

# **1<sup>st</sup> Annual Tiger Pole Vault Camp**

**Hosted by Elida high School**

**Saturday June 9<sup>th</sup>**

*Meals are not included in the cost of the camp. The camp is \$125 for the day camp. You may bring a lunch or go to eat during the meal break. There is an Allsup's close to the school if needed.*

*Bring your own pole if you would like to. No spikes are needed, but you may bring them for the last session if you'd like to.*

*Instructors: Joe Garcia, Dalhart HS pole vault coach (806-333-2602)*

*Jarred Hestand, Elida High School Track coach (575-202-0137)*

## **Camp Schedule:**

**8:30 - 9:00 am Check in and register @Elida Track**

**9:00 – 9:30 am Lecture and video study (bring running shoes)**

**9:30 – 10:00 am Warm-up and Drills (gym)**

**10:00 – 11:30 am Takeoff drills and Training Pole**

**11:30 – 1:00 pm Lunch break (on your own)**

**1:00 – 1:30 pm Meeting**

**1:30 – 3:00 pm Break into groups for drills and vaulting**

**3:00 – 3:30 pm Video study**

**3:30 – 6:30 pm Vaulting**

**!!! Parents !!!**

**Vaulters should be picked up at Elida HS by 6:30 pm.**

