

June 29, 2011  
Howdy folks,

Lots of announcements to make here regarding meets, practices, etc...

**Pole Vaulting Practice:** We remain on schedule through July for Group Practices: Sundays and Tuesdays from 5-6:30 or 6:30-8, Mondays and Wednesdays from 9-10:30 or 10:30-12. Thursday nights are our Twilight Meets which serve as practice for all monthly, quarterly, or annual club members at no additional charge. WE WILL be having practice on schedule Monday, July 4th. Please schedule yourself for all practices online: <https://instant-scheduling.com/sch.php?kn=570316>

**New Coach:** Lone Star PV welcomes our newest Assistant Coach, Jessica Blair. I asked Jessica to write a letter introducing herself to everyone:

*"My name is Jessica Blair. I grew up in Austin, Texas, but spent the last 7 years in Abilene finishing up my education, competing, and coaching. My athletic career began with Gymnastics. I was a member of the USA Senior National Gymnastics team until 2001. I began competing in Track & Field in high school. My college days were spent at Abilene Christian University where I just graduated with a Masters in Organizational and Human Resource Development. While at ACU, I was an All-American Heptathlete, Triple Jumper, and Pole vaulter. Post-College, I am still pursuing my pole vaulting dream. I spent the last year coaching pole vaulters, heptathletes, and decathletes at ACU. I am excited to be back in Central Texas coaching, training, and moving to the next stage of my life. I look forward to getting to know and work with athletes of all ages and skill level in all jumps, hurdles, and throws.*  
*Jessica Blair*

**Private Lessons:** In an effort to spend more time with my wife and son whom I rarely get to spend quality time with, I have resolved to take Sundays off from private or group coaching and am now only available for private lessons during weekdays around our group practices. We are, however, opening up private lesson opportunities with our newest coach, Jessica Blair, for not only the pole vault, but high jump, triple and long jump, shot put, and hurdles. Please help spread the word to your friends and teammates in those events! For now, simply email Roxanne at [roxanne@lonestarpv.com](mailto:roxanne@lonestarpv.com) to request a private lesson with Jessica until we can establish a regular schedule for her at which point we'll make private lessons available via the online scheduler.

**Twilight Meets:** For a month now we've been holding a meet every Thursday night here at our gym open to all-comers. Last Thursday night we saw vaulters set 21 individual PR's (personal records) in our meet! We've had participants from Mexico, our campers, club members, and other clubs in attendance. These meets are a great opportunity to test where you're at in a fun, low-pressure environment. Club members with a current monthly, quarterly, or annual membership compete for free as a practice, which everyone else pays a \$10 entry fee. Please schedule yourself online for Twilight Meets at: <https://instant-scheduling.com/sch.php?kn=570316&typld=31592&step=2>

**Alamo City All-Comers Meet:** Long-time Lone Star PV vaulter and coach Britni Lawrence, who is now the Assistant Track Coach at Trinity University, is hosting an All-Comers Meet on Saturday July 9th. Boys pole vault begins at 9am, with girls at 11:30. Entry Fee is \$15 and you will need to enter yourself. All the meet information is attached in a Word document. If there is enough interest, we'll arrange for a coach to be there for a \$25 fee,

otherwise you may rent poles from us and go on your own. This will be a fun meet, so anyone who feels like jumping for fun this summer should consider it.

**AAU Junior Olympic Program:** This Saturday, July 2nd is the AAU National Qualifier Meet at Judson High School in Converse (San Antonio), TX. If you haven't registered on your own for this meet already, no need to read any further as the deadline has passed. For those of you that have entered this meet, attached is the pdf with all info. and schedule. They run these meets on a rolling schedule, meaning that they vault in order from youngest to oldest, and as soon as one group is finished, the next one is warming up, regardless of what time is on the schedule. The earliest group is Sub-Youth Girls at 7am. I hate to tell anyone to be there at a guesstimated time and be wrong, so to be safe, get there early and sit and watch the groups before you, but try to stay in the shade and drink lots of water! My coaching fee is \$25 per vaulter. I need to know who has entered and planning to go so I can be sure to bring poles for you. Remember, the Top 5 finishers in each age group advance to the National Championships in New Orleans from August 2-5. Here is the link for info. about the National Championship Meet: <http://www.aaujrogames.org/PickASport/TrackFieldMultiEvents.aspx>

**USATF Junior Olympic Program:** Last Saturday we competed at the USATF South Texas Junior Olympic Association Meet and qualified all of our participating athletes onto the Regional Meet in Arlington on July 8-9. If you did not compete last weekend, no need to read any further. For those of you who qualified, the schedule and info. for the Regional Meet is attached. All the boys are scheduled to jump on a rolling schedule from youngest to oldest on Friday, July 8th starting at 8:30am. All the girls are scheduled to jump on a rolling schedule from youngest to oldest on Saturday, July 9th starting at 9:00am. My coaching fee for this meet is \$50 per vaulter. The top 5 finishers in each age group will advance to the National Championships in Wichita, KS from July 28-31. Here is the link for info. about the National Championship Meet: <http://www.usatf.org/events/2011/USATFJuniorOlympicTFChampionships/schedule.asp>

That's all for now. Please call me if you have any questions, I'm a bit behind on emails and cannot guarantee I'll be able to reply to you in time.

Thanks and stay hydrated in this heat!

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