

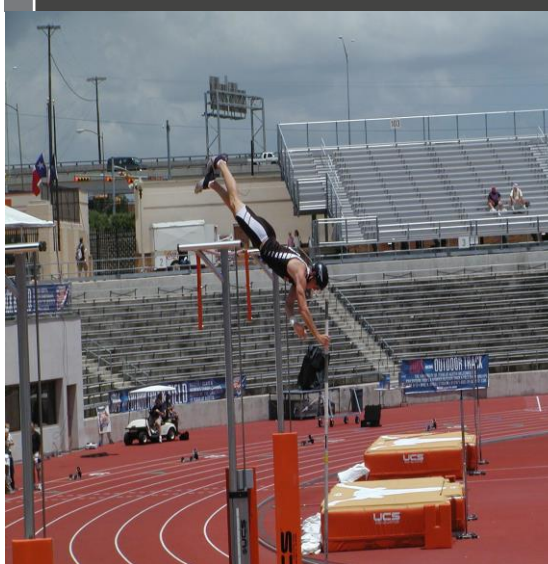


World Class Pole Vault Camps

Great Results Since 1982

When Don W. Hood began hosting the World Class Vault Camps with his sons they had no idea the impact his methods would have on the vault world. Simple teaching, sound mechanical principles, and lots of repetitions in an atmosphere of high energy and powerful motivation has helped produce an unmatched legacy of success. One World Record Holder, several Olympians, two 19' vaulters, thirteen 18' vaulters and dozens more over 17'.

Year Round Opportunities for Instruction



Camps are held in many locations throughout the Summer, Winter and Spring. Private coaching is available if your schedule doesn't match up with the camp schedule.

Check out our website for information concerning dates and locations.

Feel free to call or email with any questions.

www.3dhood.com

222 Goodnight Trail
Longview, TX 75604
donhood63@hotmail.com

Come Fly With Us!

"The Pole Vault is the ultimate challenge of courage and athletic ability"

Coach Don W. Hood

www.3dhood.com

Typical Camp Activities

- 1) Lecture and Video Study
- 2) Gymnastics & Approach skills
- 3) Takeoff drills or Pool Vaulting
- 4) Station Work – Short run vaults/ Approach/ Video
- 5) Full Vaults



2019 Spring/Summer Schedule

May 31, June 1 - LeTourneau

June 3, 4 - DFW (Joshua HS)

June 7, 8 - Abilene (ACU)

June 10, 11 - Katy (7 Lakes HS)

June 14, 15 - Lubbock (Coronado)

June 17 - LeTourneau (1 day)

Cost of 1 Day camp is \$125

Cost of 2 Day camp is \$285 for overnight and \$230 for commuters.

Call 325-201-0447 or email donhood63@hotmail.com for more info or to arrange a private session!



The Proof is in the Results

Jenkins - 18'8" Bright - 19'1" Pursley - 18'10"

Olsen - 19'5.5 Williams - 18'0.5"

At the World Class Pole Vault Camp you'll learn what it takes to maximize your potential as a pole vaulter. Our focus is on proper mechanics - teaching you the basics of how to perform a flawless vault.

We include: 1) Film study and lecture - teaching and showing the essentials every great vaulter must know, 2) Developing a great approach - pole carry, tip drop, rhythm and stride pattern - we'll show you the best way to maximize your runway time, 3) Plant and takeoff - we spend a lot of time with training poles perfecting this critical part of the vault - repetition is the key! 4) Rockback and flyaway - gymnastics and underwater vaulting are used to teach awareness and strengthen the body for this phase of the vault.

Great Camp for Vaulters of



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