

**SHOCKER TRACK CLUB**

**Pole Vault**

**2018 – 2019 Optional Swimming Pool Practice Dates**

**Saturdays - November 17, December 15, January 12, February 16**

**1:00 p.m. to 2:00 p.m.**

**WHERE ARE WE DOING THIS?**

The Northeast Magnet High School Swimming Pool is immediately east of the gym on the lower level.

**DO I HAVE TO DO THIS?**

No, this is completely optional. If you do not feel comfortable in the pool you may observe, or participate in regular practice. The gym will be open for regular Pole Vault practice between 100p and 300p.

**WHAT IT IS**

Underwater pole vaulting is very beneficial in learning how to get inverted, or getting upside down, while vaulting. It helps in learning to stay close to the pole so the Vaulters shoots upward instead of outward at the finish of the vault. Vaulters will experience the sense of weightlessness that will enable them to slow things down and make it easier to get their bodies in the proper position.  Pool practice also provides an opportunity for Aqua-Kinetic” resistance training to help strengthen appropriate muscles. We will start in the shallow end and progress to the deep end.

Here is a link to an informational video - <http://www.youtube.com/watch?v=Tz7PsaUedMM&sns=em>

**WHAT DO I NEED TO BRING?**

Please wear appropriate, modest, swimwear. Bring sweats, pool sandals, and towels. STC PV Coaches will have goggle sets with a covered nose, or you may bring your own swim goggles with a covered nose, or goggles and a separate nose clip. Restrooms are available for changing.

**WHAT ELSE DO I NEED TO KNOW?**

1 - Come with a ready, safe attitude, and a desire to learn. Some of your teammates have done this before, so ask questions of them!

2 – Please approach this opportunity responsibly and act like mature, young adults. The Coaches will address any inappropriate actions, or comments, directed towards teammates immediately. Repeat offenses may result in removal from the pool area.

3 – The diving boards are off limits.

If you have any questions please feel free to contact me.

**Denis Fraizer, Head Pole Vault Coach**

**Shocker Track Club Youth Team**

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