

Don Hood's World Class Pole Vault Camp  
Hosted by LeTourneau University  
Schedule and Info  
Friday, March 16<sup>th</sup>

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.**