



The Annual Training Program

Pole Vault is one of the most challenging events/sports. Due to the nature of the event it takes a number of different skills. A vaulter must be able to sprint, jump, be very strong (relative to his or her body weight), have great body awareness and control and perform a number of different skills proficiently and simultaneously.

The pole vault is also very sequential and progressive. Each phase builds off of the previous phase. For example, if you are not carrying the pole efficiently then you will not run well, if you do not run well then you will not take off well...and so on. It takes time to develop all of these skills and learn to put them together in the correct way, in a way that promotes both safety and long term success. This is why we recommend the annual training program to anyone interested in being successful in the vault and maximizing their potential. **The annual plan does not mean that you have to specialize in the vault or that you can't do other sports...we actually encourage our younger athletes to be multi-sport athletes!*

- Our annual plan and pricing takes into account that we will have all the poles / facilities the kids will need to train (no additional fees).
- It also takes into account that some kids will train more than others during different times of the year. For example, if a kid is playing basketball he may not train as much during December and January as another kid that is not..but this doesn't mean that he won't train at all.
- Lastly, it takes into account that as a group we will train more during certain times of the year than others (see the schedule below)

The Annual Schedule

- **December** - This is when we begin vaulting and have 1-2 sessions per week in order to be ready for the upcoming indoor season and school track seasons.
 - We will typically attend 3-4 indoor pole vault competitions during the end of December through the 1st week of February.
 - The indoor competitions are completely optional but we recommend everyone try to attend at least 1-2.
- **January - Mid-May**: During this time we will have 2 sessions available each week.
 - End of December - 1st week of Feb - Indoor Season
 - Mid Feb - Mid April - Junior High and High School Season.
 - Mid April - 1st week of May - High School Championship Season (regional & state meets)

During the school season the kids still train with us but compete for their school. We have great relationships with all the surrounding schools/coaches and have good working relationships with most of them. **For those who do not qualify to the regional competitions you will take a short break during the Championship Season. During this time you will rest and get ready to start training for the summer season.*

- **Mid-May - July - Summer Season**
 - We typically attend a few pole vault competitions in June; they are big, fun, pole vault only competitions similar to the indoor vault competitions. Typically, the only competitions in July are Mac Vault Nationals and TAAF, AAU, USATF qualifying track meets (whether or not we do these depends on club interest from year to year).
 - For those who do not compete much in the summer, this is a great (laid back time) of the year to work on improving some of the technical issues we had during the season before we change gears for the fall.
- **August - OFF** This is the only month we take completely off! Time to give the body a rest as kids get ready to start school!
- **Sept - Nov** - During this 3 month period we meet twice per month on a Sunday Afternoon. Vaulters need this time away from the pit to give them a break both mentally and physically. When we meet we DO NOT VAULT. We spend this time teaching the kids how to sprint and jump correctly as well as spend a lot of time teaching drills and gymnastics exercises. Our goal during this time is to give them a break but still continue to progress them so that when we pick a pole back up we are working with a better athlete with the skills necessary to excel during their upcoming season!