



Norfolk Catholic Track and Field

TERRY GLENN
POLE VAULT

Take Off

1. Pole tip
2. Where are the hands
3. Top arm bottom hand
4. Hips chest
5. Knee and toes
6. Take off foot
7. Jump and pause

Body position take off



Take Off Inverted C



Bottom arm





Row and close and turn

1. Back leg
2. Knee drive
3. Top arm motion
4. Bottom arm
5. Elbow
6. Close off

Row and
close



No top
arm
motion



Row, close off, and turn

- ▶ Thank you Sandi Morris
- ▶ <https://www.instagram.com/sandicheekspv/>

Equipment

- ▶ Helmets
- ▶ Home made
- ▶ Mats
- ▶ Poles and cross bars
- ▶ Runway

Helmets

- ▶ Safety – its not something you talk about its something you do

Home made DIY

- ▶ Bungees- we make our own bungees, 2 pool noodles 3/8in OD 1/4in ID BLACK Latex Rubber Tubing ONE CONTINUOUS PIECE



- ▶ Sliding boxes



Home made

▶ Mini hurdles

▶ Invert boxes - rick attig pole vault drills 1



Matts and standards

- ▶ <http://richeyathletics.com/pages/track+and+field+equipment/1>
- ▶ <Http://www.ucsspirit.com/>
- ▶ I have a set of standards that are 13 years old that still look brand new. They still have the original pegs

Poles and cross bars

1. Ucs – one type
2. Essx – still too new to tell, one type different sail piece
3. Pacer- who wants to buy 5 different types of poles
4. Altius – only thing I know is they bend easy and they have different colors
5. Cross bars – order 10 the older they are they seem to last longer

What do all those numbers mean

- ▶ 475 series number /70 manderel
- ▶ 15'7" length
- ▶ 155 weight
- ▶ 15 year made
- ▶ 26.1 flex number
- ▶ 4-3 month day

475/70

15'7" - 155 lbs

15-26.1-4-3

Runway paint it up



Summer Time

- ▶ Pole vault camp – started 12 years ago with my kids. Now we are up to 22 kids from 7 different schools
- ▶ Track camp for little kids
- ▶ STREET VAULTS

Resources

- ▶ Shawn Francis - team hoot pole vault YouTube channel
- ▶ Camps
- ▶ Sports science lab
- ▶ Instagram
- ▶ <http://www.decamouse.com/sitebuildercontent/sitebuilderfiles/engviewpvpole.pdf>

US Pole Vault Association

www.uspva.org & Instagram: uspva1



- ▶ Pole Vault Advocate Group Promoting Pole Vault nationwide
- ▶ We are a group of motivated U.S. pole vaulters who want to see the pole vault stay alive with a continued vision to help grow it in our incredible country
- ▶ Supporting all levels, we hope to achieve better education for those inside and outside of the pole vault.
- ▶ An educated system allows growth and a voice to be heard and supported.
- ▶ We hope to provide a central system of knowledge and communication within the pole vault community and provide aid as needed.
- ▶ We want to be able to support American Street Vaults with
 - ▶ funding and sponsorships so that an up close and personal experience is provided to crowds
 - ▶ And legal, sanctioned street vaults can provide marks and prize money's to elites in need of competitions.
- ▶ Connecting national competition results and video at all levels of the vault is a goal of ours as it is very difficult to get footage and results for the vault
- ▶ Thank you to everyone who has supported vaulters at every level in this sport. It is a unique sport community that is all welcoming and we are here to offer our help in every way we can!
- ▶ Run Fast, Dream Bigger and Let It Fly!



Pole vault unlimited

Terry glenn

coachglenn@live.com

402-841-3678