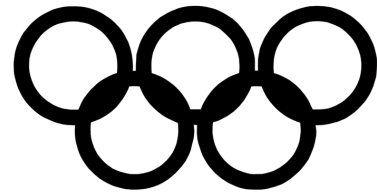


Southern Minnesota

Vault

Club



Contact Fred Berg 507-382-9220
fred.berg02@gmail.com

Where: Gustavus Adolphus
indoor track. (www.gac.edu maps are
available. Lund Center)



When: June 24, July 1, 8, 15, 22, 29 (Thursdays)
3-6 pm

Who: Anyone that wants to improve their pole vault: Middle School on Up.

Cost: a. Become a member of USATF (www.usatfmn.org) \$20.00 for a year
long membership (Jan 20-Dec 20) 30-0352 club #
b. \$10.00 per session or \$60.00 for the summer club.

Notes: Bring a helmet if you have one available.
Bring your favorite pole or we have poles to use.
Running shoes are important (bring spikes as well).
A good attitude and desire to improve your vault.

Skills Taught: Pole vault approach, Plant / take off, Swing, Turn,
Clearance. All with video reinforcement.