

# **Andy Washnik Pole Vault Festival**

**Sunday May 8<sup>th</sup> 9am  
Mahwah High School**

*Andy Washnik was an invaluable volunteer coach for the Park Ridge Spring Track and Field Team. His love for the sport and event radiated from his smile every day of his life and it was his love for Track and Field that helped Andy battle cancer so valiantly. A graduate of Northern Valley Old Tappan, Andy was a decorated sprinter and jumper. But his true love was pole vault. It gave Andy great pleasure to coach the pole vault, not just for his 'Ridgers' but also for all athletes involved in the event. Sadly, Andy lost his battle with cancer, but his love for the sport continues to shine on in the eyes of his athletes and fellow coaches. The Andy Washnik Pole Vault Festival is in Andy's memory and is based on his love of vaulting and passing that love on to others.*

***This meet is based around having fun and pole vaulting.***

Meet Features:

- Co-ed Relay Meet.
- Teams will be drawn from a hat to see who your partner will be.
- 2 pits running concurrently.
- Free Lunch
- Free Pole Vaulter tee shirt
- Music throughout the meet.
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes awarded.
- \$16 entry fee
- Bar progression:(offbeat heights to achieve PR's)
  - Girls 7'2"-7'8"-8'2"-8'8" etc.
  - Boys 9'2"-9'8"-10'2"-10'8" etc.
    - Opening height may be determined at the meet.
- Monies collected by donations and entry fees will be awarded as a scholarship in Andy's name to a Bergen County Pole Vaulter at the end of the season.

# Andy Washnik Pole Vault Festival

DEADLINE: May 1<sup>st</sup> 2016

This will serve as your contract for entry: \$16 per vaulter. WALK-IN FEE WILL BE \$20

School: \_\_\_\_\_ Athletic Director : \_\_\_\_\_

Coach: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

| Vaulters Name | Year  | Personal Best | Shirt Size |
|---------------|-------|---------------|------------|
| _____         | _____ | _____         | _____      |
| _____         | _____ | _____         | _____      |
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| _____         | _____ | _____         | _____      |

\_\_\_\_\_ - Total Entry Fee

Check Enclosed: \_\_\_\_\_

Check to Follow: \_\_\_\_\_

Checks are to be made payable to: ***"Mahwah Track and Field"***

Entry Forms are to be sent to: **Rob Pasek [rpasek@mahwah.k12.nj.us](mailto:rpasek@mahwah.k12.nj.us)**  
**or**  
**Fax - 201.512.0949**

Checks are to be mailed to: **Rob Pasek**  
**Mahwah High School**  
**50 Ridge Road**  
**Mahwah, NJ 07430**

# Andy Washnik Scholarship Application

(Must be a senior that will be graduating in June 2016)

Andy Washnik was an invaluable volunteer coach for the Park Ridge Spring Track and Field Team. His love for the sport and event radiated from his smile every day of his life and it was his love for Track and Field that helped Andy battle cancer so valiantly. A graduate of Northern Valley Old Tappan, Andy was a decorated sprinter and jumper. But his true love was pole vault. It gave Andy great pleasure to coach the pole vault, not just for his 'Ridgers' but also for all athletes involved in the event. Sadly, Andy lost his battle with cancer, but his love for the sport continues to shine on in the eyes of his athletes and fellow coaches. The Andy Washnik Scholarship is in Andy's memory and is based on his love of vaulting and passing that love on to others. All the proceeds from this meet will fund a scholarship that will be awarded annually in Andy's name to either male or female pole vaulter that attends a Bergen County public school and lives in Bergen County.

Please fill out the application below:

Name: \_\_\_\_\_ sex: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ High School: \_\_\_\_\_

Years involved in Pole Vault: \_\_\_\_\_ Class rank: \_\_\_\_\_ out of \_\_\_\_\_ students

Colleges applied and/or accepted to: \_\_\_\_\_

Father's occupation: \_\_\_\_\_ Mother's occupation: \_\_\_\_\_

Approximate yearly family income: \_\_\_\_\_ Coach's Name & Phone \_\_\_\_\_

**\*\*\*please submit with this application a short essay**

(250 word maximum) Essay should be based upon your high school Pole Vaulting experience and what the vault means to you. Also include how sportsmanship has also played a part in your high school competition.

**All applicants should be submitted by June 1<sup>st</sup> 2016**

Either Mail or email application and essay to:

Rob Pasek

Mahwah High School

50 Ridge Road Mahwah, NJ 07430

[rpasek@mahwah.k12.nj.us](mailto:rpasek@mahwah.k12.nj.us)

**GO HIGH  
OR GO  
HOME!**