

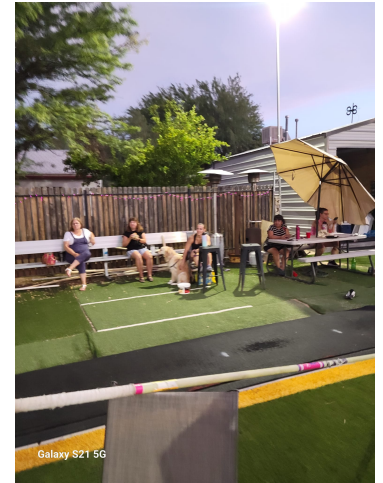
Pole Pilots Newsletter

August 1, 2023



<- Athletes and friends and family ->

at our end-of-summer picnic. It was a really nice way to wrap up the season! Thanks everyone for sharing salads, fruit, and desserts to keep everyone fueled. Thanks for a great season!! We learned a lot, and have ideas for improving training for next season.



Our littlest pole vaulter! Let's go!



People ask why we take a break. EVERYONE needs a bit of a break, to heal and recuperate after a long season. Plus, at this time of year with monsoons, there's a good chance we'd have to cancel practice anyway. This is from the storm Friday night the day after the picnic. We had a bit of work to do cleaning up after that one! And speaking of clean-up, the break gives us a chance to do whatever repairs or upgrades on the facility. Plus, school is starting, and we like to emphasize the importance of that. Finally, if it's good enough for elite athletes, it's probably a good idea. Athletes are going to elite championships and then wrapping up their seasons and taking a break, easing into basic fitness and recreational activities, perhaps healing up after a long season. Most will start serious training in late September. Sounds good to us!

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. We'll post the special events calendar for the fall in early September. This will be the time for membership renewals for the 2023-2024 season. \$100 for members for the entire year.

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 decided sometime in August.

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

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

Fitness Challenge of the Month:

Dragon Flags: This is SO relevant as a PV core exercise:

<https://www.youtube.com/watch?v=pvz7k5gO-DE>

The video has some nice progressions and variations to master this exercise.



Take care of basic fitness over the break! Be ready to start.

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>

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>

<https://www.facebook.com/groups/24132289420/>