



Where the Elite come to train

# Pole Vault Skills Clinic

## Sunday February 11<sup>th</sup>

### What:

Pole Vault Skills Clinic

Entry Fee \$50.00

11am – 4pm

### Where:

Elite Vaulter Sports Complex

Register and Pay online on or before  
February 5<sup>th</sup> to receive your free T-Shirt!

### Description:

Sharpen your vaulting skills indoors. We will observe your vault and advise you on drills and technical changes required to improve your vault. Basic skills and drills, The Approach, Plant and Takeoff, Swinging and Fly-Away will be covered. This is a working clinic for all skill levels so bring your poles, spikes, flats, sweats, under-armor and a snack and we will all work to improve your vault!



[www.elitesportz.com](http://www.elitesportz.com)