

TEAM NODAK TRACK CLUB

The last eight years *TEAM NODAK* has operated a summer youth pole vaulting program allowing young athletes to expand techniques in the pole vault. The club is a great opportunity for vaulters to learn the basics of the pole vault and to have experienced eyes watch and help correct vaulting technique. Also, vaulters will get a chance to learn gymnastic drills, and circuits that help enhance the specific skills and strengths needed for vaulting. This year we have added a day to allow for sprint specific training for pole vaulters.

TEAM NODAK Track & Field Club is an organization run by USATF Dakotas Association. USA Track & Field Dakotas is the local governing body for long distance running, track and field, cross country and racewalking in North Dakota and South Dakota. Our goal is to provide programs and competitions that aid in the development of all who are involved.

USATF Dakotas is your general resource for information regarding events, rules, clubs, sanctions, membership, regional and national championships, and anything else you need or want to know about our sports.

Club Director Stevie Keller a native of Harvey, ND, is in his ninth season with the Bison Track and Field program. He coaches both the Men's and Women's, Pole Vault, Javelin, Combined Events, and Hurdles. Other club coaches will consist of colligate and post colligate pole vaulters training in the Fargo area.

PRACTICE SCHEDULE: *Monday and Thursday will be vault days Tuesday will be runway and gymnastic training.*

Monday June 7th 7:00pm

Tuesday June 8th 7:00pm

Thursday June 10th 7:00pm

Saturday June 12th USATF JO MEET Aberdeen, SD (if you would like to compete in this meet you need to travel on your own)

Monday June 14th 7:00pm

Tuesday June 15th 7:00pm

Thursday June 17th 7:00pm

Monday June 21st 7:00pm

Tuesday June 22nd 7:00pm

Thursday June 24th 7:00pm

Monday June 28th 7:00pm

Tuesday June 29th 7:00pm

Thursday July 1st 7:00pm

Monday July 5th 7:00pm

Tuesday July 6th 7:00pm

Thursday July 8th 7:00pm

July 7th-11th USATF JO Regional IA

Monday July 12th 7:00pm

Tuesday July 13th 7:00pm

Thursday July 15th 7:00pm

Monday July 19th 7:00pm

Tuesday July 20st 7:00pm

Thursday July 22rd 7:00pm

July 30-August 4th USATF National Championships

Monday July 26th 7:00pm

Tuesday July 27th 7:00pm

Thursday July 29th 7:00pm

All practices will be held at the Schlanser Track on the campus of NDSU.

Club fees \$200 for the summer!!!!

Fees cover Club membership, USATF membership, insurance, 24 practice sessions, and T-Shirt.

Make checks payable to: TEAM NODAK

For more information: contact Stevie Keller @ 701-793-0374 or e-mail @ stevie.keller@ndsu.edu

For updates on the club visit www.teamnodak.org



TEAM NODAK TRACK CLUB 2010 USATF DAKOTAS ASSOIIATION

Schlanser Track Complex • Fargo, ND •

NAME (print): _____ BIRTH DATE: _____
 ADDRESS: _____ PHONE #: _____
 E-MAIL _____
 CITY: _____ STATE: _____ ZIP: _____
 VAULT PR: _____
 HIGH SCHOOL: _____
 BOY GIRL (circle one)

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Make checks payable to: TEAM NODAK, 1237 3rd St N, Fargo, ND 58102 or bring this page and money to club practices

For more information: contact Stevie Keller @ 701-793-0374 or e-mail @ stevie.keller@ndsu.edu

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