

# 2010 Pre Season Pole Vault Showcase

## SCHEDULE

**Please show up on time!!!**

We are on a very tight timeline, we will not wait, If you did not pre-register please show up at 2pm to get in a group

- 2:00pm-2:30pm** Check In **GROUP A** (Girls)
- 2:30pm-3:00pm** **GROUP A**---Pit is open for warm ups
- 2:45pm-3:15pm** Check in--- **Group B** (Girls)
- 3:15pm-4:30pm** **GROUP B**---Vault, Clinic with Elite Athletes
- 3:00pm-5:30pm** **Group A**---- Start Meet  
**Group B**---- Follows group A then they will swap Stations at 4:00  
\* 1/2 hour warm ups on pit
- 5:00pm-5:30pm** Check In--- For all (Boys) Vaulters  
\*Arrival for all other vaulters, families, coaches and fans

**Please be on time since we will have Guest Speaker (everyone attend this event)**

- 5:30pm-6:00pm** Coaching Clinic for strength, runway speed and how to be a champion  
We have 2 Great Speakers!!! Speakers will wrap stuff up during elite pit warm ups
- 5:45pm-6:30pm** Warm ups for Showcase Event on the pit
- 6:30pm-8:00pm** Start of Showcase Event--THE ELITE
- 8:00pm-8:30pm** Warm ups on pit-- vaulter can start running and doing not pit warm up in back between elites
- 8:30pm-Finish** Meet starts for Boys  
After vaulter is out of meet they can work on pole vault drills in groups with the assistance of the Elite vaulters

### Clinic Works---

- |                                   |       |
|-----------------------------------|-------|
| <b>Sprint Training Drill</b>      | 15min |
| <b>Rings</b>                      | 15min |
| <b>Table top Swings</b>           | 15min |
| <b>Bar swings</b>                 | 15min |
| <b>Pit jumps w/o spring board</b> | 15min |

**\*Note: this is an tentative time schedule, there is subject to change \***

**\* We will follow to the best of our ability\***