


# Pole Pilots Newsletter

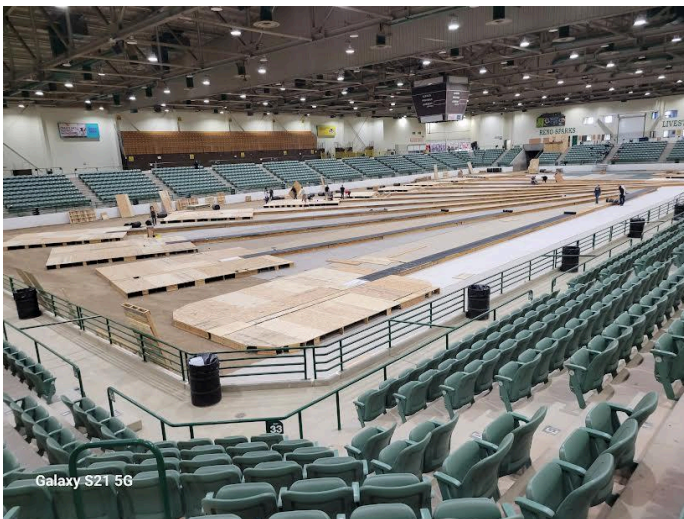
February 2, 2024

**Practices continue:** There will be a schedule change starting February 5, 2024. M/ T (adults) /Th all at 6-8pm - one session only due to HS season starting. This will continue through July, 2024.

**SPECIAL REQUEST:** *please* sign up for practices. If no one signs up (a) assistant coaches don't plan on coming to practice and (b) we don't start setting up. We know we are fighting the 'end of RSVP culture' but it *is* an important habit for planning, and an element of professional and interpersonal etiquette.

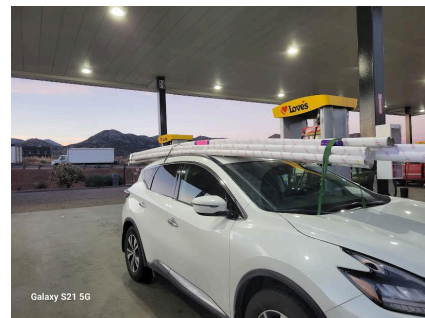
 Pole Pilots Signups

**2024 Pole Vault Summit (Reno, NV).** January 11-13, 2024 , <https://polevaultsummit.org/>.



On the left: setting up the 13 pits of the summit.

Below: besides new ideas and training for your coaches, we pick up new poles for the club, saving shipping costs.



We would love to be organizing a larger group to attend the summit, although we understand that it is quite an expensive trip. Please ask us if you are interested in next year's summit. It's usually "MLK Weekend" (middle of January), and it's usually open for registration in August, with registration closing about December 1.

**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](mailto: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/>.

**Moving into 2024:** It's time for membership renewals for the 2024 season. People (re)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.

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

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**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:**

Pole Vault Mobility Set - Use for either warm-up or cool down:

<https://www.youtube.com/watch?v=49ZcyTUTHQE>

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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>

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

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