

# G-FORCE POLE VAULT CLUB

## Spring Into Pole Vault

### *A 3-session introduction to pole vault*

Open to all ages. A great jump start for elementary and middle school boys and girls.

**Where:** G-Force Pole Vault Club, Forest Lake Area High School, 6101 Scandia Trail N, Forest Lake, MN  
(South end of football field; enter through north gate, off parking lot)

**When:** **Revised Dates:** 3 Sundays: May 7, 14, 21. 1:00 – 3:00 (weather permitting)

**Cost:** \$60

**Bring:** Water, a small notebook, weather-appropriate clothing

This is a progressive three-session clinic that will introduce athletes to pole vault. Equipment, safety, pole carry, run/approach, plant and swing up will be the main emphasis. Space is limited so we can have a 5:1 athlete/coach ratio.



Learn more at [GForcePV.org](http://GForcePV.org)  
or contact Coach Mike Soule at  
651.308.6453 or [vaultingeezer@yahoo.com](mailto:vaultingeezer@yahoo.com)

