

Pole Pilots Newsletter

October 1, 2023

Off to a great start!

We've got 3 weeks of preseason under our collective belts, with fantastic progress on basics and identifying issues to work on going forward. We really appreciate the patience of the people new to our program who are learning a new vocabulary and working through our fundamentals sessions - it's been great learning from you, too!

Some Reminders:

Practices will continue: General sessions: 4-6/5:30-7:30pm Mondays and Thursdays. 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.)

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. [☰ Pole Pilots Signups](#)

First special event: Hard Bar "Mini-Meet" on Saturday 10/28. Gate will open at 9am, and the bar will go up at about 10am. This should run until about noontime. This is a '10 attempts, miss or make' event. Every athlete gets 10 attempts at bar heights of their choice. This is a good event to get rid of 'bar brain' and work on clearing cross-bars, and to dial in potential opening heights for the coming season. As this is our "Halloween Vault" costumes are welcome as long as they are safe to jump in.

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

Parking Reminder: Our neighbors have been very generous with PPTC over the last 24+ years, and being courteous about parking helps keep them happy. **So far everyone has been great, so let's keep that up!** Please don't block driveways, mailboxes, or trash cans. And be very careful to not park against traffic. That cost one of our athletes \$180 for parking on the 'wrong' side of the street! PTS doesn't show up very often, but let's not risk it!

2024 Pole Vault Summit (Reno, NV). *January 11-13, 2024*, <https://polevaultsummit.org/>
Please note that registration fees rise over time. If you are considering going, please check in with the Coaches.

Check out our [website for the updated schedule](#), complete with special events. Or see the calendar here: [☰ PPTC Linear Calendar](#)

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

Fitness Challenge of the Month:

Straight Arm Lat Pulldowns:



This is part of the foundational strength for swinging up using lats rather than biceps (pulling) to swing.

<https://www.youtube.com/watch?v=wcVDItawocI>

Here is a bar strength progression:

<https://www.youtube.com/watch?v=E14AGg7ohb4>

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

Coach Jen (jencroissant@gmail.com)

Coach Cait (polepilotstrackclub@gmail.com)

Thanks and happy jumping!

<http://www.polepilots.org>

FB: www.facebook.com/groups/24132289420/

Band App: <https://band.us/n/a3a698DfA0S0G>