

05-25-2011

**Welcome to Summer!** School is coming to an end and the Summer is just beginning. We have a whole slate of competitions, practices, and fun activities planned for our pole vaulters.

**Competitions:** There are several meets going on this summer, most of which are open to "All-Comers" which means anyone, any age, any ability can participate. Attached is a schedule.

- **Summer Kickoff Meet:** This Saturday, May 28th, here at our Lone Star gym in New Braunfels. Warmups open at 9am, competition begins at 10am. Club Members pay \$5.00 to enter, non-club members \$10. A club member is anyone who has a current paid monthly, quarterly, or annual membership with Lone Star PV.
- **Twilight Meets:** Beginning next Thursday, June 2nd we will host a "Twilight Meet" every Thursday evening. The exception is Tuesday, June 7th. These are open to all-comers with warmups beginning at 5pm, competition beginning at 6pm. Club members participate for free, all non-club members \$5.00 entry.
- **San Marcos River Vault:** This is our featured meet of the year. Nearly every summer since 2002 we have hauled our portable runways, pits, and standards up to Sewell Park in San Marcos and put on a meet alongside the San Marcos River with usually well over 100 competitors and 400+ spectators. June 4th will be this year's edition and we're just a little more than a week away. This is a near-impossible undertaking without a great deal of volunteer help from club members and their family and friends. It is, however, considered to be the best Texas pole vaulting event of the year by vaulters and coaches from all over. I truly hope to see each and every pole vaulter who currently trains with us, or who has trained with us in the past in attendance. You won't be disappointed! More info and online registration here: [http://lonestarpv.com/oq\\_upcomingevents.html](http://lonestarpv.com/oq_upcomingevents.html) I will be sending another email with details and signup for help today.

- **AAU and USATF Junior Olympics:** These meets are designated for our youth born between 1993-1998. They are prestigious meets which draw the attention of college coaches and are a lot of fun. For AAU, you attend the National Qualifier Meet in Converse on July 2nd and the Top 5 finishers advance to the National Championship in New Orleans in August. For USATF, you attend the Association Meet in Austin on June 25th and the top 6 finishers advance to the Regional Meet in Arlington in July; the top 5 finishers at the Regional meet advance to the National Championship in Wichita at the end of July. We are planning on participating in both series of meets and leave it up to you to decide if you want to do both, one or the other, or neither. We are not going to participate in the TAAF meets this summer. For both AAU and USATF, you need to have a current membership card to be eligible to participate. Most of you already have the USATF card as we require it to participate in ongoing practices here. If you don't have it, go to [www.usatf.org/membership](http://www.usatf.org/membership) and purchase it. For AAU, go to [www.aausports.org](http://www.aausports.org) to purchase. Please email me your registration confirmation once you've done so. Also please email me and declare your intent to compete in either or both of these meets and I will register everyone for these meets and collect registration fees at the time of each meet.

### **Group Practices:**

This is the final week of our "Spring" schedule ending this Friday, May 27. Our Summer schedule begins this Sunday, May 29th:

- **Sundays/Tuesdays/Thursdays:** 5:00-6:30pm or 6:30-8:00pm (Thursdays are in competition format)
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- **Mondays/Wednesday/Fridays:** 9:00-10:30am or 10:30-Noon
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Remember, all monthly (\$200), quarterly (\$565/3 months), and yearly (\$2000) memberships include unlimited group lessons and

open gym per week, so you can come as many days as you want to during scheduled hours. The daily rate is still \$40/practice. ALL practices are mixed-ability, meaning everyone is eligible to come to any practice.

**Private Lessons** - \$50/hour for one person, \$40/hour each for 2 people, \$30/hour each for 3 or more. Please schedule online or call our office.

**Sundays:** 9-10:30, 10:30-Noon

**Mon/Wed/Fri:** Between 1-5pm

**Tues/Thurs:** Between 9-5pm

**Camps** - We will be holding 2 camps this summer. June 22-24 and July 10-12. Non-club members pay \$325 for overnight, club members \$225. Non-club members pay \$275 for commuters, club members \$175. More information on our website: [http://lonestarpv.com/oq\\_camps.html](http://lonestarpv.com/oq_camps.html)

More information forthcoming...

Thanks,

Kris

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