

SHOCKER TRACK CLUB

[www.shockertrackclub.com](http://www.shockertrackclub.com)

**INDOOR POLE VAULT**

**For Youth and Open Athletes**

**General Overview**

This pole vault program is for athletes above the age of 12. Complete instruction is provided for athletes that are new to the event, as well as experienced athletes. Practice focus is on warm-up, drills, approach, technique, actual vaulting, and cool down – everything to help athletes develop the skill-set necessary to become a successful Pole Vaulter!

**Program Registration Fees**

The base registration fee is $160. Athletes in need of assistance are encouraged to apply for grants through the Genesis Foundation for Fitness and Tennis at <http://www.genesisfoundationwichita.com> Shocker Track Club also has limited financial support fund are available for athletes in need.

**Program Registration Fees Include**

The Registration Fee includes practice time and coaching (including optional swimming pool practice), access to pole vault poles, team T-Shirt and Beanie Cap, and free participation in STC Bill Butterworth Masters Indoor Track Meet on January 28, 2017 at the WSU Heskett Center Track.

**Practice Location and Dates and Times**

All practices are held at the USD 259 Northeast Magnet High School Gymnasium, 5550 N. Lycee in Bel Aire, Kansas (just east of 53rd Street North and Rock Road). Practices are on Tuesdays and Thursdays from 6:30 p.m. to 8:30 p.m., and Saturdays from 1:00 p.m. to 4:00 p.m.

November – 3, 5, 8, 10, 12, 15, 17, 19, 29 – (9 days)

December – 1, 3, 8, 10, 13, 15, 17 – (7 days)

January – 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 31 – (11 days)

February – 2, 4, 7, 9, 11, 14, 16, 18, 23, 25 – (10 days)

* **Participation Conditions for Athletes**

We have a VERY clear and specific vision and mission about what youth track and field practices should be, and about what youth and adult behavior should be. Participation by the athletes and parents is strictly voluntary. Shocker Track Club is about development of character, respect, friendships and teamwork. We will NOT compromise these principles at any time.

**About Our Leadership Members and Coaches**

All STC Leadership Members and Pole Vault Coaches competed at NCAA Division 1 or 2 universities. Three stil compete for the Shocker Track Club have completed a Shocker Track Club Leadership/Coach Application, are USA Track and Field Members, have passed a USATF background check, and have completed the United States Olympic Committee (USOC) SafeSport Training.

**Need More Information?**

Contact our Head Coach, Denis Fraizer, at [polevault@shockertrackclub.com](mailto:polevault@shockertrackclub.com) or 316-680-0852, if you have questions. You may also drop by any practice session to observe. Complete Registration Forms are available at [www.shockertrackclub.com](http://www.shockertrackclub.com)