



# **PACCIA Bros Pole Vault Clinic**

**Sponsored by Tully Parks & Rec and Tully Central**

**Tully track & field coach Jim Paccia & Tully alumni pole vaulter Noah Paccia**

**For Boys & Girls 9<sup>th</sup>-12<sup>th</sup> Grade from Central New York**

**Basics to Advanced : Learn or relearn basics, work skill set drills, weight room enhancement, body position and physics, Technique on the ground and in the air, practice jumping and Jump, Jump, Jump**

**2 days- Saturday March 21 5:00-7:00 and Sunday  
March 22 5:00-7:00**

**\$10 Registration through Tully parks & Rec**

**[https://campscui.active.com/orgs/TullyParksandRecreation?orglink=camps-  
registration](https://campscui.active.com/orgs/TullyParksandRecreation?orglink=camps-registration)**

*Have some fun and keep pole vaulting in your head with this  
Early-Season tune-up pole vaulting clinic*

*Sign up today*

*Coach Paccia*

*315 439-3147*

