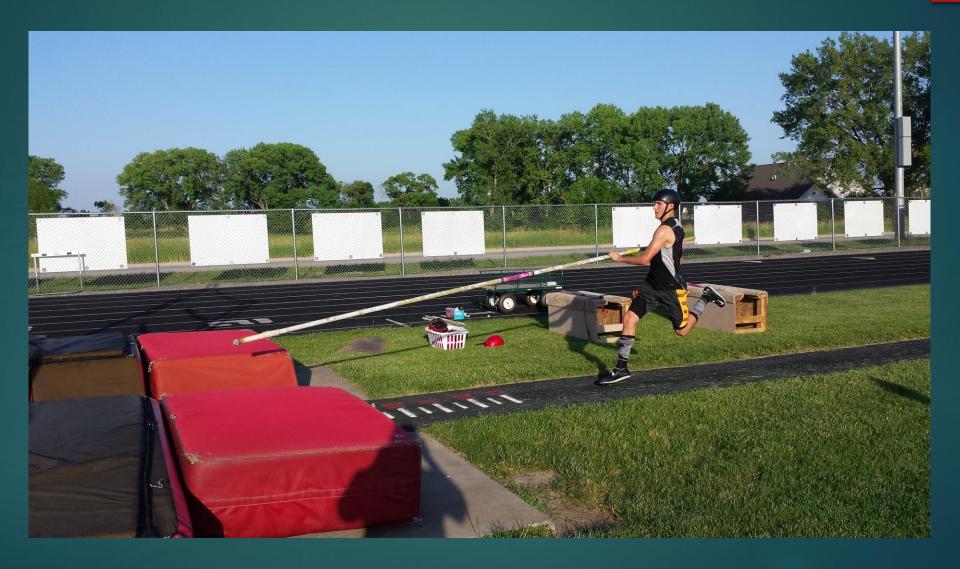
Norfolk Catholic Track and Field

TERRY GLENN
POLE VAULT

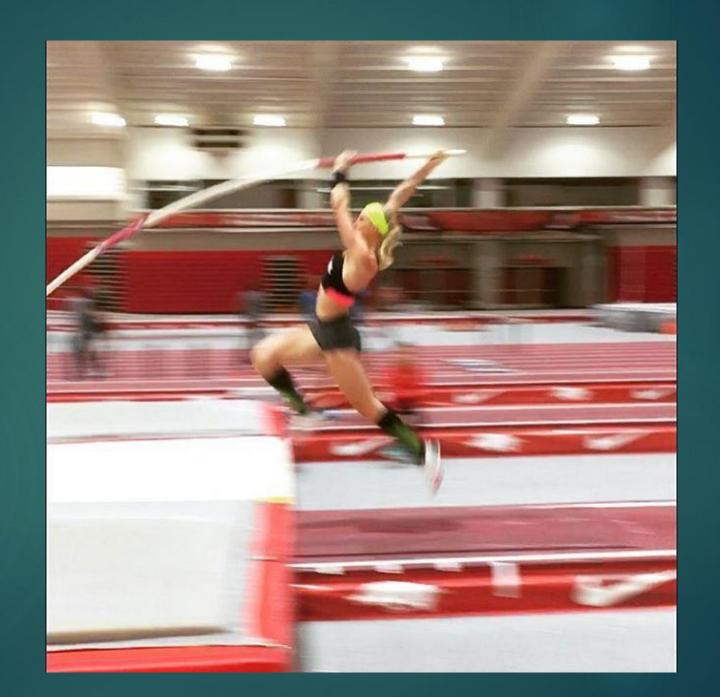
Take Off

- 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

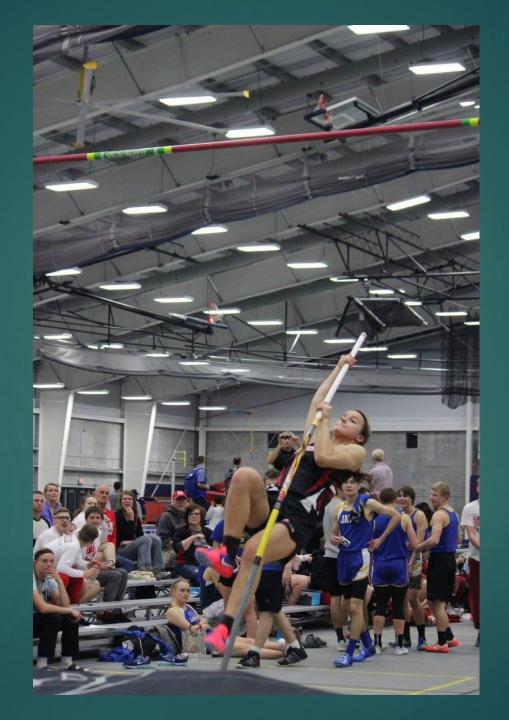




Row and close and turn

- 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 DYI

 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

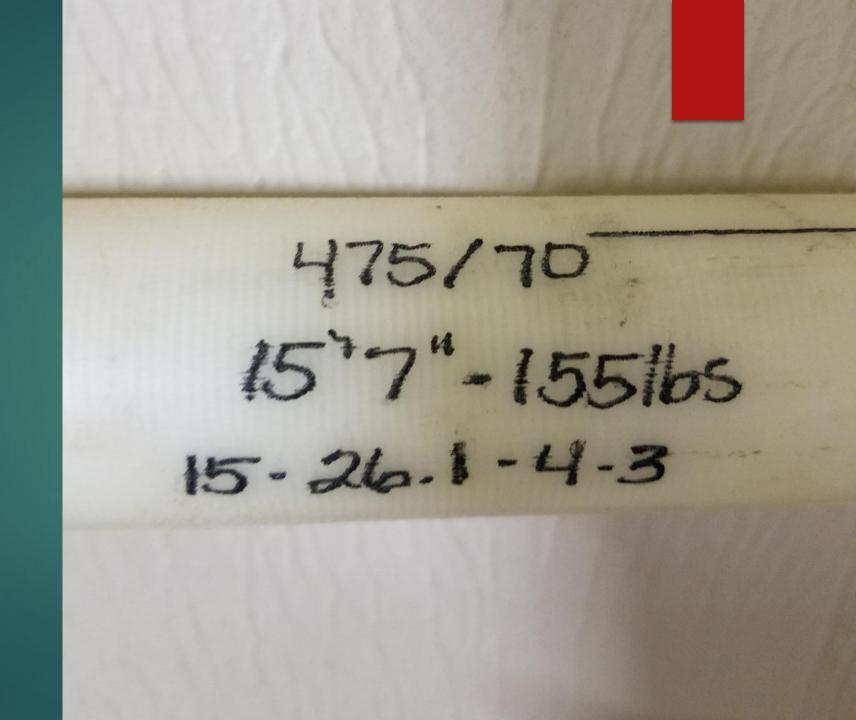
- http://richeyathletics.com/pages/ track+and+field+equipment/1
- ► Http://www.ucsspirit.com/
- ► I have a set of standards that are 13 years old that still look brand new. They still have the original pegs

Poles and cross bars

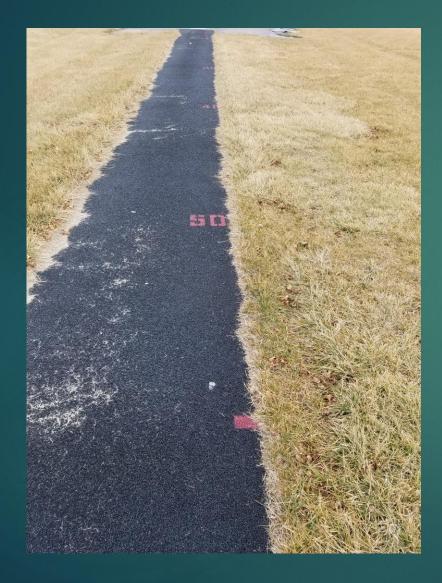
- 1. Ucs one type
- 2. Essx still too new to tell, one type different sail piece
- 3. Pacer- who wants to buy 5 different types of poles
- 4. Altius only thing I know is they bend easy and they have different colors
- 5. Cross bars order 10 the older they are they seem to last longer

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



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/eng viewpvpole.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