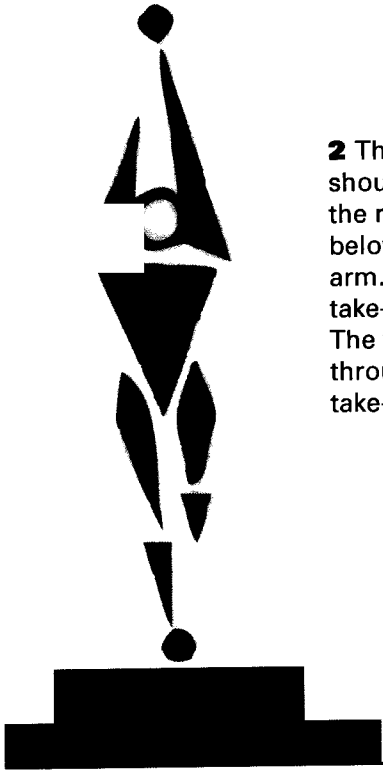
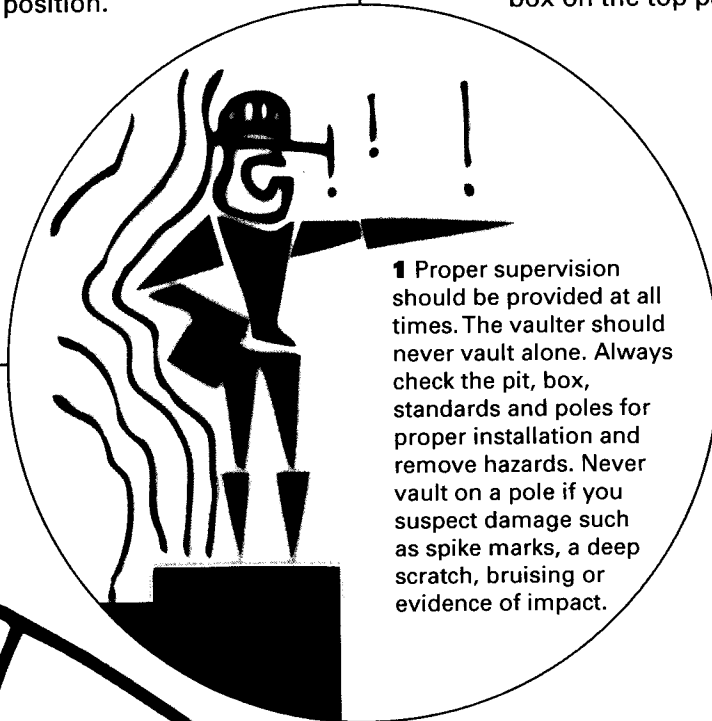


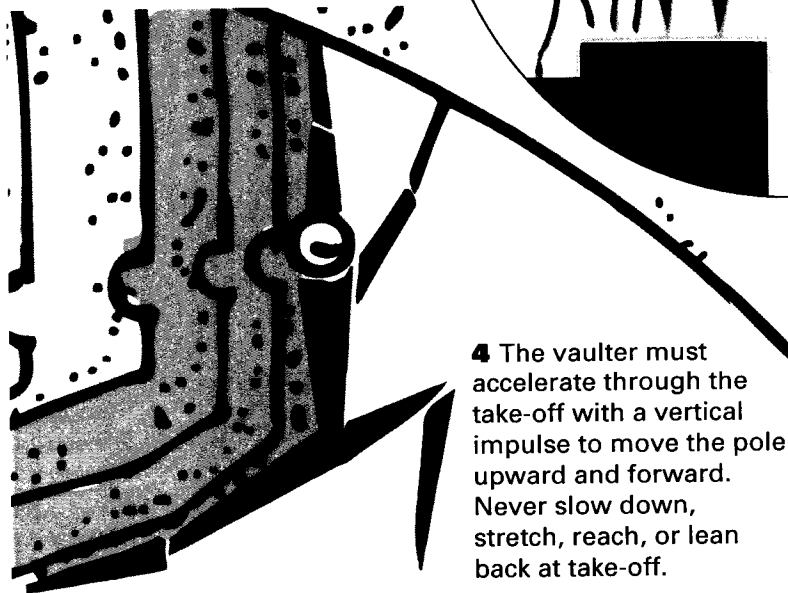
5 BASIC GUIDELINES FOR POLE VAULTING



2 The take-off position should be in the middle of the runway and directly below a fully extended top arm. An “under” or “outside” take-off should be corrected. The vaulter should accelerate through and beyond the take-off position.

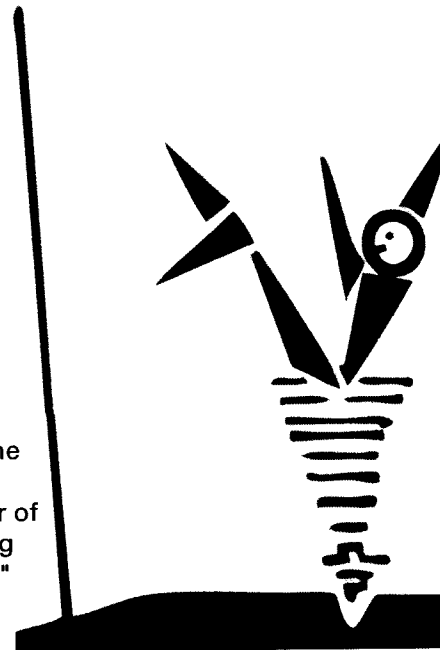


1 Proper supervision should be provided at all times. The vaulter should never vault alone. Always check the pit, box, standards and poles for proper installation and remove hazards. Never vault on a pole if you suspect damage such as spike marks, a deep scratch, bruising or evidence of impact.



4 The vaulter must accelerate through the take-off with a vertical impulse to move the pole upward and forward. Never slow down, stretch, reach, or lean back at take-off.

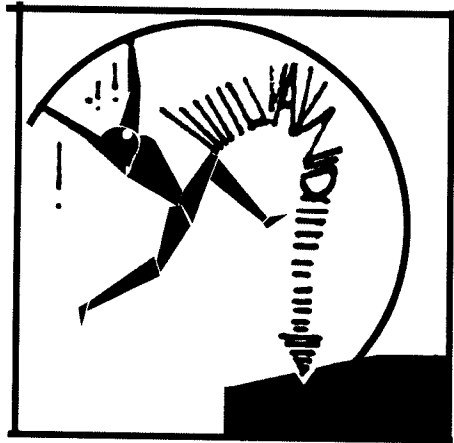
5 The focus on each vault must be to drive forward and upward at take-off. The goal must be to move the pole and land in the center of the pit every time. Keeping the standards between 24" and 32" is recommended.



Respect and know your event! Have fun with your team, and celebrate every small improvement. Enjoy vaulting!

Drawings: Grea Miquel

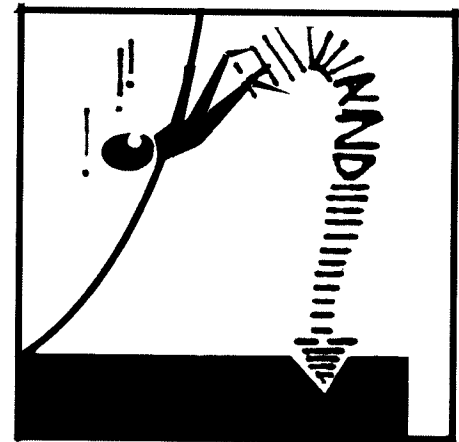
TOP HAND GRIP POSITION



There is a big pole bend but no penetration, which causes a shallow landing.

LOWER THE TOP HAND GRIP

The shorter lever will promote better pole speed to land in the center of the pit.



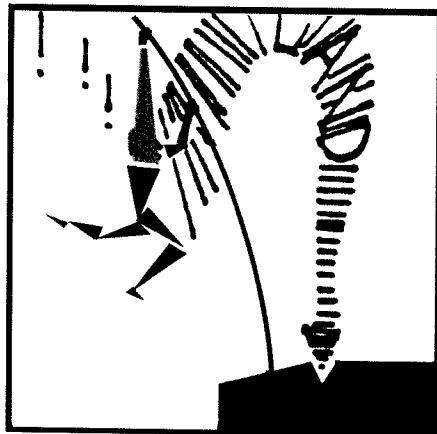
There is a small pole bend with excess penetration, causing a deep landing.

RAISE THE TOP HAND GRIP

Do not exceed the weight band.

Caution should always be observed when undertaking pole and handgrip adjustments. Always strive to make one change at a time. Goals for proper pole carrying, running, planting mechanics, moving the pole, and landing in the middle of the pit should never be compromised.

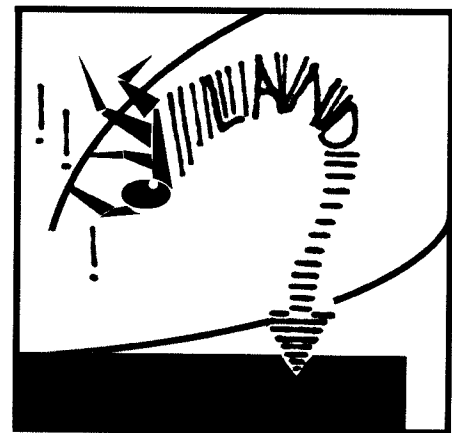
POLE STIFFNESS



There is very little pole bend, poor penetration, and a shallow landing.

CHANGE TO A SOFTER POLE

The same length, and not less than your weight.



There is a large degree pole bend, excess penetration, and a deep landing.

CHANGE TO A STIFFER POLE

The same length.

Never exceed the weight rating on the pole. Never exceed the handgrip. A grip too high or exceeding the weight limit may affect proper pole movement, penetration, and landing in the safe zone (center of the pit). Proper coaching adjustments require constant evaluation and noting of the landing place, pole bend, and movement.