

# Pole Pilots Newsletter

July 1, 2023

## **First the good news:**

We've had a very nice month of training this June. Time to get back to basics, not be crunched about getting ready for meets, take care of fitness and recuperation as needed - it's been a really fun and productive month! Let's have a great July!

Coach Willits had his knee replaced at the end of June. He's on the mend and looking forward to improved mobility.

**Then the bad news:** those who knew the Croissant cats should know that "Pudge" or Chloe, the super-friendly calico, has passed due to advanced kidney disease. We, and the other cats, miss her. But the other cats remain available for your cat therapy needs.

**Schedule through July 27th:** The schedule is linked here:

<https://docs.google.com/document/d/1pW85N-r1eJlI01uZUu0u3iExzBmzIK87WngEnFDUhtg/edit?usp=sharing> - please be in touch with Coach Jen about attending morning cross-training workouts and sign up for the final gymnastics nights of the season. No running workout on Tuesday July 4, but we will be open as usual on July 3.

**MONSOON WEATHER CHECKS:** We are heading into monsoon season. We will post about *cancellations* about an hour before scheduled practice times, to FB, on the sign-up sheet, and on the BAND app. If there's no post, we WILL be having practice. Because weather varies greatly across the Tucson basin, please pay attention to local weather and road conditions!

## **Upcoming Special Events:**

**END OF SUMMER PARTY:** The last practice and party is Thursday July 27.

Sign up here: <https://forms.gle/Cw3AbEbSxvMfbYBw8>

**JUMPING IS OPTIONAL:** Eating is not. Friends, family, alumni all welcome. We will start our break during the month of August, so people can get a physical and mental break, and start the school year.

**Fall Restart:** The fall restart date will be 9/11/2023. We will have our usual 2 sessions: 4-6/5:30--7:30pm. We'll post the special events calendar for the fall in early September. This will be time for membership renewals for the 2023-2024 season.

**Be on the lookout for an announcement about the 2024 Pole Vault Summit (Reno, NV).** It is usually January 15 or so (MLK weekend), depending on facility availability. We'll post as soon as we know when it is for sure, usually sometime in August.

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

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

**Fitness Challenge of the Month:** Bodyweight-Based Leg Strength: Think outside the squat rack!

[https://gmb.io/bodyweight-leg-exercises/?fbclid=IwAR3A5sTehkIJPkYr\\_hwIsXjsEGGoyOWmsN5tKZXbU5dlc2llw\\_HfPBkLEBY](https://gmb.io/bodyweight-leg-exercises/?fbclid=IwAR3A5sTehkIJPkYr_hwIsXjsEGGoyOWmsN5tKZXbU5dlc2llw_HfPBkLEBY)



**Pay It Forward:** During June, Coach Jen participated in the American Red Cross 15 Mile Swim Challenge. She met her goal of swimming 15 miles. Please consider *donating blood* as this off-season time is a good time to do so and not interfere with training. People who have been in disasters or accidents or have health emergencies need your help! Find a drive or location:

<https://www.redcrossblood.org/give.html/find-drive>

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**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>

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