

TEAM NODAK TRACK CLUB

The last nine 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 tenth season with the Bison Track and Field program. He coaches both the Men's and Women's, Pole Vault, Javelin, Combined Events, and Hurdles.

Club Assistant Director Shawn Francis a native of Hastings, MN is in his 2nd year as the vault coach for North Dakota State University. Shawn is currently one of the top vaulters in the country ranking 25th in the USA last year and 41st in the World with a personal best vault of 17'8.50. 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, runway and gymnastic training.*

Monday June 6th 7:00pm

Thursday June 9th 7:00pm

Saturday June 11th USATF JO MEET Aberdeen, SD (if you would like to compete in this meet you need to travel on your own)

Monday June 13th 7:00pm

Thursday June 16th No practice NDSU pole vault camp

Monday June 20st 7:00pm

Thursday June 23th 7:00pm

Monday June 27th 7:00pm

Thursday June 30th 7:00pm

Thursday July 7th 7:00pm

July 7th-10th USATF JO Regional St. Paul MN

Monday July 11th 7:00pm

Thursday July 14th 7:00pm

Monday July 18th 7:00pm

Thursday July 21st 7:00pm

July 26th-July 31st USATF National Championships Wichita, KS

Monday July 25th 7:00pm

Thursday July 28th 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, 15 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

Shawn Francis shawn.francis@ndsu.edu 651-855-8769

For updates on the club visit www.teamnodak.org

Follow us on Facebook at facebook.com/TeamNodak



TEAM NODAK TRACK CLUB 2011 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: Shawn Francis @ shawn.francis@ndsu.edu 651-855-8769

Stevie Keller @ stevie.keller@ndsu.edu 701-793-0374

For updates on the club visit www.teamnodak.org

Follow us on Facebook at [facebook.com/TeamNodak](https://www.facebook.com/TeamNodak)