



Where the Elite come to train

# Pole Vault Skills Clinic

## Saturday / Sunday Feb 24<sup>th</sup>-25<sup>th</sup>

### What:

Pole Vault Skills Clinic

2 Sessions:

- Sat 5pm-9pm
- Sun. 9am-2pm

Entry Fee \$50.00 per session

Overnight Accommodations \$30.00



### Where:

Elite Vaulter Sports Complex



### 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)