

MIROŚLAW CHMARA

date of birth: 9 May 1964, Bydgoszcz, Poland, miroslawchmara590@gmail.com

HIGHLIGHTS:

- pole vaulter representing Poland (Zawisza Bydgoszcz) from 1984 till 1993,
- **personal best jump of 5.90 m** achieved in June 1988 in Villeneuve-d'Ascq – **Polish record for next 23 years** (till 2011),
- articulate, student-focused coach with experience in motivating to achieve goals,
- interacts with the greatest professionalism and knowledge of sport psychology,
- skilled at leading athletes of all ages through workouts and skill development training
- coaches nationally ranked athletes on advanced skill development.

POLE VAULT CAREER:

- 1986, European Indoor Championships in Madrid, Spain – 5,65 m, 4th position,
- 1987, World Championships in Rome, Italy – 5,20 m,
- 1988, European Indoor Championships in Budapest, Hungary – 5,70 m, 4th position,
- 1988, Personal Best – outdoor: 5,90 m Villeneuve-d'Ascq, France,
- 1988, Summer Olympic Games, Seoul, South Korea – 5,40 m,
- 1989, European Indoor Championships in The Hague, Netherlands – 5,70 m, 3rd,
- 1989, World Indoor Championships in Budapest, Hungary – 5,60 m, 4th position,
- 1989, Personal Best – indoor: 5,85 m in Berlin, Germany,
- 1991, World Indoor Championships in Seville, Spain – 5,50 m,
- 1991, World Championships in Tokyo, Japan – 5,40 m,
- Polish Champion – indoor – in 1988, 1989, 1990, 1991, 1992 and 1993,
- Polish Champion – outdoor – in 1990, 1991, 1992, second in 1985, 1987.

COACHING EXPERIENCE:

- long term cooperation with the most experienced Polish coaches – Edward Szymczak and Marian Kolasa, preparing training programs,
- 2014 till present – pole vault coach at Polish Academy of Pole Vaulting – Gdansk University of Physical Education and Sport – working with athletes 11–24 years of age,
- coached athletes ranked on the top in Poland: Przemysław Gurin with personal best 5,50 m in 1998, Krzysztof Kusiak – personal best 5,70 m in 1998, Adam Kolasa – personal best 5,75 m in 2001, Marcin Kolasa – personal best 4,70 m in 2004, Mateusz Jerzy – personal best 5,40 m in 2014.

EDUCATION:

- Personal Coach certificate,
- Secondary Technical School of Mechanical Engineering in Bydgoszcz, 1980–1984.