

Don Hood's World Class Pole Vault Camp
Hosted by Ouachita Christian School
Schedule and Info
Thursday, December 28th

Where: Ouachita Christian School – 7065 US 165, Monroe, LA

Cost: \$125 - One day camp (includes cost of t-shirt)

Meals are not included in the cost of the camp. You may bring a lunch or go out to eat during the meal breaks. We will provide transportation to an area with some restaurants if needed.

Camp Schedule:

8:30 - 9:00 am	Check in and register at the Gym – (7065 US 165)
9:00 – 9:30 am	Lecture and video study (bring running shoes)
9:30 – 10:30 am	Gym and gymnastics
10:30 – 11:30 am	Takeoff drills and training pole work
11:30 – 1:00 pm	Lunch break (on your own)
1:00 – 1:30 pm	Meeting
1:30 – 3:00 pm	Break into groups for drills and vaulting
3:00 – 3:30 pm	Video study
3:30 – 6:00 pm	Vaulting

!!! Parents !!!

Helmets are required for all vaulters!!!!

Vaulters will be picked up at the school by 6:00 pm on Thursday.