Pole Pilots Newsletter

September 1, 2023

We miss you! By the time summer practices end, we are pretty burned out. But a couple of weeks of R&R (or, in this case, re-piping the house) we're wondering what y'all are up to and hoping that everyone will be ready to get started!

Fall Restart: The fall restart date will be 9/11/2023. We will have our usual 2 general sessions: 4-6/5:30-7:30pm. There will also be a college/adult session on Tuesday nights 6-7:30 - this is for PIMA and other college/adult athletes *only*. (PIMA CC will have practice Tues/Thurs.)

It's time for membership renewals for the 2023-2024 season. $100 for members for the entire year, $150 for brand new sign-ups.

2024 Pole Vault Summit (Reno, NV). *January 11-13, 2024 ,* https://polevaultsummit.org/

Check out our underline website for the updated schedule, complete with special events. Or see the calendar here: 📄 PPTC Linear Calendar

When we restart, PLEASE continue to sign-up and sign-in, preferably before noon on practice days so that we can plan the number of coaches and activities.

Donations: We accept donations through paypal, zelle, or venmo (see the polepilots.org website) or by check.   Please make a note if you want a receipt.

Fitness Challenge of the Month:

One plyometric/sprint form drill that's worth mastering: https://www.olyrun.com/ankling/ We'd probably like a bit more active dorsiflection (getting the toes up) than shown on most ankling videos, but this isn't a bad place to start.

This is a good time to get some circuit training done in the great outdoors: https://www.runandbecome.com/running-training-advice/circuit-training-for-runners

Take care of basic fitness! Be ready to start!

Share your PV photos & videos! Post your PV photos or videos to the Facebook Page, or send to us to post to the website!

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Thanks and happy jumping!

http://www.polepilots.org   https://www.facebook.com/groups/24132289420/