

# Welcome to the 2025 Kamloops Pole Vault Clinic... March 28th-29<sup>th</sup>, 2025

Here are a few notes to make your experience at this clinic more enjoyable.

**Location:** The clinic will be held at the Tournament Capital Center in Kamloops (910 McGill Rd, Kamloops, B.C.). We will start indoors and later move to other areas within the facility; including the outdoor track jumps area.

**Facility:** We think our Kamloops facility is the province's best. We will have access to an indoor facility which has a running track, sand pits, and full pole vault pit. We will also have access to an outdoor area which has a running track, multiple sand pits, and *two* full pole vault pits. A swimming pool and gymnastics gym are just next door as well.

**Clinic Goals:** The purpose of this clinic is for you to have a little fun with this event and hopefully learn a few things in the process. We are hoping that you can take away some tools that will make you a better vaulter or student of this event.

**Supporters:** There are many people behind the scenes from both the City of Kamloops and the Kamloops Track & Field Club who are responsible for putting on this clinic. A special thanks goes out to Judy Armstrong, president of the Kamloops Track & Field Club (she is also the one looking after your free meals as well... and we all know that that's very important to all of you!). A big thanks goes out to our volunteer coaches who have chosen to come on out to help you in this event.

**Coaches:** We are very fortunate to have a collection of very fine coaches coming to Kamloops. Erin Hvidston was a former top national sprints athlete who presently coaches sprints and hurdles with the Penticton Track & Field Club. Ryan Hvidston was previously one of Canada's top pole vaulters. He is presently a coach with the Penticton Track & Field Club. Sven Donaldson is presently a Masters athlete and pole vaulter who coaches with the Nanaimo Track & Field Club. Mike Kern is a long-time multi sports coach with the Kamloops Track & Field Club. All the coaches at this clinic are *volunteering* their time and energy in order to make your experience valuable. They are all hoping to make this clinic a fun and rewarding experience for all of you.

**Patience:** We have a wide variety of ability levelled athletes attending this clinic; from those first starting out, to those more seasoned athletes. Please be patient with yourself and with those around you; don't hesitate to help out your fellow athletes should you have the extra knowledge and expertise to do so. At times, you will be placed into groups to allow for more streamlined instruction. Regardless of your ability level, we are hoping that you will all come away from this clinic with a few extra ideas or tools to help improve your long term performance in this event.

**Dress:** You will be both indoors and outdoors. Please dress for the possibility of bad weather – bring warm clothing and rain gear as you could encounter chilly temperatures and outside precipitation. Be sure to bring a swimsuit for the Friday evening pool session. Nose plugs and swimming goggles or a full swimming face mask would be an asset – as you'll frequently be inverted underwater and you don't want that not-so-nice 'water up the nose' sensation. Once again, the pool session will take place on the Friday evening – so be sure to have your swimsuit on-hand that day. During the land pole vault sessions, you don't need to have spikes; but if you have them, bring them along. It's likely that in most instances, coaches will ask that you wear your regular running shoes or 'flats' - rather than your spikes.

**Nutrition:** Dinner will be provided for you on the Friday, and lunch on the Saturday. However, please bring some snacks along with you should you require additional nutritional sustenance for you at certain points of the day (that's particularly important on the Friday as you'll have a late dinner). Bring a water bottle with you – and carry it with you from station to station.

**Poles:** If you have personal poles or poles from your club, bring them. If you don't have any poles, one will be provided for you from our club; however, we do not have a whole cross-section of poles for each and every one of you – so when it comes to actually jumping into the pit, you might have to share poles. For many of the activities, we would like all of you to have some pole (even though it may not be the best for you) – and it shouldn't matter so much because a lot of the drills and skills that we will ask from you – particularly for those beginning vaulters - would involve stiff pole vaulting anyways (where the pole doesn't bend). So... if you are borrowing one of our poles, it may not be the best for your size... but we'll try to make it work for you!

**T-shirts:** If you were one of the first twenty or so to sign-up, you will get a free Kamloops Track & Field Club Pole Vault T-shirt (included in your initial fee). The first dozen or so who signed up will get their first choice as to T-shirt sizing – hopefully the rest of you will eventually get a T-shirt – but the correct sizing is not guaranteed.

**Schedule:** At the moment, the schedule is as follows (see below). The schedule is tentative.

**KAMLOOPS TRACK & FIELD CLUB – POLE VAULT CLINIC  
March 28th-29<sup>th</sup>, 2025**

**FRIDAY, MARCH 28<sup>th</sup>**

<b>TIME</b>	<b>TOPIC</b>		
5:00 p.m. - 5:15 p.m.	<b>Introduction</b>		
5:15 p.m. - 7:00 p.m.	<b>Pole Vault Jumping I (physical active session)</b>		
	Fifteen Minute Group Pole Vault Activity		
	'A' Group – Coach Ryan (North Pole Vault Pit)	'B' Group – Coach Sven (Indoor Pole Vault Pit)	'C' Group – Coach Mike (South Pole Vault Pit)
7:00 p.m. - 7:45 p.m.	<b>Dinner (included nutritional break)</b>		
7:45 p.m. - 9:00 p.m.	<b>Pole Vault Pool Session (physical active session)</b>		

**SATURDAY, MARCH 29<sup>th</sup>**

<b>TIME</b>	<b>TOPIC</b>		
9:00 a.m. - 10:00 a.m.	<b>Pole Vault Classroom Session &amp; Goal Setting (theory session)</b>		
10:00 a.m. - 11:45 a.m.	<b>Pole Vault Jumping II (physical active session)</b>		
	Fifteen Minute Group Pole Vault Activity		
	'C' Group – Coach Ryan (North Pole Vault Pit)	'A' Group – Coach Sven (Indoor Pole Vault Pit)	'B' Group – Coach Mike (South Pole Vault Pit)
11:45 a.m. - 12:30 p.m.	<b>Lunch (included nutritional break)</b>		
12:30 p.m. - 1:30 p.m.	<b>Pole Vault Classroom Session &amp; Mental Considerations (theory session)</b>		
1:30 p.m. - 3:15 p.m.	<b>Pole Vault Jumping III (physical active session)</b>		
	Fifteen Minute Group Pole Vault Activity		
	'B' Group – Coach Ryan (North Pole Vault Pit)	'C' Group – Coach Sven (Indoor Pole Vault Pit)	'A' Group – Coach Mike (South Pole Vault Pit)
3:15 p.m. - 3:30 p.m.	<b>Coach &amp; Athlete Wrap-Up (theory session)</b>		

