



**FREE COURSE!**

## **Pole Vault: Successful Skill Development**

The National Federation of State High School Associations, NCAA and USA Track and Field are proud to bring you the Pole Vault: Successful Skill Development course.

This course has been designed to help both coaches and athletes. Coaches will learn to develop and teach the introductory skills of pole vaulting to your students. After completing this course each participant will have a better understanding of the fundamentals of pole vaulting, as well as the best practices and techniques that will help educate and promote safety in the sport.

You may complete a course immediately and will have up to one year to review and access all printable resources. Please click on the following link to take you the course (if this does not work, please cut and paste the link into your browser).

<http://www.nfhslern.com/electiveDetail.aspx?courseID=40000>