

# POLE VAULT KIDS PROGRAM

contact Kym Simons at [ksimo@tpg.com.au](mailto:ksimo@tpg.com.au) for info



**Saturday Mornings**  
**SA Athletics Stadium,**  
**Mile End**

**9 to 11**  
**year olds**

\*exceptions can be made for  
very interested 8 year olds

## Pole vault for kids program

Following requests from several parents, and some success of a similar program being run by a colleague of mine in Victoria, I am implementing a 'Pole Vault for Kids' trial program. It will be aimed at kids who are too young to be part of regular pole vault training sessions and competitions. The target age range for this program is 9 to 11 years old, but 8 year-olds who are really keen can be considered. These sessions will cost \$20 each.

The program will initially run till the season's Christmas/New Year break, but if demand is strong it may continue to the end of the season. Sessions will be run on the Oct. 11<sup>th</sup>, Nov. 1<sup>st</sup>, Nov. 15<sup>th</sup>, and Nov. 29<sup>th</sup>. If the program trial is successful I will continue it after the New Year break.

To be part of the program your child will need to:

- A) Be keen to do this.
- B) Enjoy trying new things.
- C) Be capable of understanding and following simple instructions.
- D) Be co-operative and easy to manage for an adult other than yourself.

If they can already run and jump well, that's even better.

Email [ksimo@tpg.com.au](mailto:ksimo@tpg.com.au) for details of the sessions and to register.

Regards, Kym Simons.

(Pole Vault SA lead coach)