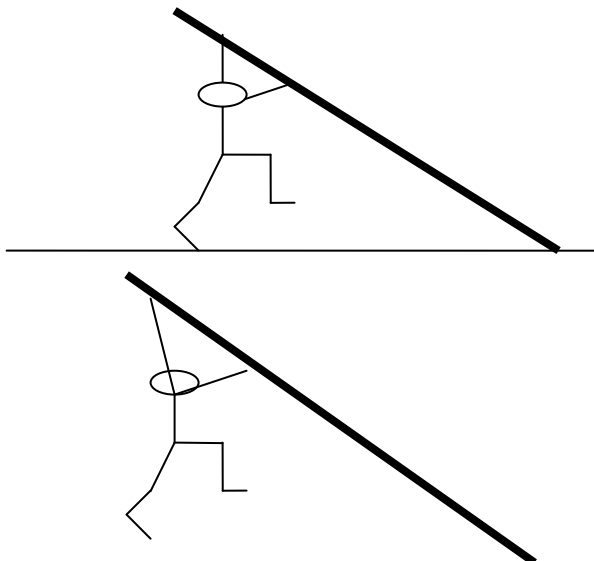


Pole Vault Stages

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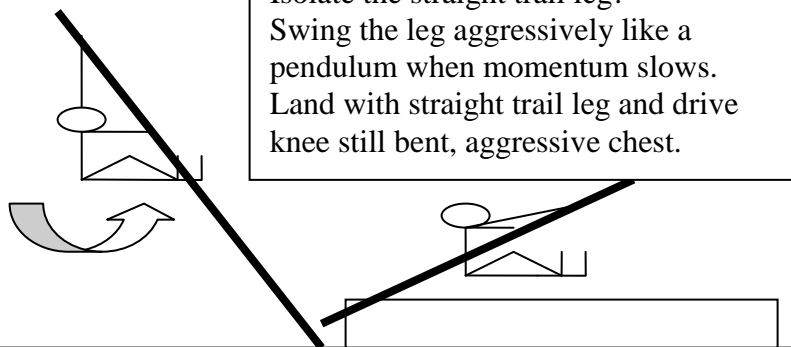
STAGE 1



The warm up can be done with 1 or 2 hands.

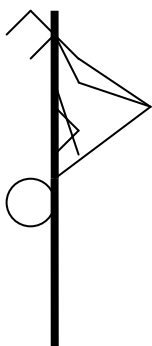
The vaulter holds the stage 1 position with aggressive chest, straight trail leg, Toe-up and Toe down. They will land in the pit in this position!

STAGE 2



Isolate the straight trail leg!
Swing the leg aggressively like a pendulum when momentum slows.
Land with straight trail leg and drive knee still bent, aggressive chest.

STAGE 3



Rotate at the shoulders.
Feet are on the runway side of the pole. Head is in a natural position. Left arm is bent and passes by the pole (pole is not in the armpit!)

Feet to 1:00

