

COME AND TRY POLE VAULT

At Box Hill Athletics Club:

Saturday 19th November
Saturday 17th December
12:00 - 1:00pm



TARGET TALENT SQUAD



Athletics Australia's High Performance Program along with the underpinning Target Talent Program have allocated additional resources to find the next generation of Australia's World Class Pole vaulters.

We are holding two trial days to teach the basics of pole vault and assess athletes on their potential to be an international pole vaulter. Sessions will be approximately 60 mins in length and targeted at athletes aged 11 to 13 years of age.

To be successful athletes will need to be:

- **FASTER than average**
- **TALLER than average**
- **COORDINATED - gymnastics background is helpful but not essential**

Athletes displaying potential will be selected to continue training 1-2 days per week.

Trial days and any subsequent coaching will be under the guidance of Mark Stewart and Rosie Ditton at Box Hill.

Mark has coached many International Pole Vaulters, including:

- Steve Hooker from 1997 until 2006 at which point he had a personal best of 5.91m, was the Commonwealth Champion and was ranked Number 1 in the world!
- Emma George to 10 world records and a PB of 4.55m
- Brodie Cross - 2011 World Youth Representative

FOR FURTHER INFORMATION OR TO REGISTER CONTACT:

Rosie Ditton - Target Talent Coordinator - Athletics Australia
Email - rosie.ditton@athletics.org.au Mobile - 0410 574 117

**Please ensure you email Rosie to register prior to the trial days.*