



JUNE 4TH TO 7TH **PLAINFIELD CENTRAL POLE VAULT CAMP**

Beginner and Intermediate/Advanced Offerings

Beginner Session: 9:00 am to 10:30am
(Grades 6, 7, 8, 9)

Intermediate/Advanced Session 10:45 am to 12:15 pm
Grades (10, 11, 12)

Instruction focuses on:

- PV Basics – Pole carry, step acquisition, initiating the jump
- PV Mechanics – Running posture, plant position, takeoff posture
- PV Tap Swing – Initiating drive leg/trail leg posture, rock back
- PV Extension & Finish – completing the vault & refining turns

Each session will begin with short warm up and stretch followed by a series of drills on running posture, speed/acceleration, jump mechanics, and full vaults.

LOCATION

Plainfield Central High School
Drop off and Pickup at main stadium entrance nearest concessions

SUPPLIES/EQUIPMENT

- Basic athletic shoes (running shoes preferred & spikes only if athlete already has them)
- Water bottle (2 recommended)
- Change of clothes as needed due to weather
 - ***Please notify Athletic Department when registering to any allergies or physical restrictions.***

REGISTER: PLAINFIELDCENTRAL.8TO18.COM

**Open to both boys
and girls**

**Creates early
exposure to the
event**

**No equipment
necessary to
participate**

**Group and
individual
instruction**

**PLEASE CONTACT WITH
ANY QUESTIONS:**

COACH ROB MCGHAHEY

RMCGAHEY@PSD202.ORG