

Pole Pilots Newsletter

November 1, 2023

Halloween Vault

We had our annual “Halloween Vault,” where every athlete gets 10 jumps (miss or make) at a cross-bar of their choice. The beginners established their first PRs, and the experienced vaulters had a great test match to see where their strengths and weaknesses are.



“Cyclovia” Street Vault, Sunday 10/29.

To the left: Katie Daily-Rubie, PPTC Alumna (Flowing Wells) and UA Alumna. Several PPTC and PIMA CC jumpers were part of a demo/competition at Mansfield Park as part of the Cyclovia event. People learned a lot about where they are in their preparation, and how to manage focus in a very busy environment!

Coming Events: The “Turkey Vault,” Friday 11/24 after Thanksgiving 2-4pm. Hard bar practice: 10 jumps, miss-or-make.

No practice Thanksgiving Day.

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](#)

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](http://polepilots.org)) or by check. Please make a note if you want a receipt.

Fitness Challenge of the Month:

Spanish Squats



[How To Perform The Spanish Squat](#)

Lateral Step Downs

[Lateral Step Down](#)



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>