

**Hosted By:  
Olympic Pole  
Vaulting,  
Coach Glenn  
Colivas**

# BAPVA Pole Vault Camp Beginner & Intermediate Boys & Girls

**Session 1  
June 5 & 6**  
**Session 2  
June 12 & 13**



## Don't guess why....Know why

Every athlete that comes to camp will learn all of the basics and the latest drills and training techniques. My goal is to make sure every camper leaves with an understanding of how to pole vault to the best of his/her ability.

**Don't just jump high—learn why you jumped high**

### Camp Overview:

#### DAY 1

**5:00-5:30 pm** – Registration

**5:30-6:00** – Introduction and warm-up

**6:00-6:30** – Skills assessment

**6:30** – Water Break

**6:30-7:30** – STATIONS

Phase 1 – Approach Run

Phase 2 – Plant & Drive

Phase 3 – Swing & Invert

Phase 4 – Turn & Flyaway

**7:30** – Break

**7:30-9:00 pm** – STATIONS

Sand Vaulting      Short Run Jumps in Pit

Jumping w/bungie      Wood Box Plant Drills

#### DAY 2 — 5:00-9:00 PM

Athletes will be grouped dependent upon skill level and put through drills and exercises to enhance strengths to fine-tune their jump.

### Camp Location:

**Bay Area Pole Vault Academy (next to AVA)**

**451 Spruce St., Dickinson, TX 77539**

**\*\*Please email Coach Glenn Colivas to secure your spot at:**

**[pvcoach14@gmail.com](mailto:pvcoach14@gmail.com)**

**\*\*Price: \$200 per session**

**Please make check out to Glenn Colivas**

