

Don Hood's World Class Pole Vault Camp
Hosted by LeTourneau University
Schedule and Info
Thursday, March 15th

Where: LeTourneau University – 2100 S. Mobberly, Longview, TX

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 Solheim Center – (2100 S. Mobberly)
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 - 6:30 pm	Vaulting

!!! Parents !!!

Vaulters should be picked up at LeTourneau University by 6:30 pm.