



The Ottawa Lions Track and Field Club is pleased to announce that we will be opening our spring pole vault training sessions to athletes from all NCSSAA high school track and field programmes. This initiative, known as the **2026 Ottawa High School Pole Vault Programme (2026 OHSPVP)**, will run from **07 April to 06 June 2026** at the Terry Fox Athletic Facility.

## Registration Process

NCSSAA schools wishing to nominate student-athletes for the programme must submit the names of interested athletes **no later than Thursday, April 2nd**.

Please send all submissions to **Richard Johnston** at:

✉ [rjohnston@ottawalions.com](mailto:rjohnston@ottawalions.com)

Due to limited runway time and space, the programme will accept a maximum of **three athletes per age category**:

- **Novice Girls (3)**
- **Junior Girls (3)**
- **Senior Girls (3)**
- **Novice Boys (3)**
- **Junior Boys (3)**
- **Senior Boys (3)**

## Mandatory “Pole Vault 101” Training Sessions

All interested athletes—regardless of experience—must attend one of the following mandatory introductory sessions:

- **Tuesday, April 7th at 5:00 PM**
- **Thursday, April 9th at 5:00 PM**

Both sessions will take place at the **Terry Fox Athletic Facility**.

## Selection Criteria

Selection into the 2026 OHSPVP will be based on the following:

1. **Automatic selection standards**
2. **Demonstrated athletic ability**
3. **Commitment to practices**

## Automatic Qualifying Standards

Athletes who have achieved the following heights within the past year (indoor or outdoor) will automatically be selected:

- **Novice Girls (born 2011 or after): 2.00m**
- **Junior Girls (born 2010): 2.20m**
- **Senior Girls (born 2009/2008/2007): 2.40m**
- **Novice Boys (born 2011 or after): 2.40m**
- **Junior Boys (born 2010): 2.60m**
- **Senior Boys (born 2009/2008/2007): 2.80m**

## Pole Vault–Specific Testing for Non-Automatic Qualifiers

For athletes who have **not** met the automatic selection standards, the Ottawa Lions will conduct **pole-vault-specific testing exercises** during the Pole Vault 101 sessions. These assessments will evaluate key athletic qualities relevant to pole vault—including speed, coordination, take-off mechanics, spatial awareness, and basic implement handling skills.

Performance in these testing components will help determine:

- The athlete's current aptitude for safe pole vault progression
- Their readiness to participate in the programme
- Their ranking among other candidates in the same age category

These evaluations ensure a fair, safe, and effective selection process for all participants.

## Athlete Commitments & Conduct

All athletes selected to the programme—including automatic qualifiers—will be required to:

- **Commit to attending at least one practice per week** until NCSSAA Championships (minimum **6 total practices**)
- **Sign a declaration of behaviour and conduct**, confirming adherence to Ottawa Lions safety and conduct expectations
- **\$200.00 Spring Prep Registration** - <https://www.trackie.com/event/2026-ottlsvverticaljumps>

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We look forward to supporting the growth of pole vault within the NCSSAA community and providing young athletes with high-quality coaching, technical instruction, and access to specialized equipment.

Please direct all questions or athlete nominations to:

**Richard Johnston**

Ottawa Lions Track and Field Club

✉ [rjohnston@ottawalions.com](mailto:rjohnston@ottawalions.com)

Sincerely,

**Ottawa Lions Track and Field Club**