

# Step 1:

## Deciding if BPVA is the right fit for you

Look, we get it, BPVA might not be the right fit for everyone. So come try a session on us, for free, to see if the culture and our coaching style is a good fit for you. We try our best to promote a healthy, communicative and uplifting environment for all who buy into our program. To us culture and community are everything. The pole vault is one of those rare communities where you will feel a “we are in this together” mindset and BPVA lives and dies by this. We will not compromise our healthy culture and community for any single athlete and understand if it is simply not a good fit.

**All athletes must have a completed and turned in Waiver form and registration form on file before they jump at BPVA. These can both be found at the bottom of the “membership” page of the website**

# Step 2:

## Picking a membership option

Pick a membership option that is best suited for you, your goals and your schedule. Whether this be “drop in”, “monthly”, or “yearly” we try to give everyone an opportunity to train at BPVA.

Every session, regardless of membership status, athletes warm up together, go through drill progressions together and pole vault together. All warm ups are “athlete led”. Meaning an kid who knows the ropes takes new kids under their wings during our warm up window. Showing them exactly how each drill needs to be done while providing corrections and tips along the way. This leadership opportunity helps our athletes not only

promote a good and helpful culture but it also helps the leader get a truly in depth grasp on the drills themselves.

# OPTION 1

## Drop In: \$40.00

**Anyone** is welcome to drop in to **any** session that is posted on the calendar section of our website. This freedom is to ensure athlete turn over of course but also allow anyone in the pole vault community to have access to coaching and our culture. That being said, dropping in “Sporadically” to a session is not going to ensure you become the best pole vaulter that you can be. As with anything in life..consistency is key. Pole vault is about habit forming and the only way we can develop quality technique, strength and mind is through consistency.

All this being said, if “dropping in” is the best fit for you at this time there are a few rules.

1. Arrive to whatever session you’re coming to **ON TIME**. We do not tolerate athletes consistently arriving late to our sessions regardless of membership level.
2. **Say hello** when you arrive. Before starting the warm up process please come in and greet your coaches. This is a simple rule that is broken more than any other. How am I supposed to teach you how to do one of the most challenging events in track and field if you’re too afraid to come over and engage with me before practice?
3. **Say goodbye** as you leave. As we wrap up practice our coaches need to know you’re leaving for the same reasons we need to know you’ve arrived. We also need to know that you are square on payment. Its simple manners really.

# OPTION 2

## Monthly: \$280.00

Joining as a monthly member is the first step in committing to full time training at BPVA. This person is saying “Im ready to dig in and get the most I can out of training and want to start working towards reaching my potential”

Athletes that choose this option are coming at minimum of twice per week and are accounting for things like vacations before committing to the 30 day window. The only legitimate reason an athletes monthly membership can be put on hold is due to injury where time off is required.

This option also allows any younger **siblings** to join in for free making it an economical choice for parents with multiple children. From our perspective, if we can keep a family in our program for longer then its a win win for all involved.

the same three rules apply:

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# OPTION 3

## Yearly: \$2600.00

This option is new to BPVA. This year we have sat down and put together a 12 month training program that encompasses every element from the runway to the weight room and to the track. Our goal here is to give those who want to go all in on the pole vault an option at a discount. You are essentially getting 3 months for free as well as a structured 12 month training cycle to ensure you get the most out of BPVA. If you compare this cost to other club sports (ice hockey, gymnastics, club volleyball) we know we are still very much cheaper than committing to those

This option is available to anyone who is willing to commit to full time training. I would imagine however that juniors and seniors who have aspirations of pole vaulting in college would buy into it more than the younger athletes.

Since this is a new membership option we may add things to make this an even more worth while commitment for the athletes as we do some trial and error in our first year.

The same three simple rules apply to this program

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## Step 3:

# Walking through the door

If you've made it this far chances are you think BPVA is the right fit for your training. There are just a few things you'll need to bring with you to practice.

1. Workout clothes
2. Water
3. Running shoes (NOT HEY DUDES)
4. Spikes (optional)
5. A POSITIVE ATTITUDE - This is non negotiable at BPVA. I refuse to coach athletes that throw fits and are disrespectful to other athletes and/or coaches.

I do expect, at some point early on, to talk a moment with new athletes and their parents. Simply to make sure that we are all on the same page about expectations at BPVA. Being on the same page goal wise with your coaches/mentors is a very important part of the process. Not to mention, if its not glaringly obvious... the pole vault can be a dangerous event and building a relationship with our coaching staff early on is imperative. Coaching is something we take very seriously and if we feel like an athlete is a danger to themselves we want to have that report with their parents and have that talk early on. Pole vaulting isn't for everybody unfortunately. As a parent if you would like my honest evaluation to see if this will be a worth while endeavor I have no problem being upfront about that.

Like stated previously we need to have a completed waiver form and registration form on file before you jump at BPVA.

Always check the calendar section of the website for closures before making the trip up. Its incredibly rare that we close but if the power goes out or something unexpected happens we may be left with no choice.