

MANSFIELD ATHLETICS Pole Vault Club



Pole Vault Coaching & Safety Clinic

**Thursday, March 15th
@ the Edge of Williston
4:00 - 7:00 PM
\$75.00**



Learn teaching progressions from beginner to advanced vaulting in a relaxed interactive environment

***VPA PV Coach Safety Certification**

\$75.00 Clinic fee payable by Cash or Check.
Checks payable to: Mansfield Athletics

- Pole Vault Safety
- Petrov/Bubka Model
- Phases of the Vault
- Beginner/Advanced Progressions
- Stiff Pole vs Flexible Pole
- Progression of Drills

Mansfield Athletics

(802) 598-9216

chris@mansfieldathletics.com

<http://www.mansfieldathletics.com/polevault>

Please call or email to register ▶ ▶ ▶