



Where the Elite come to train

Coaches Pole Vault Clinic 2005-2006

**Pole Vault Safety,
Pole Vault Teaching Progression.**

Developing The Run

Pole Selection

Practical Drills

Coaching for Competition

Workout Plans,

Strength and Speed Training for Pole Vaulting

Film Study for Pole Vaulting

Developing The Run

DRAFT

Document In Progress
Please Check Back For
Completed Information

12/14/2005
Elite Vaulter Sports
Complex Staff

