



TEXASPOLEVAULT

2720 HARMON RD
FORT WORTH, TX 76137
817.999.5492

I have been telling all my parents there will be a couple of days of camp during Spring Break. Spring Break is March 11-15 in most school districts. We'll have camp days on Tuesday March 12th and Thursday March 14th, from 9:00 am to 3:00 pm. More information is on the next page.
Just 200.00 for 12 hours of training.

Click Below To Enroll
[Enrollment for the Spring Break Camp](#)

If you experience any problems or have any questions , Please give me a call at 817.999.5492
George Rodriguez



[2024 Spring Break Pole Vault Camp](#) with [George Rodriguez](#)

Tue and Thu Date: 3/12/2024 and 3/14/2024 From: 9:00 am - 3:00 pm

Room: EliteSportz Fort Worth



Texas Pole Vault at Elite Sportz Ft. Worth

**Tuesday and Thursday,
March 12th and 14th**

2 Day Spring Break Pole Vault Camp Camp Schedule

Day 1 & 2 9:00am-3:00pm

Athletes Please Bring

- Water bottle
- Running shoes/track spikes
- Open mind
- Good attitude
- Snacks
- Willingness to learn
- Roll of Athletic Taped

Typical Camp Activities:

- 1) Takeoff drills or Pool Vaulting
- 2) Short Run Vaults
- 3) Long Run Vaults
- 4) Drill Work
 - Swing
 - Plant
 - Takeoff
 - Progressions (Mini Vault Drills)
 - Approach Development

Texas Pole Vault Club at EliteSportz has a rich history of success in the Lone Star State for developing champions. Whether you're a first-time vaulter or a high-flier in the sport, Texas Pole Vault Camps have everything you need to soar higher.

EliteSportz is **DEDICATED** to developing Pole Vaulters of all ages through year-round Camps, Competitions, and clubs. Our Club TexasPoleVault has a rich history of success with vaulters of all levels dating back to the late 1990s. Our goal is to provide our athletes with all the tools, techniques, knowledge, and motivation required to excel as a Pole Vaulter. We are committed to providing a safe and wholesome environment where each athlete can learn to be, "**The Best They Can Be**".

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