

# Pole Pilots Newsletter

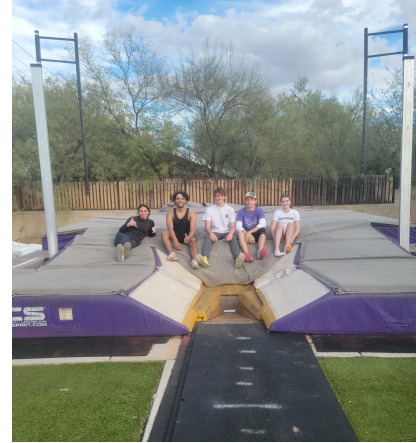
December 1, 2023

On Friday 11/24 we had our annual “**Turkey Vault,**” with good performances at our ‘hard bar’ mini-meet.



**On the left:** stalwart alumni/assistant coaches Cait Clancy-Trainor and Colin Tilton set up the bar.

**On the right:** our athletes for the day. We are starting to see new PRs!



## UPCOMING EVENTS:

**12/9 - UA All-Comers Meet. Sign up by 12/6:**

<https://arizonawildcats.com/sports/2022/2/4/home-meet-information.aspx>

**12/16: Adult/College Athletes: Desert Spectacular Meet -**

<https://www.athletic.net/TrackAndField/meet/518362/info>

**Christmas Week: No Practice 12/25 and 26.** On 12/27 (Thursday) there will be ONE session at 6pm.

## Some Reminders:

**Practices 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.) **There will be a schedule change starting February 9, 2024. M/T/Th 6pm - one session only due to HS season starting.**

*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 2024 season. People joining Pole Pilots at this time have a renewal of \$50 for members for the remainder of the year, plus \$50 for brand new sign-ups.

**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. NO PRACTICE AT POLE PILOTS THURSDAY JANUARY 11.

Check out our [website for the updated schedule](#), complete with special events.

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

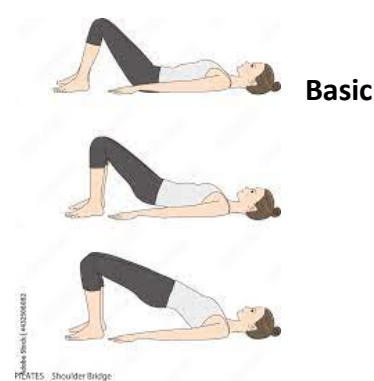
**Fitness Challenges of the Month:**

**Single Leg Assisted Airplane:**

<https://www.youtube.com/watch?v=1N2DSsVG2Ww>



**Pilates Bridges:** <https://complete-pilates.co.uk/pilates-bridge/>



**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](mailto:jencroissant@gmail.com))

Coach Cait ([polepilotstrackclub@gmail.com](mailto:polepilotstrackclub@gmail.com))

**Thanks and happy jumping!**

<http://www.polepilots.org>

FB: [www.facebook.com/groups/24132289420/](https://www.facebook.com/groups/24132289420/)

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