



POLE VAULT Summer Youth Clinic

July 13 – July 15, 2020
FREE STATE HIGH SCHOOL TRACK

ANY USD 497 high school athlete with an interest in pole vault should attend!!!

Camp Sessions*:

Beginner's Session (8:30-10:00am):
Designed for athletes who have little to no experience vaulting. This session provides an introduction to the event of pole vault and instruction on basic drills to build a solid fundamental base (and thus be prepared for other summer camps). By the end of this session most vaulters will be able "pop up" into the pole vault pit and get airborne!

Experienced Session (10:00am-11:30am):
Designed for the experienced vaulter. This session provides a review of fundamentals, identification and correction of technical errors, and advanced drill work to improve the vaulter's technical and mental approach. Experienced vaulters will get a chance to set a new personal best in a mock meet at the final session.

* If enrollment numbers do not necessitate two sessions, a single session will be held from 9:00am to 11:00am.

COVID-19 Disclaimer:

Any child showing any signs of the following symptoms may not attend the this clinic:

- a. temperature of 100.3* or higher;
- b. cough;
- c. sore throat;
- d. shortness of breath; and/or
- e. been in close contact with or cared for someone with COVID-19.

Also, all participants are required in completing 10 days of general conditioning BEFORE the start of the clinic.

Additionally, the following procedures will be utilized during the clinic for the safety of athletes, coaches, and their families:

- a. mask wearing is strongly encouraged for all participants
- b. equipment will be disinfected between sessions
- c. drills will be designed to promote social distancing
- d. athletes will be assigned a pole for each session, no sharing

Cost:

The cost of this three-session clinic is \$60. Please make checks payable to Phil Mitchell. Cash or check should be brought to the first session. Campers will receive:

- a. Safe & sound instruction
- b. Video analysis
- c. Total body workout plan
- d. ANZU bumper sticker

ALL proceeds from the clinic will be reinvested in new equipment for the Free State pole vault program!!!

Registration:

Please email Coach Phil Mitchell plmitche@usd497.org TODAY to reserve your spot! Be sure to include:

- a. athlete's name,
- b. grade,
- c. school, and
- d. which session they will attend (beginner/advanced)

ALL CAMP PARTICIPANTS WILL BE NEED TO HELP STORE THE VAULT PIT AT NOON ON WED, JULY 15TH