

Don Hood's World Class Pole Vault Camp  
Hosted by Brownwood High School  
Schedule and Info  
Tuesday, March 13<sup>th</sup>

Where: Brownwood High School – 2100 Slayden

Cost: \$125 - One day camp

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

***We will provide poles. Bring your own if you would like to. No spikes are needed, but you may bring them for the last session if you'd like to.***

***Helmets are required for all vaulters. If you don't have one, they are available for purchase at the camp.***

**Camp Schedule:**

8:30 - 9:00 am	Check in and register at Brownwood HS (2100 Slayden)
9:00 – 9:30 am	Lecture and video study (bring running shoes)
9:30 – 10:00 am	Warm-up and Drills
10:00 – 11:30 am	Takeoff drills and Training Pole
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 – 6:30 pm	Vaulting

**!!! Parents !!!**

**Vaulters should be picked up at Brownwood HS by 6:30 pm.**