



Introduction to Pole Vault

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

This is a fun 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.

Where: G-Force Pole Vault Club
Forest Lake Area High School Gym
*(weather permitting some sessions
may be moved outdoors)*

When: Sunday April 28
Saturday May 11
Saturday May 18
11:00am – 1:00pm

Cost: \$60

Bring: Water, a small notebook, weather-
appropriate clothing if outdoors



Learn more at GForcePV.org
or call Coach Mike Soule
at 651.308.6453 or
vaultingeezer@yahoo.com