

CHS Summer Vaulting @ CHS Track

Information: Coach Haley Rushin

Email: holtonh@capetigers.com

Remind Page: Summer PV 22 Class Code: @summerpv22

*Practice from 5:30 pm -7:30 pm

Warmup for 20-30 min, then drills & vaulting

What to Bring: spikes, water, towel, small notebook, pen/pencil

June				
Monday	Tuesday	Wednesday	Thursday	Friday
	31 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	1 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	2 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	3
6 First Vault Day BOOTCAMP then vault rules/expectations/ common courtesies	7 WEIGHTS Boys:8-9:30 Girls: 9:30-11	8 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 VAULT	9 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	10
13	13-17: Coach Rushin is gone (NO VAULT ON WEDNESDAY) Weights Tues/ Wed/ Thurs			
20 VAULT	21 WEIGHTS Boys:8-9:30 Girls: 9:30-11	22 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 VAULT	23 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	24
27 VAULT	28 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	29 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 VAULT	30 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	July 1

July				
Monday	Tuesday	Wednesday	Thursday	Friday
4 NO VAULT Happy 4th!	5 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	6 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 VAULT	7 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	8 Vault
11-15th - Coach Rushin out of town for vaulting camp Weights on Tues/Wed/Thurs				
18 Vault	19 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	20 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 Vault	21 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	22
25 Vault	26 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	27 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 Vault	28 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	29

August				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Vault	2 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	3 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 Vault	4 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	5
8 Vault	9 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	10 WEIGHTS Boys: 8-9:30 Girls: 9:30-11 Last Vault	11 WEIGHTS Boys: 8-9:30 Girls: 9:30-11	12
15	16	17 PD DAY	18 PD DAY	19 WORKSHOP
22 PD DAY	23 WORKSHOP	24 FIRST DAY OF SCHOOL	25	26