

Texas Pole Vault

AT **Elite Sportz** Fort Worth

2720 Harmon Rd , Ft. Worth 76177



817.999.5492

Texas Pole Vault Summer Training Coordination Meeting

IF YOU PLAN ON TRAINING THIS SUMMER DON'T MISS!

We have had a great year and look forward to helping all the athletes improve their performance this summer. We will have a summer coordination meeting **Saturday, May 20** to talk about all our summer activities and answer any questions you may have.

Pole Vault Camps, Club and Meets
Texas Best Pole Vault Coaches and Facility.

- Running Mechanics
- Pole Vault Drills
- Short Run Vaulting
- Long Run Vaulting
- Coaching to Improve
- Much More

Summer Coordination Saturday May 20th 2:00-5:00pm

Agenda

2pm-5pm Food Available as desired

2pm-5pm Athletes vault, meet coaches and other athletes

4pm-5pm Parents and Athletes Meeting

Let's get together and visit, discuss summer activities and coordinate summer activities.

We will have schedules and will answer any questions. will Pulled Pork, Tortillas, Onions, Pickles and Barbecue Sauce, Paper-ware and Plastic-ware will be provided

Please Bring Folding Chairs to Sit In

Please bring one of the following for dinner:

- Side dish (Salads, Veggies, Dips and Chips etc.)
- Drinks, Bottled water
- Ice
- Desserts or Cookies
- Adult Beverages are allowed BYOB

PLEASE RSVP to George_Rodriguez@me.com and include what you are bringing and how many. I will compile into a single list and provide feedback tomorrow evening.

Thank you and look forward to seeing you Saturday!

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We train vaulters of all ages and abilities. We are committed to teaching athletes to jumping safer and higher. We offer club, which are weekly group lessons, private lessons as well as camps and clinics. We are dedicated and have a 10,000-sq. ft. Indoor facility. We have been coaching vaulters 10-65 for over 15 years. We charge 225.00/month for club with a 6-month commitment and require 1 private Lesson prior to joining. The cost of the private lesson is 60.00. You can buy 6 lessons for 300.00 We are open Mon-Thur. 6-8. We have camps and clinics at reduced prices for members. We compete as a club year-round. We love Pole Vaulting! Please feel free to come by And check us out or call.

817.999.5492

txpvcoach@elitesportz.com

www.elitesportz.com

#TexasPoleVault #texasairforce #texaspolevaultrocks
 #elitesportzftw #wow #pr #fun #jumpinhigher
 #traintowin #texaspolevaulter #traintowin #texasbestpv

2017 Summer Pole Vault Camp Schedule

| | | | | |
|-----------------------------------|----------------|-----------|---------------|--------|
| Texas Pole Vault Summer PV Camp 1 | EliteSport FTW | 6/05-6/07 | 3 Day PV Camp | 325.00 |
| Texas Pole Vault Summer PV Camp 2 | EliteSport FTW | 6/25-6/27 | 3 Day PV Camp | 325.00 |
| Texas Pole Vault Summer PV Camp 3 | EliteSport FTW | 7/10-7/12 | 3 Day PV Camp | 325.00 |
| Texas Pole Vault Summer PV Camp 4 | EliteSport FTW | 7/17-7/19 | 3 Day PV Camp | 325.00 |
| Texas Pole Vault Summer PV Camp 5 | EliteSport FTW | 8/07-8/09 | 3 Day PV Camp | 325.00 |
| Texas Pole Vault Summer PV Camp 6 | EliteSport FTW | 8/14-8/16 | 3 Day PV Camp | 325.00 |

May 2017

- US Holidays
- Summer Meetings
- Summer Meets
- Summer Camps

| April 2017 | | | | | | | May 2017 | | | | | | | June 2017 | | | | | | | |
|------------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|---|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | | | | | | 1 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | 1 | 2 | 3 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|--------------------|---------|-----------|----------|--------|-------------------------------------|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Mother's Day | 15 | 16 | 17 | 18 | 19 | 20 MANDATORY SU... NNING MEETING |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 Memorial Day | 30 | 31 | 1 | 2 | 3 Abilene Sunset Vault |

June 2017

- US Holidays
- Summer Meetings
- Summer Meets
- Summer Camps

| May 2017 | | | | | | | June 2017 | | | | | | | July 2017 | | | | | | |
|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | | | | | | | | | 30 | 31 | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|-----------------------------------|-------------------------|-----------|--|--------------------------|----------------------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| | Memorial Day | | | | | Abilene Sunset Vault |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Texas Pole Vault Summer PV Camp 1 | TAAF Practice Meet 1 | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | TAAF Registration... 12:11:59pm | TAAF Practice Meet 2 | Flag Day | | Port Aransas Beach Vault | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Father's Day | | TAAF Practice Meet 3 | | USATF 2017 Southwestern Association Junior Olympic Championships | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| Texas Pole Vault Summer PV Camp 2 | | TAAF Regional Qualifier | | AAU 2017 Southwestern Association Junior Olympic Championships Region 18 Qualifier | | |

July 2017

- US Holidays
- Summer Meetings
- Summer Meets
- Summer Camps

| June 2017 | | | | | | | July 2017 | | | | | | | August 2017 | | | | | | | | |
|-----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|---|---|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | |
| 25 | 26 | 27 | 28 | 29 | 30 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | 29 | 30 | 31 | | | | |
| | | | | | | | 30 | 31 | | | | | | | | | | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|---|
| 25 Texas Pole Vault Summer PV Camp 2 | 26 TAAF Regional Qualifier | 27 TAAF Regional Qualifier | 28 | 29 AAU 2017 Southwestern Association Junior Olympic Championships | 30 AAU 2017 Southwestern Association Junior Olympic Championships | 1 Region 18 Qualifier |
| 2 AAU 2017 Southwestern Association Junior Olympic Championships Region 18 Qualifier | 3 | 4 Independence Day | 5 USATF 2017 Region XII JO Track & Field Championships | 6 USATF 2017 Region XII JO Track & Field Championships | 7 USATF 2017 Region XII JO Track & Field Championships | 8 USATF 2017 Region XII JO Track & Field Championships |
| 9 | 10 Texas Pole Vault Summer PV Camp 3 | 11 Texas Pole Vault Summer PV Camp 3 | 12 Texas Pole Vault Summer PV Camp 3 | 13 | 14 | 15 |
| 16 | 17 Texas Pole Vault Summer PV Camp 4 | 18 Texas Pole Vault Summer PV Camp 4 | 19 Texas Pole Vault Summer PV Camp 4 | 20 | 21 | 22 |
| 23 | 24 USATF Hershey National JO Track & Field Championships | 25 USATF Hershey National JO Track & Field Championships | 26 12:00 PM Usatf PV 13-14B | 27 TAAF Games of Texas | 28 9:00 AM Usatf PV 15-16G | 29 9:00 AM Usatf PV 15-16G |
| 30 USATF Hershey National JO Track & Field Championships TAAF Games of Texas 9:00 AM Usatf PV 17-18M | 31 | 1 | 2 | 3 | 4 | 5 |

Events

From 5/14 to 8/14/17

- US Holidays
- Summer Meetings
- Summer Meets
- Home
- Summer Camps

| May 2017 | | | | | | | June 2017 | | | | | | | |
|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 28 | 29 | 30 | 31 | | | | | 25 | 26 | 27 | 28 | 29 | 30 | |

May 14

- All-Day Events

5/14 Mother's Day

- Events

May 20

- All-Day Events

5/20 MANDATORY SUMMER PLANNING MEETING

Location: EliteSport FTW

Notes: Summer Coordination

- Events

May 29

- All-Day Events

5/29 Memorial Day

- Events

June 3

- All-Day Events

6/3 Abilene Sunset Vault

Location: Abilene, TX

Notes: Fun Vault

- Events

June 5

- All-Day Events

6/5 to 6/7 Texas Pole Vault Summer PV Camp 1

Location: EliteSport FTW

Notes: 3 Day PV Camp

- Events

June 6

- All-Day Events

6/6 TAAF Practice Meet 1

Location: EliteSportz FTW

Notes: TAAF Meet

- Events

June 12

- All-Day Events

6/12 TAAF Registration Deadline Region 4 J 6/12 11:59pm

Location: Online

Notes: TAAF Registration Deadline

- Events

June 13

- All-Day Events

6/13 TAAF Practice Meet 2

Location: EliteSportz FTW

Notes: TAAF Meet

- Events

June 14

- All-Day Events

6/14 Flag Day

- Events

June 16

- All-Day Events

6/16 to 6/17 Port Aransas Beach Vault

Location: Port Aransas, TX

Notes: Fun Vault

- Events

June 18

- All-Day Events

6/18 Father's Day

- Events

June 20

- All-Day Events

6/20 TAAF Practice Meet 3

Location: EliteSportz FTW

Notes: TAAF Meet

- Events

Events

From 5/14 to 8/14/17

- US Holidays
- Summer Meetings
- Summer Meets
- Home
- Summer Camps

| May 2017 | | | | | | | June 2017 | | | | | | | |
|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 28 | 29 | 30 | 31 | | | | | 25 | 26 | 27 | 28 | 29 | 30 | |

June 22

- All-Day Events

- 6/22 to 6/24 USATF 2017 Southwestern Association Junior Olympic Championships
Location: TBD
Notes: USATF Association Championship

- Events

June 25

- All-Day Events

- 6/25 to 6/27 Texas Pole Vault Summer PV Camp 2
Location: EliteSport FTW
Notes: 3 Day PV Camp

- Events

June 27

- All-Day Events

- 6/27 TAAF Regional Qualifier
Location: EliteSportz FTW
Notes: TAA Regional Qualifier

- Events

July 4

- All-Day Events

- 7/4 Independence Day

- Events

July 5

- All-Day Events

- 7/5 to 7/8 USATF 2017 Region XII JO Track & Field Championships
Location: Humble, TX
Notes: USATF Regional Qualifier

- Events

July 10

- All-Day Events

- 7/10 to 7/12 Texas Pole Vault Summer PV Camp 3
Location: EliteSport FTW

Notes: 3 Day PV Camp

- Events

July 17

- All-Day Events

- 7/17 to 7/19 Texas Pole Vault Summer PV Camp 4
Location: EliteSport FTW
Notes: 3 Day PV Camp

- Events

July 24

- All-Day Events

- 7/24 to 7/30 USATF Hershey National JO Track & Field Championships
Location: Lawrence ,KS
Notes: USATF Championship

- Events

July 26

- All-Day Events

- Events

- 12:00 PM to 3:00 PM Usatf PV 13-14B
Location: Lawrence ,KS
Notes: Usatf PV 13-14B

July 27

- All-Day Events

- 7/27 to 7/30 TAAF Games of Texas
Location: McAllen, TX
Notes: TAAF Championship

- Events

- 9:00 AM to 12:00 PM Usatf PV 15-16G
Location: Lawrence ,KS
Notes: Usatf PV 15-16G

July 28

- All-Day Events

- Events

Events

From 5/14 to 8/14/17

- US Holidays
- Summer Meetings
- Summer Meets
- Home
- Summer Camps

| May 2017 | | | | | | | June 2017 | | | | | | |
|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | |

9:00 AM to 12:00 PM Usatf PV 15-16B

Location: Lawrence ,KS

Notes: Usatf PV 15-16B

July 30

- All-Day Events

- Events

9:00 AM to 12:00 PM Usatf PV17-18M

Location: Lawrence ,KS

Notes: Usatf PV17-18M

August 7

- All-Day Events

8/7 to 8/9 Texas Pole Vault Summer PV Camp 5

Location: EliteSport FTW

Notes: 3 Day PV Camp

- Events

August 14

- All-Day Events

8/14 to 8/16 Texas Pole Vault Summer PV Camp 6

Location: EliteSport FTW

Notes: 3 Day PV Camp

- Events