Jim O’Hare Work Number 270 692-6066 Cell Number 270 402-4291

Greetings Coaches,

I’m Jim O’Hare, the pole vault coach for several high schools in central Kentucky. I have been coaching pole vault for over fifteen years. I now have two athletes jumping 13 feet or better and several who should do very well in this year’s State Competition in both A and AA divisions.

I will be offering several Pole Vault Clinics and Competition for beginners, intermediates, and advanced vaulters this year. All the sessions will be held on Sundays at Marion County High School (see the table below for times and dates).

The only reason the intermediate and advanced classes would be cancelled would be because of rain. (You can Google a weather channel; if Lebanon, KY has over a 40% chance of rain, it will be cancelled). The beginning classes will be held inside if it rains.

The cost of the beginning classes will be $10.00. There will ONLY be two. It is advisable to take both clinics, but not required. The cost of the intermediate classes or the competition will be $5.00 (the cost pays for both the class and the competition). There will be no charge for advanced vaulters.

Competition will be for Intermediate and advanced vaulters only. There will be three divisions of girls and boys (A, AA, and AAA). Ribbons will be given for the top 6 places. The starting height will be 7 feet for the girls and 9 feet for the boys. You must have a representative from the school. It can be a parent who has been declared the school’s designated spokesperson. This person must be present if the athlete is competing for the school.

Beginners are those who have had no real training and/or who are jumping under 7 feet for girls and 9 feet for boys.

Intermediates have had training, know basic drills, and can jump over 7 feet for girls and 9 feet for boys. Even though they have had training, they have trouble with any of the following: bending the pole, getting inverted, getting into the pit, or turning at the top.

Advanced vaulters are jumping OVER 9 feet for girls and 12 feet for boys. They have had extensive training with a qualified instructor and can diagnose their own problems. They only need to “fine tune” their technique.

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|  | **Beginners** | **Intermediate & Advanced** | **Competition** |
| April 10 | 1:00-3:00 PM | 3:00-5:00 PM | 5:00 PM |
| April 17 | 1:00-3:00 PM | 3:00-5:00 PM | 5:00 PM |
| April 24 | NONE | NONE | NONE |
| May 1 | NONE | 3:00-5:00 PM | 5:00 PM |
| May 8 | NONE | 3:00-5:00 PM | 5:00 PM |
| May 15 | NONE | 3:00-5:00 PM | 5:00 PM |