

ELITE SPORTZ

2720 Harmon Road Fort Worth, Texas 76177 Phone 817.999.5492 Fax 817.288.0946

www.elitesportz.com

! FREE Beginners Clinic !

Sat. Nov. 8, 2014 9am-2pm

All Coaches and Beginners are invited to attend!

Instruction, Basic Knowledge Of The PoleVault, Drills, Training and More...



EliteSportz is a 10,000 sq.ft. Indoor Pole Vault Training Facility, equipped with 2 runways and more than 200 Poles! SPEND A FEW HOURS OF FUN "WHERE THE ELITE COME TO TRAIN."



Free Clinic for Beginning Pole Vaulters and Coaches



Sat. Jan. 14, 2012

9am-2pm

You must Register Online at www.elitesportz.com

We will cover all the basics of the pole vault for the beginner:

GETTING STARTED

- Pole Vault Safety.
- How to carry a pole.
- Basics of the run.
- How to develop the swing.
- How to warm-up.
- Pole Vault Drills:

- Rings
- Bars
- Ropes
- Pole Drills

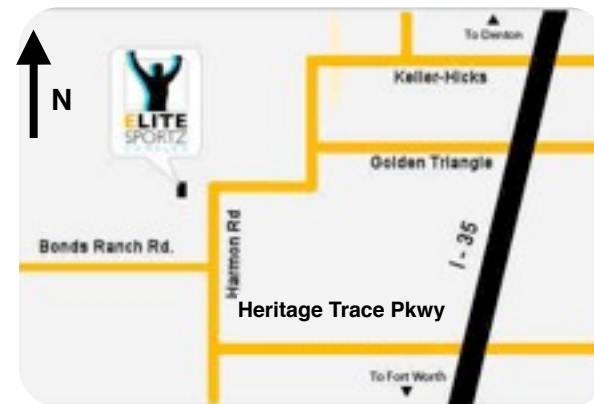


Vaulters we have taught to EXCEL!

Seth Harris	17'5"
Kristen Keith	13'
Darby Kelly	12'5"
Garret Montgomery	16'0"
Jeff Rodriguez	17'8.25"
Tommy Powers	12'7.5"
Devin Rodriguez	17'0"
Jeremy Swaim	15'6"
Desiree Freier	14'7.25"
Wade Hayes	17'2.75"
Morgan Lancaster	12'0"
Katie	12'0"
Toby Zelt	16'1"
Joe Farley	16'6"
Rebekah Vickers	12'10"
Daven Murphee	14'6"
David Taylor	16'0"
Desiree Hill	11'9"
Zoe McKinley	13'3"



We are located off of I-35W in Haslet, Texas. Just West of I-35W between Golden Triangle Blvd. and Heritage Trace Pkwy.



To Attend Free and all other events, visit our website @ www.elitesportz.com to register.

**For further information, Please Contact:
Coach George Rodriguez
(817) 999-5492**