

AARON JAMES
USA POLE VAULT DEVELOPMENT
SOUTHEAST
706-714-3380 lv message

2012 CAMPS/CLINICS

CAMPS Typically Mon-Wed. 9 sessions Lunch included with cost. Limited enrollment. Please call and register early. Camps are for beginners to elite vaulters grouped by skill level.

Instructional areas: Safety first, event knowledge, pole carry, run-up/approach, posture, plant transition, take-off, swing up, turn and fly away/push off.

COST: \$300.00 includes lunch and shirt

DATES:

JUNE 4, 5, and 6

JUNE 11, 12, and 13

FIRST STEP: 3 Day clinic for young beginners. 3rd grade thru 7th grade who wish to learn basics.

COST: \$150.00 includes lunch and shirt

DATES:

JUNE 4, 5, and 6

JUNE 11,12, and 13

CLINICS: scheduled every month each day of the week as weather and time permit. Call for schedule and times. 706-714-3380. We also have a travel group for summer meets. Rates are \$40.00 per session or \$200.00 per month for as many sessions as we can fit into a schedule.

These are great opportunities to be instructed by one of the top pole vault coaches in the US. He has had the honor of coaching and successfully teaching beginners to elite pole vaulters. This

includes SIX NATIONAL CHAMPIONS-(2 ncaa, 2naia, 2 usatf high school). Many Georgia high school state champions and record holders have attended these camps and clinics. Including the first ever girls state champion in 2000. Also including the first girl over 12' and 12'6. Two of the three girls state current record holders at 12'. Additionally the first Georgia high school boy to clear 16' and to scale 17' prior to entering college as well as the current boys state record holder at 16'8. This 2012 season the group has boys at 16'8, 15', a couple at 14'6, 14', 13'6, a rookie at 10', a 5th grader at 6'6, a 6th grader at 8'6. The girls are lead with 12', 11', 10' and a pack between 7'6 and 8'6. Come join the fun.

Contact Aaron James 706-714-3380 for additional information and scheduling. See You Soon.