

Pole Pilots Newsletter

January 2, 2024

12/9 - UA All-Comers Meet. We took a small group of athletes to the UA All-Comer's Meet, to see where we stand as we transition to the competitive season. Results can be found here: <https://arizonawildcats.com/sports/2022/2/4/home-meet-information.aspx>. Of particular note is Jordan Beck's PR transformation from 13'6 to 15'5. The PIMA CC crew posted a bunch of unofficial NJCAA National Qualifiers: but if you've done it once, you can do it again!

New Year's Day Jump:



On the left: the vaulters for our Annual New Year's Jump. Not quite a PR day but working things out.

On the right: our littlest pole vaulter does conditioning on the mats!



YOUTH OPPORTUNITY! For our *pre-high* school athletes, Coach Cait will help to organize a meet or two through USATF youth meets this spring. Please be in touch with Coach Cait (polepilotstrackclub@gmail.com). You will need a USATF membership: <https://www.usatf.org/home/top-utility-nav-content/membership>

USATF Youth: <https://arizona.usatf.org/events/2024/2024-usatf-youth-track-schedule>

Open/Adult: Tyler Valenzuela (VZAStrong@gmail.com) will help coordinate meets this coming spring for our open/adult vaulters. These may also require USATF memberships. <https://www.usatf.org/home/top-utility-nav-content/membership>

Some schedule info: **Arizona Master's Track:** <https://www.facebook.com/groups/248388648918233/>.

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 5, 2024. M/T/Th 6pm - one session only due to HS season starting. This will continue through July, 2024.**

PLEASE continue to sign-up, 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 as of January 2024 have a renewal of \$50 for members for the remainder of the year, plus \$50 membership fee for brand new sign-ups.

2024 Pole Vault Summit (Reno, NV). January 11-13, 2024, <https://polevaultsummit.org/>. 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 website](http://polepilots.org)) or by check. Please make a note if you want a receipt. We are now "officially" fundraising for new pits, which we will order in Fall 2029. That's (a) not as far away as you think, and (b) important because it takes some long-term planning because it's a LOT of money (\$25-30K) on top of our usual pole and equipment purchases.

Fitness Challenges of the Month:

BENT-KNEE COPENHAGEN HIP ADDUCTION

• Elbow on floor

Place top knee on bench

Lift hips into side plank

Keep bottom leg bent



Copenhagen Planks:

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

And other plank variations:

<https://www.youtube.com/watch?app=desktop&v=bHOteDDCrLs>

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>