

Over The Bar – November 2007

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The Coaching Box

Off season training!!! If you want to be good you have to work at it. Without exception every good vaulter consistently works hard year round, getting stronger, faster and improving their technical skills. Vaulters that train at the Elite Vaulter Sports Complex improve dramatically! We provide a consistent training environment; utilize the latest training methods using timers, progressive drills and film study resulting in the best Pole Vault training a serious vaulter can receive.

The table above lists just a few of the improvements made by vaulters that have trained at the Elite Vaulter Sports Complex. You don't have to be a member to take advantage of the excellent facilities and coaching. Come see us on a weekend for semi-private lessons or come to a camp or clinic. We are here to assist all vaulters and help them reach their goals. A very cold and wet winter is predicted for this year. Don't get slowed by the weather, come out and jump with us.

Name	2005	2006	Improvement
Kristen Keith	12'2"	13'	+ 10"
Jason Calle	12'6"	16'0"	+ 3'6"
Joe Farley	15'3"	16' 6"	+ 1'3"
Clark Taylor	14'0"	15'6"	+ 1'6"
Jeffrey Rodriguez	12'6"	15'3"	+ 2'9"
Morgan Lancaster	11'6"	12'0"	+ 6"
Mary Henson	8'0"	9'0"	+ 1'0"
Scott Forbes	12'6"	13'6"	+ 1'0"
David Taylor	12'0"	14'0"	+2'0"
Lauren Tabor	7'6"	9'0"	+1'6"
Austin Hogue	13'6"	14'10"	+1'4"
Travis Stull	9'6"	11'0"	+1'6"
Natalie Valenta	10'6"	10'9"	+ 0'3"
David Zimmerman	11'0"	13'6"	+2'6"
K.J. Terrell	12'0"	13'6"	+1'6"
Jason Benedict	11'0"	12'0"	+1'0"
Ceselia Snook	7'6"	9'0"	+1'6"
Quinn Kaufmann	11'6"	13'0"	+1'6"
Will Darden	9'6"	11'0"	+1'6"
Jason Benedict	10'6"	12'6"	+2'0"





The Coming Year

We are committed to doing it better than last year! Our vaulters are always competitive at every level. Year after year we have helped vaulters become the best they can be, jumping high competing and producing at the State, Regional, and National levels.

It's no accident we continually coach young women to jump 12' – 13' and young men over 15'-16'. Our vaulters are provided more than runway time. They are taught the basic rudiments of vaulting, how to apply them and how to get stronger and faster. A Pole vaulting progression is used to teach vaulters the correct way to plant, takeoff, swing, invert and fly away. They are provided professional instruction in a superior training facility on a consistent basis. They improve at a rate of over 1 foot per year and in many cases go on to jump in college on scholarship. If you are really serious about vaulting come see us, we can help you or your vaulter

"Run Faster, Jump Higher and Safer."

George Rodriguez
Elite Vaulter Sports Complex
txpvcoach@elitesportz.com

www.elitesportz.com



Upcoming Activities

Don't miss all the fun! Come out and train at the Elite Vaulter Sports Complex. We train! We Compete! We Win More Than Our Share!

Club

Club at the complex is available on a monthly basis. Club members are provided discounted coaching and facility usage fees. We compete as a team and support our vaulters during the Indoor and Outdoor track seasons. Please call me at 817-999-5492, email coach@elitesportz.com, or go to the website: <http://www.elitesportz.com> for more information.

Special Requests

If you have a special need or need private lessons on a weekend please contact us. We have Bunk Rooms and a facility where you can come in and stay for weekend sessions. Please call me at 817-999-5492, email coach@elitesportz.com, or go to our website at <http://www.elitesportz.com> to make arrangements.

Camps and Clinics at Elite Vaulter Sports Complex, Fort Worth, TX

<i>Date</i>	<i>Day</i>	<i>Activity</i>
Nov 19 - 22	Sun. thru Wed.	4 Day Thanksgiving Camp
Dec 2 - 3	Sat. thru Sun.	2 Day Camp
Dec 19-22	Tue. thru Fri.	4 Day Camp
Dec 26-29	Tue. Thru Fri.	4 Day Camp

Indoor Meets

<i>Date</i>	<i>Day</i>	<i>Activity</i>	<i>Location</i>
Jan 6	Fri.	Elite Vaulter Sports Complex PV Clinic	Fort Worth
Jan 7	Sat.	Texas Pole Vault Roundup Competition	Joshua
Jan 19 - 20	Fri.	Reno Pole Vault Summit	Reno, NV
Jan 27	Sat.	Elite Vaulter Sports Complex Invitational	Fort Worth
Feb 3	Sat.	Wes Kittley Invitational	Lubbock



Elite Vaulter Sports Complex Is Available For Your Needs

Year Round Camps and Clinics

- Indoor Training Facility
- Quality Coaching and Instruction
- On Site Lodging and Food Included In price of Camp
- 2 and 4 Day Camps Available
- Day Clinics For Beginners
- All Levels of Vaulters Welcome
- Never a Rain-Delay at our place!
- Shuttle To/From Airports available \$25 each way.
(You must request one week prior to camp or visit)

Group Discounts for Club or High School Pole Vault Camps

- Group Discounts for Club or High School Pole Vaulting Camps
- Groups of 10 or more vaulters
- Reduced pricing per vaulter, half the price of most other camps
- Housing provided for multi-day group camps, food *is not* provided
- Please call or email us to arrange dates with staff
- Overnight Lock-Ins Available!

Open Sessions For All Vaulters

- 2 Hour Vault Sessions only \$30.00
- [Please Call In Advance to Check Availability](#)
- We Encourage you to bring your coach
- You need to bring your own poles and Coach
- Liability Waiver required, Parent must sign if vaulter is not 18
- Pole Rental and Coaching is available for an additional \$20

Party at The Complex!!

- Have a Pole Vault Party, Bunk Rooms, Showers All Available!
- Coaching Staff Available If Required
- Rope Vaulting, Platform Vaulting
- 110" Projection Unit For Movies

Meetings At The Complex

- Rent Time For Meetings or Training
- CPR Classes / First Aid-Classes
- Athletic Classes and Training
- Business Meetings
- Call For Details 817-999-5492

www.elitesportz.com



In the Pocket

That Left Arm! (For Right Handed Vaulters, Right Arm For Left Handed)

Time after time as we begin working with new vaulters we are faced with the need to un-train the vaulter from pressuring the pole forward with the left arm. In most cases the vaulter has been taught to hammer that left arm straight forward, pull down with the top hand and “rock back”. It is not uncommon to see a vaulter blocking his/her vault with that left arm impeding their ability to get completely inverted and limiting their jumps close to the height they are gripping.

Though this problem is common it is also very easy to avoid by training the vaulter correctly from the beginning. We use a series of rowing drills in the sand, on the turf and in the pit to emphasize and reinforce the correct positioning and movement of both arms from the takeoff through the swing, inversion and finally the pull turn and push. The drills teach a smooth dynamic use of the hands and arms throughout the vault resulting in the vaulter timing up the vault and getting some “blow” off the top.

As stated earlier it is much easier to teach the correct movements rather than to break old habits that have been embedded. However if you must break an old habit use the old formula of “Slow to Fast and Small to Big”

- 1. Identify the movements you want to correct**
- 2. Isolate the movements to the smallest unit of movement and the slowest speed**
- 3. Iterate at a given speed and unit of movement until it is habit.**
- 4. Increase the speed and the unit of movement**
- 5. Go back to number 3 until you have corrected the movement for a complete vault.**

For example:

1. Teach vaulter correct rowing motion standing still
2. Teach vaulter correct rowing motion walking with PVC pole
3. Teach vaulter correct motion on runway 3-steps swing to back
4. Teach vaulter correct motion 2-lefts swing to back and pull
5. Teach vaulter correct motion 3-lefts swing to close, pull and turn
6. etc...

**We hope you will come see us! So we can help you!
"Run Faster, Jump Higher and Safer."**



T-Shirts and Shoes

Nike Zoom Spikes For Sale!



We have an inventory of new Nike Zoom PV/LJ spikes at the incredible price of \$80. That's as good a price as you can find anywhere. Designed for the advanced and competitive triple jumper and pole vaulter. This spike's plate and midfoot wedge design provides the perfect combination of flexibility and stability for all the demands and phases of the triple jump and vault. Lightweight, tight speed mesh upper, tuff tech synthetic overlays, TPU injected side walls, sprint/jump specific forefoot synthetic overlays. EVA midsole wedge. Call for size availability!

Coming Soon



Please go to www.elitesportz.com for more information on

The Elite Vaulter Sports Complex.

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