



POLE VAULT INDIANA

www.polevaultindiana.com

Pole Vault Indiana Summer Vault Series 2017

May 9, 2016

Thank you for considering the Pole Vault Indiana Summer Vault Series for 2017!

The summer vault series is designed for vaulters looking to improve their current technique or beginners looking to learn. In this summer vault series you will get everything you need. You should improve in all areas of the vault including: goal setting, pole run, pole drop, plant, take-off, swing, extension, running mechanics, and training your mind for success.

There are a number of important items to consider before agreeing to participate in the series:

- 1) The number of vaulters is purposefully and very specifically limited. This is done to provide maximum attention to the vaulter. If you are not committed to coming and learning, please don't agree to come as you are taking a spot from someone else who has expressed interest in coming. For 2017, we will be **accepting 6 vaulters** into the series.
- 2) There will be two jump sessions a week with additional training opportunities throughout the week. Meets are available most weekends if the vaulter desires. Specific practice dates will be decided by the end of May.
- 3) The series runs from early June through early August. There will be a few weeks where I will be gone for family vacation and there will be no practices.
- 4) You must join USATF under the PVIN club.
- 5) This series is not about making money, however, in order to provide as much of the equipment as needed (poles, pits, standards, runways, etc...) PVIN will charge \$100 for the summer series. Please note that this fee does not cover USATF fees, meet fees, and/or PVIN gear.

If you would like to reserve your spot for the summer, please let me know as soon as possible.

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USATF Club Number: 16-1426

