

# COME AND TRY POLE VAULT

**Saturday Morning  
8th of November**

**SA Athletics Stadium,  
Mile End**

**12 to 14 year olds**

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Photo Credit:  
[@australianathletics](https://www.instagram.com/australianathletics)

Pole vault Come & Try

**On Saturday the 8<sup>th</sup> of November I will be holding a Come & Try, for young athletes from 12 to 14 years old, to try pole vaulting.**

The session will run for up to 90 minutes from 10.30am, but some participants may not last that long.

Pole vaulting suits athletes who can already run and jump relatively well, and if they happen to be coordinated in hurdles and throws as well that makes it even better.

Pole Vaulting is not as difficult as most people imagine. In most first sessions about 3/4 of those kids already involved in athletics can pick it up to an extent that makes them happy with how they went.

Like most other complex sports skills, there is an elementary way to pole vault which with time and experience, grows into the more advanced model you may have seen.

Elementary pole vaulting is not particularly dangerous, but the fact is pole vaulters leave the ground which means they have to come back down, and anything with a landing involved presents a slight risk. I coach with safety at the front of my mind so at my sessions accidents are rare. Beginner pole vaulters do not generally vault very high, which is why accidents are rare.

The session will cost \$10 for athletes registered to compete in the afternoon's competitions, and \$20 for athletes not involved in those. (The difference is because I need to pay Athletics SA for any athletes using the track because on competition day because they must in turn pay ORSR.)

Email me at [ksimo@tpg.com.au](mailto:ksimo@tpg.com.au) for more detailed information and to register.