

OKLAHOMA VAULT CLUB

SCOTT HUFFMAN - POLE VAULT CLINIC

Former American Record Holder & 1996 Olympian (19'7")



SATURDAY APRIL 23RD

SESSION 1 - 9:00AM - NOON
SPEED - RUNNING MECHANICS
APPROACH - PLANT - TAKEOFF
SHORT RUN VAULTING

SESSION 2 - 1:00PM - 4:00PM
INVERT AND GYMNASTIC DRILLS
FULL APPROACH

SESSION 3 - 4:00PM - 5:00PM
Q AND A
FROM KANSAS TO THE OLYMPICS

BRING CHAIRS, SHOES, SPIKES, POLES
LUNCH PROVIDED

COST: \$100

Contact info:

Coach Wes Barnhart
(405) 702-3499

Oklahoma Vault Club
21 State Champions
Over 100 Poles
2 PV Pits

OKLAHOMA
VAULT CLUB

Sponsored by



FELLOWSHIP OF
CHRISTIAN
ATHLETES

Location - South OKC/Moore
Call or Text to Sign Up by April 8th