

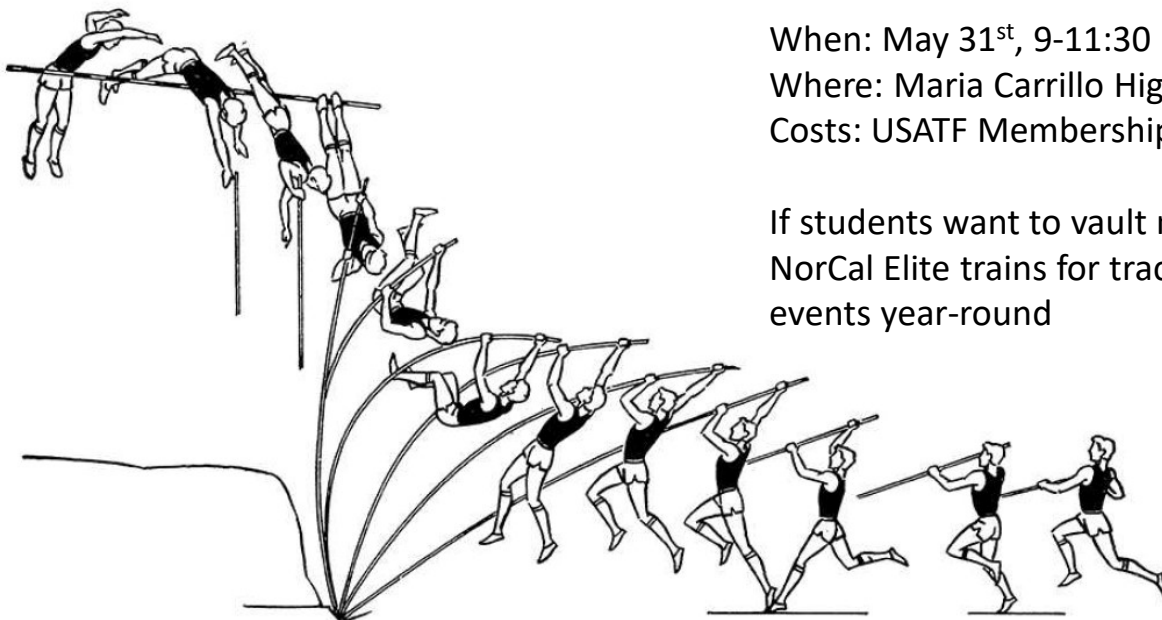


## Are you fast enough to fly?

On May 31<sup>st</sup>, NorCal Elite Track & Field Club is inviting middle school aged students to participate in a pole vault introductory practice. Students will have an opportunity to try vaulting into the pit and to meet some high school vaulters.

The pole vault is a unique & exciting track & field event. Our training program focuses on student's speed, strength, flexibility, and body control to help prepares student to compete with their high school team. The pole vault is a great complement to other team sports.

Class size limited to 8 students. Go to <https://www.norcalelitetf.com/> for registration details.



When: May 31<sup>st</sup>, 9-11:30 am

Where: Maria Carrillo High School

Costs: USATF Membership + \$20 Fee

If students want to vault more,  
NorCal Elite trains for track & field  
events year-round