



Pole Vault Come and Try & Talent Identification Day

Date: 7 August 2016

Where: The Crest Athletics Track

Timetable

10:00am – Introduction

10:15am – Warm Up w/ Jack Hicking (World Junior representative, former NSW Record Holder)

10:45am – Basic drills (30m sprint, standing long jump)

11:15am – Pole Vault try-out

12:15pm – Open Chat

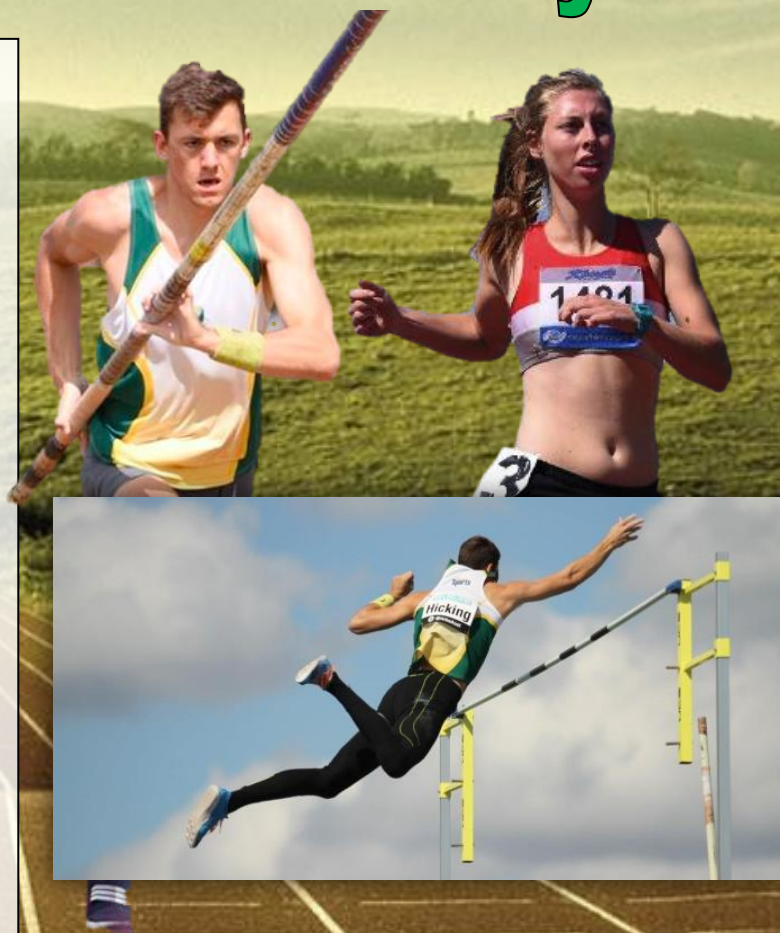
RSVP: 3 August 2016

Zsuzsanna Olgyay-Szabo - 0420438577

Jack Hicking-0430394343

E: Zsuzsanna.Olgyay-Szabo@nswis.com.au

W: www.seahawkstrackandfieldacademy.com



The Seahawks Track and Field Academy is moving to The Crest at Bankstown. Given that pole vault is fairly new to Australia, there are tremendous opportunities for early success in your career.

Take the opportunity to come and try pole vault for the first time and you might just find yourself in one of the most elite squads in Australia!