

Don Hood's World Class Pole Vault Camp
Schedule and Info
Monday, December 29th

Where: Brownwood High School Indoor Workout Facility

Cost: \$150 - One day camp (includes cost of t-shirt)

Meals are not included in the cost of the camp. You may bring a lunch or go out to eat during the meal breaks. We will provide transportation to an area with some restaurants if needed.

Camp Schedule:

8:30 - 9:00 am	Check in and register at Brownwood High School 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 - 5:30 pm	Break into groups for drills and vaulting
5:30 - 7:00 pm	Supper break (on your own)
7:00 - 9:00 pm	Short run vaulting

!!! Parents !!!

Helmets are required for all vaulters!

Vaulters will be picked up at Brownwood High School at 9:00pm on Monday.

Vaulters that attend both Winter Camps receive \$50 off the cost of the Brownwood Camp.