



## Introduction to Pole Vault

A 3-session clinic  
for boys and girls  
in grades 4 – 8

This is a progressive 3-session clinic that will introduce young 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 maintain a 5:1 athlete/coach ratio.

**Where:** G-Force Pole Vault Club  
Forest Lake Area High School  
(south end of football field)

**When:** 3 Sundays: April 29, May 6, May 20.  
1:00 – 3:00 (weather permitting)

**Cost:** \$60

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



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