

Don Hood's World Class Pole Vault Camp
Hosted by Brownwood HS
Schedule and Info
Tuesday, Dec 27th

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 – 11:00 am	Gym and gymnastics
11:00 – 11:30 am	Takeoff drills
11:30 – 1:00 pm	Lunch break (on your own)
1:00 – 1:30 pm	Meeting
1:30 – 5:15 pm	Break into groups for drills and vaulting
5:15 – 6:30 pm	Supper break (on your own)
6:30 - 8:30 pm	Vaulting

!!! Parents !!!

Vaulters should be picked up at Brownwood HS by 8:30 pm.