- 1) CAMPS ADVERTISING 4 OR 5 DAYS ARE REALLY 2 & 3 DAYS! LATE CHECK-IN ON DAY ONE & EARLY CHECK-OUT THE LAST DAY COUNT AS 2 OF "5" DAYS! \*OUR CAMP IS 2 FULL DAYS OF TRACK & FIELD WITH THE GREATEST STAFF EVER ASSEMBLED!
- 2) MANY CAMPS EMPLOY "BAIT & SWITCH" TACTICS TO LURE CAMPERS. THEY PROMISE "NAME" CLINICIANS THEN SUBSTITUTE THEM WITH MEDIOCRE STAFF! THEY USE WORDS SUCH AS "FUNDAMENTALS" & "BASICS" TO DESCRIBE THEIR LEVEL OF INSTRUCTION, YET THEY CHARGE YOU PREMIUM PRICES. \*\*OUR STAFF TEACHES STATE-OF-THE-ART TECHNIQUES AT A CHAMPIONSHIP LEVEL. LEARN WHAT IT TAKES TO BE A CHAMPION, FROM THE CHAMPIONS!
- 3) **COLLEGE SCAM ALERT:** MANY COLLEGE COACHES PROMISE HELP WITH ADMISSIONS TO THEIR SCHOOL IF YOU ATTEND THEIR CAMP! IT'S ACTUALLY A VERY SERIOUS RECRUITING VIOLATION THAT CAN RESULT IN YOUR CHILD BEING DECLARED INELIGIBLE BY THE NCAA! THIS IS AN EXTENSION OF THE RECENT SCANDALS YOU'VE READ ABOUT INVOLVING HOLLYWOOD CELEBRITIES AND FRAUDULENT ADMISSIONS. \*\*IF A COLLEGE HASN'T ALREADY RECRUITED YOU, ATTENDING THEIR CAMP WILL NOT HELP YOU WITH ADMISSIONS OR SECURING A SPOT ON THEIR ROSTER! LASTLY, MOST COLLEGES & UNIVERSITIES STAFF THEIR CAMPS WITH CURRENT ATHLETES WHO ARE ONLY A COUPLE OF YEARS OLDER THAN CAMPERS! WHEN CHOOSING A CAMP, STAFF IS THE PRIORITY AND NOT A COLLEGE'S FACILITIES OR DREAMS OF GAINING ADMISSION TO THE SCHOOL!
- 4) "POLE VAULT ONLY" CAMPS ARE NOTORIOUSLY OVERCROWDED! THEY HAVE 4 TO 10 PITS & ONLY 1 "GURU" TO COACH EVERYONE. THEY WASTE YOUR TIME WITH ENDLESS DRILLS YOU CAN'T RE-CREATE AT YOUR FACILITY!



(LEFT TO RIGHT) ANDRE PHILLIPS WAVES THE AMERICAN FLAG AFTER WINNING THE OLYMPIC GOLD MEDAL IN THE 400 HURDLES, HOLLIS CONWAY ON THE PODIUM TO RECEIVE HIS OLYMPIC SILVER MEDAL IN THE HIGH JUMP, ROCHELLE STEVENS TAKES A VICTORY LAP AFTER WINNING GOLD IN THE 4 X 400M RELAY, CRAIG HUNTER IS THRILLED WITH HIS ALL-AMERICAN FINISH FOR UCONN AT THE NCAA CHAMPIONSHIPS, CAMP DIRECTOR MIKE PASCUZZO CELEBRATES A GREAT HIGH JUMP WIN IN ITALY & OLYMPIC DECATHLETE ROB MUZZIO CAN'T WAIT TO TAKE HIS LAP WITH THE AMERICAN FLAG AT THE BARCELONA OLYMPIC GAMES!



**Daily Camp Schedule**

**Saturday, July 20**  
7:30am ALL Campers Check-In At The Track @ Pennsauken High School  
8:30am Staff Introduction  
9am-12 Camp Instruction  
12-1pm Lunch  
1-4pm Camp Instruction

**Sunday, July 21**  
8:45am Camp Day 2 Introduction  
9am-12 Camp Instruction  
12-1pm Lunch  
1-4pm Camp Instruction  
\*Camp Ends @ 4pm and ALL Campers Are To Be Picked Up At Pennsauken High School

**HIGH JUMP  
HOLLIS CONWAY  
MIKE VUKOVICH MIKE PASCUZZO  
BETH SIMMONS**

THE GREATEST STAFF EVER HAS COMPETED AND COACHED IN 12 OLYMPIC GAMES & OLYMPIC TRIALS!



**HOLLIS CONWAY**  
OLYMPIC SILVER MEDALIST  
OLYMPIC BRONZE MEDALIST  
WORLD CHAMPS GOLD MEDALIST  
2-TIME #1 RANKED IN THE WORLD AMERICAN RECORD HOLDER  
10-TIME USA NATIONAL CHAMPION  
3-TIME NCAA CHAMP (SW LA)  
2-TIME NCAA RECORD HOLDER  
USA TRACK & FIELD HALL OF FAME  
PERSONAL BEST OF 7'10 1/2"



**MIKE PASCUZZO**  
3-TIME USA OLYMPIC TRIALS COMPETITOR  
4-TIME USA NATIONAL TEAM  
2-TIME ACC CHAMPION  
6-TIME ALL-AMERICAN (MARYLAND)  
COACHED OLYMPIAN PRISCILLA FREDERICK  
285 STATE CHAMPIONS FROM 13 STATES  
13 HIGH SCHOOL NATIONAL CHAMPIONS  
PERSONAL BEST OF 7'5 1/4"



**BETH SIMMONS**  
USA OLYMPIC TRIALS FINALIST  
2-TIME OLYMPIC TRIALS COMPETITOR  
NCAA D-III NATIONAL CHAMPION  
6-TIME ALL-AMERICAN (WHEATON)  
INSTRUCTOR-VERTICAL ADVENTURES  
PERSONAL BEST OF 6'1"



**MIKE VUKOVICH**  
2-TIME OLYMPIC TRIALS COMPETITOR  
2-TIME BIG 10 CHAMPION  
2-TIME ALL-AMERICAN (MINNESOTA)  
PERSONAL BEST OF 7'5 1/4"

**POLE VAULT  
BRENNER ABBOTT  
CRAIG HUNTER TODD CURLL**

NUMEROUS HIGH SCHOOL/ COLLEGE CHAMPIONS COACHED



**BRENNER ABBOTT**  
VAULT COACH @ HARVARD UNIVERSITY  
USA OLYMPIC DEVELOPMENT TEAM  
2-TIME AMERICA EAST CHAMP (MAINE)  
2-TIME NORTHEAST USATF CHAMPION  
2-TIME ALL-IC4A TEAM MEMBER  
COACH OF SEVERAL ALL AMERICANS  
PERSONAL BEST OF 17'2"



**CRAIG HUNTER**  
3-TIME ALL AMERICAN (UCONN)  
IC4A POLE VAULT CHAMPION  
UCONN SCHOOL RECORD HOLDER  
NJ H.S. STATE CHAMPION 16'6"  
POLE VAULT & JUMPS COACH @ MONTANA STATE  
COACHED ALL-AMERICANS & BIG SKY CHAMPIONS  
FORMER COACH @ U. OF ALABAMA  
PERSONAL BEST OF 17'11"



**TODD CURLL**  
VAULT COACH @ STOCKTON UNIVERSITY  
COACHED 2-TIME NCAA CHAMPION  
COACHED DOZENS OF POLE VAULT & HEPTATHLETE ALL-AMERICANS  
DECATHLETE AT SHIPPENSBURG U.

**DAN INGRUM**  
FORMER VAULTER @ STOCKTON UNIVERSITY  
POLE VAULT & HEAD COACH @ ABSEGAMI HIGH SCHOOL  
POLE VAULT INSTRUCTOR @ VERTICAL ADVENTURES

**HURDLES  
ANDRE PHILLIPS  
OLYMPIC GOLD MEDALIST!**

ONLY MAN RANKED TOP 3 IN THE WORLD IN BOTH RACES.  
THE GREATEST ALL-AROUND HURDLER IN WORLD HISTORY!



**ANDRE PHILLIPS**  
OLYMPIC GOLD MEDALIST (400 IM)  
#1 RANKED HURDLER IN WORLD HISTORY  
3-TIME #1 RANKED IN THE WORLD  
2-TIME WORLD CUP GOLD MEDALIST  
ONLY MAN RANKED TOP 3 IN THE WORLD IN BOTH THE 110H & 400IM  
PERSONAL BESTS OF 47.19 (400 IM), 13.25 (110 HH), 44.71 (400 M)

# SHOT PUT & DISCUS

**ROB MUZZIO**

**JON KALNAS** **BRIAN WETHEY**

LEARN FROM SOME OF THE MOST PROLIFIC THROWERS OF ALL-TIME! OLYMPIC DECATHLETE ROB MUZZIO IS A THROWS SPECIALIST WITH EXPERTISE TO TRAIN EFFECTIVELY FOR BOTH EVENTS. A TRUE "MULTI-THROWS" EXPERIENCE!



**JON KALNAS**

2-TIME OLYMPIC TRIALS COMPETITOR  
3-TIME ALL-AMERICAN (MONMOUTH)  
4-TIME IC4A CHAMPION  
6-TIME NE CONFERENCE CHAMPION  
PERSONAL BEST OF 66'3" (SHOT)



**ROB MUZZIO**

USA OLYMPIC TEAM MEMBER  
3-TIME WORLD CHAMPS. TEAM (1ST DECATHLETE IN HISTORY)  
2-TIME NCAA CHAMPION  
CAPTAIN OF THE VISA/USA TEAM  
CURRENT NCAA DECATHLON  
SHOT PUT RECORD HOLDER  
PERSONAL BEST OF 8237

**BRIAN WETHEY**

4 PENN RELAYS CHAMPIONS (SP)  
2 PENN RELAYS CHAMPIONS (DISCUS)  
14 PA STATE CHAMPIONS (SHOT)  
7 PA STATE CHAMPIONS (DISCUS)  
2-TIME NATIONAL CHAMPION (SHOT)  
THROWS COACH @ RUSTIN H.S.

# JAVELIN

## JOHN TAYLOR



**JOHN TAYLOR**

3-TIME USA OLYMPIC TRIALS COMPETITOR  
2-TIME IC4A CHAMPION  
2-TIME HEPTAGONAL CHAMPION  
3-TIME ALL-AMERICAN (PENN)  
USATF EAST REGION CHAMPION  
THROWS COACH AT  
BISHOP McDEVITT HIGH SCHOOL  
PRESIDENT/FOUNDER, JAVELIN USA  
PERSONAL BEST OF 241'6"

**A FUN, FRESH LOOK AT THE JAVELIN FROM THE MOST EXCITING & DYNAMIC COACHES IN THE EVENT!**

# LONG JUMP & TRIPLE JUMP

**NORM TATE** **LEROY SOLOMON**

**COREY CRAWFORD**

LEARN TO TRAIN FOR LONG JUMP & TRIPLE JUMP OR BOTH!



**NORM TATE**

USA OLYMPIC TEAM MEMBER (TJ)  
FORMER AMERICAN RECORD (TJ)  
7-TIME USA NATIONAL TEAM MEMBER  
3-TIME USA NATIONAL CHAMPION (TJ)  
3-TIME USA NATIONAL CHAMPION (LJ)  
USA NATIONAL TEAM COACH: '14, '15  
'16, '18 & '19 WORLD CHAMPIONSHIPS  
USA HEAD COACH '17 PAN AM GAMES  
PERSONAL BESTS: 55'11 1/2" (TJ),  
27' 1" 1/4" (LJ)

**LEROY SOLOMON**

OLYMPIC TEAM MEMBER-GUYANA (TJ)  
NCAA NATIONAL CHAMPION-D. III  
NCAA D-3 NATIONAL RECORD (TJ)  
JUMPS & HURDLES COACH AT FDU  
COACHED JAMAICA'S WORLD JR.  
4 x 100 RELAY TO A SILVER MEDAL  
JUMPS COACH-FAIRLEIGH DICKINSON  
COACH OF 25 NCAA ALL AMERICANS  
PERSONAL BESTS: 25'6" (LJ),  
54'8" (TJ)

**COREY CRAWFORD**

2-TIME OLYMPIC TRIALS COMPETITOR  
TOP 10 IN THE WORLD IN 2014, 2018, 2019 & 2021  
2-TIME BIG 10 CHAMPION (LONG JUMP)  
3-TIME IC4A CHAMPION (LONG JUMP)  
COACHED 6 ALL AMERICAN & 6 BIG TEN CHAMPIONS AT RUTGERS  
SWEPT THE BIG 10 LONG JUMP IN 2022 (BOTH WOMEN & MEN)  
PERSONAL BEST OF 27'3"

# SPRINTS & RELAYS

**ROCHELLE STEVENS**

ONE OF THE MOST VERSATILE SPRINTERS IN THE WORLD!  
EXCELLENT RANGE FROM 100M-400M!



**ROCHELLE STEVENS**

OLYMPIC GOLD MEDALIST (4 x 400)  
OLYMPIC SILVER MEDALIST (4 x 400)  
WORLD CHAMPIONSHIPS GOLD MEDALIST  
WORLD CHAMPIONSHIPS SILVER MEDALIST  
4-TIME USA NATIONAL CHAMPION (400)  
NCAA NATIONAL CHAMPION (400)  
11-TIME ALL-AMERICAN (MORGAN STATE)  
PERSONAL BESTS OF  
11.37 (100), 22.84 (200),  
50.06 (400)



# MIDDLE DISTANCE & DISTANCE

**RINGO ADAMSON**

NOT A CROSS-COUNTRY CAMP! THIS IS A "RACING" CAMP TO TEACH THE EFFECTIVE SECRETS TO WIN ON THE TRACK!



**RINGO ADAMSON**

2-TIME OLYMPIC TEAM MEMBER (JAMAICA)  
6-TIME WORLD CROSS-COUNTRY TEAM MEMBER  
NCAA DIVISION III TRACK & FIELD HALL OF FAME  
NCAA DIVISION III NATIONAL CHAMPION (STEEPLECHASE)  
2-TIME PHILADELPHIA MARATHON CHAMPION  
8-TIME ALL-AMERICAN (GLASSBORO STATE)  
FORMER HEAD TRACK & FIELD & CROSS COUNTRY COACH (ROWAN UNIVERSITY)  
NJAC CROSS COUNTRY CHAMPIONS (2019)  
NJAC XC COACH OF THE YEAR (2019)  
COACHED 26 ALL-AMERICANS @ ROWAN U.

## CAMPERS TUITION

\$319 (\$299 BY JUNE 1)

**INCLUDES:**

- 2 DAY ELITE CAMP
- LUNCH DAILY
- CAMP T-SHIRT
- CAMP INSURANCE

## COACHES TUITION

\$99

**INCLUDES:**

- 2 DAY ELITE CAMP
- LUNCH DAILY
- CAMP T-SHIRT
- CAMP INSURANCE

\*COACHES \$99 TUITION WAIVED WITH 3 PAID CAMPERS!

## \*OVERNIGHT CAMPERS\*

WE HAVE ARRANGED AN INCREDIBLY LOW RATE AT TWO BRAND NEW LOCAL HOTELS, BUT YOU MUST BOOK BEFORE JULY 3RD! BOTH INCLUDE FREE HOT BREAKFAST & WIFI

**SPRINGHILL SUITES**  
**MOUNT LAUREL, NJ**  
CALL (856) 234-2009  
RATE CODE: OTR

**LAQUINTA HOTEL**  
**MOUNT LAUREL, NJ**  
CALL (856) 548-8448  
BLOCK CODE: 071924SUM

CAMP TUITION 2024

**HealthGoals**  
Chiropractic Center

MARLTON, NJ (856) 983-5422

**ELITE** SPINE AND SPORT CENTER

MARLTON, NJ (856) 983-4499

### GOLD MEDAL SPONSORS

**Veritiv**

**SJPR**  
South Jersey Party Rentals

**MF ATHLETIC**  
EverythingTrack&Field

**VICTOR PRINTING**  
victorprinting.net

**aldo** Lamberti

**First Student**  
Lawnside, NJ (856) 546-8131

### SILVER MEDAL SPONSORS

**Laurel Creek**  
COUNTRY CLUB

**UCS**

**Domino's**  
Marlton, New Jersey

**PIVOTAL TRAINING**

### BRONZE MEDAL SPONSORS

**Medford Village**  
COUNTRY CLUB

**ALL AMERICAN**  
COURIER SERVICES  
856.828.7422 / 856.787.9500

**UCS Spirit**

**PrimoHoagies**  
ITALIAN BREAKFAST SANDWICHES  
Marlton • Medford • Cherry Hill

**SINGERS NEWS**

**DigitalAcumen**

**THE CAMP IS A CO-ED EVENT FOR AGES 13 & UP, ALL SKILL LEVELS! HIGH SCHOOL, COLLEGE, OPEN & MASTERS ATHLETES WELCOME!**

## 2024 CAMP ENTRY FORM

NAME \_\_\_\_\_ AGE \_\_\_\_\_ GRADE \_\_\_\_\_ SCHOOL \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN & STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE (\_\_\_\_\_) \_\_\_\_\_ T-SHIRT SIZE (CIRCLE) S M L XL XXL

E-MAIL (MANDATORY, PRINT CLEARLY) \_\_\_\_\_

PLAN SELECTED: \_\_\_\_\_ \$319 CAMPERS \*\$299 IF PAYMENT RECEIVED BEFORE JUNE 1ST!

\_\_\_\_\_ \$99 COACH \*COACH: FREE TUITION WITH 3 PAID CAMPERS. MUST PROVIDE PAID CAMPER NAMES!

**\*ATTENTION: OVERNIGHT CAMPERS PROVIDE THEIR OWN TRANSPORTATION TO & FROM THE HOTEL & TRACK!**

**EVENT(S): (CAMPERS MAY PARTICIPATE IN 1 OR 2 EVENTS) \*MAXIMUM OF TWO (2) EVENTS ONLY!\***

HIGH JUMP\_\_\_ POLE VAULT\_\_\_ LONG JUMP\_\_\_ TRIPLE JUMP\_\_\_ HURDLES\_\_\_ SPRINTS/RELAYS\_\_\_

SHOT PUT\_\_\_ DISCUS\_\_\_ JAVELIN\_\_\_ DISTANCE/MIDDLE DISTANCE\_\_\_

**PARENTAL CONSENT/PARTICIPATION WAIVER (2024 CAMP): \$100 PROCESSING FEE FOR ALL CANCELLATIONS!**

I HEREBY GRANT PERMISSION FOR MY CHILD TO ATTEND THE "ON THE ROAD" TRACK & FIELD WORLD TOUR SUMMER CAMP. I VERIFY THAT MY CHILD HAS HAD A PHYSICAL EXAM IN THE PAST YEAR AND IS ABLE TO PARTICIPATE IN THE ACTIVITIES RELATED TO THE CAMP. I AGREE TO INDEMNIFY, HOLD HARMLESS AND DEFEND MICHAEL PASCUZZO, VERTICAL ADVENTURES, PENNSAUKEN HIGH SCHOOL DISTRICT, ALL CAMP CLINICIANS & STAFF, ALL CAMP SPONSORS AND/OR THEIR AGENTS OR EMPLOYEES FROM ANY AND ALL LIABILITY FOR INJURY TO MY CHILD, MYSELF & ANY OTHER PERSONS, AS WELL AS ANY INJURY OR DAMAGE CAUSED BY MY CHILD. SHOULD MEDICAL TREATMENT FOR MY CHILD BE NECESSARY, I HEREBY AUTHORIZE ANY PHYSICIAN/TRAINER SELECTED BY CAMP PERSONNEL TO ORDER & CONDUCT MEDICAL OR SURGICAL PROCEDURES NECESSARY.

PARENT OR GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

MAIL ENTRY FORM AND PAYMENT PAYABLE TO:

**VERTICAL ADVENTURES**  
**1 SHEFFIELD LANE**  
**MOUNT LAUREL, NJ 08054**  
**\*PAYPAL AVAILABLE ON OUR WEBSITE**

FOR ADDITIONAL INFORMATION:

**PHONE: (856) 231-0769**  
**E-MAIL: MPSCOoze@AOL.COM**  
**WWW.VERTICALADVENTURES.ORG**