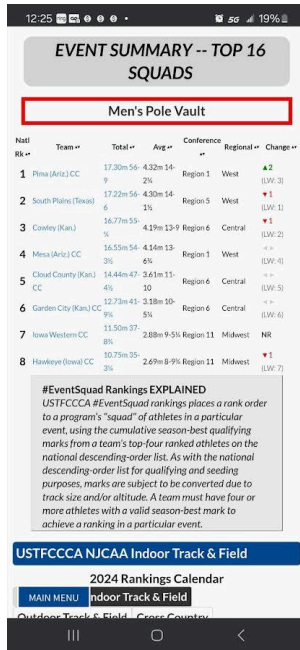


Pole Pilots Newsletter

March 1, 2024



Congratulations to Coach Chuy Salazar and the Men's Pole Vault Crew (Adam, Carter, Kolby, and Dillon) for being the number one ranked PV Squad! We are proud to be able to support Pima CC track and field!

Practices continue: M /Th - 6-8pm - one session only due to HS season starting. This will continue through July 11, 2024.

So, for two reasons, we are going to *suspend the Adult/Open sessions on Tuesdays nights*. The first reason is that 3 nights a week of back-to-back coaching sessions is not manageable. Especially since HS meets start next week. The second is that the Pima CC crew really wants to move their practices to Mondays. It would improve their weekly periodization.

Since that's do-able without making long lines given current HS attendance is pretty sparse, we're going to try that starting the week of March 11. Next week, Tuesday March 5, will be the last of the Tuesday nights for a while. If it comes to it, we will look at re-opening Tuesdays as an "Advanced" session - Min PR 13'M, 10'F, if demand increases and lines get bad, or maybe starting AFTER HS season is over (mid-May) or when one of us quits their day job.

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](#)

VOLUNTEER OPPORTUNITY: Track meets need officials. For ordinary dual meets, no certification is required, just a solid familiarity with the rules. If you want to participate in invites and championship meets, certification is preferred: <https://aiaonline.org/officials/become>. There are also officiating opportunities at Collegiate and Open levels: <https://www.usatf.org/officials>. Some meets provide modest compensation, and if you work toward national level certifications, you can be compensated for officiating elite meets. If you want to give back to the sport but can't go 'all in' like coaching requires, being an official is a great opportunity to provide good experiences for athletes, based on your availability. Contact meet hosts and meet directors, and when certified, the AIA association director of officials. USATF has its own procedures for selecting officials for the big meets.

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 (polepilottrackclub@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> and <https://www.athletic.net/team/67720/track-and-field-outdoor/2024>

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/>.

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) or by check. Please make a note if you want a receipt. As a 501-3-c organization, there may be tax benefits. Consult your tax advisor. We can also discuss club sponsorships with local businesses.

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: Hanging Leg Lifts, AKA Ankle-Bangers.

<https://www.verywellfit.com/how-to-do-the-hanging-leg-raise-3498232> for a progression approach.

See also: <https://www.youtube.com/watch?v=gBu16ijqpEg> to get your feet ALL the way up

Or try: “windshield wipers” - <https://www.youtube.com/watch?v=fJBkAegr-cM> for the advanced.....https://www.youtube.com/watch?v=Aa_63nr9dzc

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/a8af0d00U6R0B>