

## 2023 Pole Vault Clinic Tentative Schedule

<b>KAMLOOPS TRACK &amp; FIELD CLUB – POLE VAULT CLINIC/CAMP</b> <b>April 21<sup>st</sup> – 22<sup>nd</sup>, 2023</b>	
<b>FRIDAY, APRIL TWENTY-FIRST</b>	
<b>TIME</b>	<b>TOPIC</b>
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)
<b>SATURDAY, APRIL TWENTY-SECOND</b>	
<b>TIME</b>	<b>TOPIC</b>
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)