

TEAM HOOT

2016 SUMMER VAULTING PROGRAM

WHEN:

June 13 to July 27

10am to Noon, Monday Tuesday Wednesday

(Shawn Coaches Monday Tuesday

(Dennis Coaches Monday Tuesday Wednesday

**** Week of the 4th is off due to everyone being out of town**

COACHES: GET THE BEST!

Shawn Francis

- 2014 USA Silver medalist
- Professional Pole Vaulter Current PR of 18'2.5
- World Ranked
- Former Division 1 Coach
- Masters Degree Exercise Science Biomechanics
- Former Personal Trainer
- USTFCCA Jumps Specialist
- Coached 2 All Americans
- Coached Minnesota State Record x2
- Coached North Dakota State Record x3
- Coached 5 State champions
- Coached Multiple State Medalists

Dennis Francis

- USTFCCA certified
- 40 years coaching experience at all levels /sports
- Hastings Head Pole Vault Coach
- Coached Multiple State Participants

**MAKE CHECKS PAYABLE TO
TEAM-HOOT LLC
FOR QUESTIONS CONTACT
SHAWN.FRANCIS19@GMAIL.COM**

POLE VAULT!

Learn the skills needed to improve in the sport of pole vault through

- Technical development
- Gymnastics
- Runway work
- Sand vaulting
- Speed and power work
- Body awareness
- And HAVING FUN!

AGES

ANYONE INTERESTED NEW OR ADVANCED!

PRICE

\$375 for the summer

1st day free for new Athletes!

NOTE

THIS IS NOT JUST OPEN VAULT. THIS IS A COMPREHENSIVE PLAN WHICH HAS PROVEN TO WORK OVER 16 YEARS OF VAULT EXPERIENCE. WE ADJUST THE PLAN BASED ON EACH ATHLETES NEEDS! THE MORE YOU COME THE FASTER YOU PROGRESS!

WHERE

HASTINGS HIGH SCHOOL TRACK

200 GENERAL SIEBEN DR
HASTINGS MN 55033