

The Kamloops Track & Field Club would like to play host to a Pole Vault clinic on Friday, April 21st and Saturday, April 22nd, 2023.

The purpose of such a camp is to allow athletes and coaches to mingle and network with those of similar interests – and hopefully learn something new in the process.

We would like to offer this clinic primarily to beginners; however, we would also open up registration to those more experienced vaulters should they wish to attend.

This clinic would be open to both coaches and athletes and it would be nice at some point to have a session where pole vault coaches (and athletes) can network and share ideas as well.

Our club could gain access to two pole vault jumping pits (one indoors and one outdoors). We also have access to four outdoor horizontal sand jumping pits and one indoor sand jumping pit. We could also possibly gain access to an indoor gymnastics gym and/or an indoor pool session if required. Of course we would also be able to gain access to the track surface itself (both indoors and outdoors).

The Kamloops Tournament Capital Center would be a great venue to play host to such an event.

- The clinic/camp would start Friday afternoon with both a practical and theory session followed by dinner. The Saturday session would also include a practical and theory sessions in the morning followed by lunch. It would conclude Saturday afternoon with practical pole vault sessions.
- The clinic times would be: Friday... 5:00 p.m. - 9:00 p.m.; Saturday... 9:00 a.m. - 3:15 p.m..
- Tentative main theory sessions: a) Pole Vault Safety - including pole selection choices; b) Pole Vault Phases - including technical considerations; and c) Pole Vault Coaching Cues – sharing session.
- Costs will be just \$45 per entry (for coach or athlete) - this includes both a dinner and lunch meal!
- Practical sessions could include.... approach-run rhythmic work; sand pit drills; deep and shallow pool water sessions (nose plugs and swim goggles would be an asset); gymnastic movements; pole vault jumping; and other related pole vault work.

Example *Tentative* Schedule:

KAMLOOPS TRACK & FIELD CLUB – POLE VAULT CLINIC/CAMP	
April 21st – 22nd, 2023	
FRIDAY, APRIL TWENTY-FIRST	
TIME	TOPIC
5:00 p.m. - 5:15 p.m.	Introduction
5:15 p.m. - 6:15 p.m.	Pole Vault Safety – Pole Selection (theory session)
6:15 p.m. – 8:00 p.m.	Pole Vault Jumping (practical session)
8:00 p.m. - 9:00 p.m.	Dinner (included nutritional break)
SATURDAY, APRIL TWENTY-SECOND	
TIME	TOPIC
9:00 a.m. - 10:30 a.m.	Pole Vault Jumping (practical session)
10:30 a.m. - 11:30 p.m.	Pole Vault Phases (theory session)
11:30 p.m. - 12:15 p.m.	Lunch (included nutritional break)
12:15 p.m. - 1:15 p.m.	Pool Vault Pool Session or Gymnastics Session (practical session)
1:15 p.m. - 2:45 p.m.	Pole Vault Jumping (practical session)
2:45 p.m. - 3:15 p.m.	Coach & Athlete Cue Word Sharing (theory session)

Hope to see you good folks at this event!

Mike Kern



Eat - Sleep
Pole Vault
Repeat

Register Now
www.kamtrack.ca

POLE VAULT CLINIC

Practical and
Theoretical Sessions



For beginner to advanced level
athletes and coaches - AGES 12+

APRIL 21ST - 22ND - 2023
TOURNAMENT CAPITAL CENTER
KAMLOOPS, BC

Cost: \$45.00-dinner and lunch included

