

Pole Vault Clinic

Presented by Don Hood

Coach Don Hood is a 1986 Graduate from ACU. In 1988 he went on to get his Masters from the US Sports Academy in Mobile, AL. He has coach at all levels from Middle school to College. Coach Hood spent two years at Lamar MS in Temple, 4 years at Temple HS from 1990 - 94. Coach Hood spent from 1994 – 96 as an assistant track coach at Sam Houston State University before moving on to Southwest Texas State where he served as the Head Coach from 1996 – 2002. In 2002 he took an assistants job at Texas Tech University and served there until 2005. In 2005 he again became a Head Coach taking over at ACU until 2009. Presently Coach Hood is the Head coach and Girls Coordinator at Brownwood High School.

What: Coaching Pole Vault Clinic

When: Saturday Jan 30th 9 AM – 4 PM

Where: Salado High School

Cost: \$12 per coach (checks payable to Salado Track)

RSVP: coach Glenn Talbott Salado High School
e- mail address- gtalbott@saladoisd.org

Itinerary: 9 – 11 – Video and Lecture (basic principles, key areas of concern)
Question and Answer time

11- 12 - Learn by doing (pole carry, approach, plant, vaulters warm-up, etc...)

Noon lunch

1 -3 - Video Lecture (Planning a workout, a week, a season, keys areas to train, To do's and Not To do's, Meet Preparation)

3 – 4 Question and Answer Time

Purpose: This is a coach's only clinic to enable you the coach to better prepare your vaulters. Coaching the vault takes time and attention to detail. So why not get some of the best coaching points from one of the best vaulting coaches. Since this a smaller venue you should be able to get all your pole vaulting questions answered.