

YSTFC is proud to announce that Stacy Dragila will be at our first meet on June 27<sup>th</sup> at Bella Vista High School to help support the ever growing pole vault community in our area. Not only will she be there to help out, provide a few pointers and to chat it up with fellow vaulters but she'll be providing a FREE stick jumping clinic after the meet. The goal of the clinic is to teach 5th thru 8th graders how to jump over and across stuff with bamboo sticks, and, in the process, teach them a little something about physics and bio-mechanics. So, invite your little brothers and sisters, nieces and nephews or the kid next door to come out for a fun filled experience that may just change their lives.

**SATURDAY, JUNE 27th**

**Meet: Doors open at 9:00AM, Competition at 11:00AM**

**Clinic: 2:00pm - 4:00pm**

**Location: BELLA VISTA HIGH SCHOOL**

**Address: 8301 Madison Avenue, Fair Oaks, CA 95628**

Please feel free to pass along information found at <http://www.vaultsafe.org/sacramento-stick-jumping-clinic.html>. Feel free to contact us with any questions at [888.581.2266](tel:888.581.2266) or [help@vaultsafe.org](mailto:help@vaultsafe.org).

Come to watch, jump, or participate in the clinic and definitely chat with Stacy. We hope to see you out at Bella Vista HS on June 27th!!

**SPECIAL INVITATION TO EDUCATORS:** This free clinic is part of a nationwide project from Stacy and VaultSafe to develop a Physical Education curriculum for middle schools. **You are invited to join us** at the clinic to observe Stick Jumping, meet Stacy and provide us any ideas or input you may have on the development of this new P.E. activity (Stick Jumping is a common-core compliant, standards-based P.E. curriculum using bamboo sticks to teach kids about physics (concepts such as kinetic energy, potential energy, angular momentum and moment of inertia) and history (Origin of the event can be traced to the Netherlands where tree limbs were used as a means of transportation to cross Fjords)

There are no strings attached to this invitation. Stacy's life was transformed through pole vaulting as she became the first female to win an Olympic Gold Medal in the 2000 Olympics. When she was recently inducted into the National Track & Field Hall of Fame, she spoke of the importance of inspiring youth to "Try Something New." In her acceptance speech, she explained her philosophy as follows:

*For the youth out there, I invite you to try something new: Test your limits -- Step out of your comfort zone. You will never know what's possible until you do. I was in college when my heptathlon coach brought some pole vault poles to practice. That day at Idaho State, I tried something new and 7 years later I was standing on a podium in Sydney, Australia with an Olympic Gold medal around my neck – and my life was changed forever. Try something today that changes YOUR life.*

She now wants to give back by introducing this event to youth across the United States and to inspire kids to "Try Something New" in their lives.

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