

Ways to Get Ready for Winter Track Season Pole Vault:

1. Condition your body. The worst thing you can do is come into the winter track season in poor shape. If you are not in good enough shape, your training will fall behind.
2. Get strong in the weight room. Off seasons are meant for rest and rehabilitation, as well as building the body. The fall is the time to start building your body for the winter season. Lifting weights in a specialized program will strengthen your body, as well as make you less susceptible to injury during the season.
3. Get on a nutritional plan that works for you. Ask your doctor or nutritionist to help you make a guide for eating well and fueling your body correctly.
4. Build up your sprint speed. Pole vaulters are sprinters with poles. The more controlled speed you put in to your run, the higher potential you can grip, and more energy you will put into the pole; resulting in chance for higher jumps.
5. Build your core. This is very important for pole vaulters. Our core stabilizes the entire body. It is essential to have a strong core for the swing up phase of vaulting. Core strength is the most important part of a vaulter's body.
6. Join a pole vault club. This is a way you can work on vaulting prior to the winter season. All clubs are different. Usually, you can try out a club before joining. Or most clubs offer daily rates, so you are not stuck with a club if you do not like it. If you are interested in joining a pole vault club, let coach know, and I can recommend which clubs I recommend, or would best suit you.
7. If you are injured, find out from your doctor or the athletic trainer what you can do to heal and begin training. Do not wait until the last minute to seek help. Also, do not rush treatment or healing. If you rush coming back from an injury, it can get worse and then your season might be cut short. Be smart and seek information from an expert.
8. Watch video of pole vaulting. Watch all types of jumpers. Some jumpers may not replicate your style of jumping. Find different characteristics in vaulters that make them good jumpers (great approach, tall plant, fluid swing, inversion, strength, etc.) Start training you mind in visualizations techniques. We will be using a lot of this during the season, and you should get in the habit of using this technique more often. It will help you!
9. Start making goals for what you would like to achieve. Make training goals leading up to the season (getting stronger, gain speed on approach, improve core muscle groups, etc.) Figure out goals you have for the winter season.
10. Learn rules, regulations of pole vault. Research pole vault mechanics and techniques. World class athletes can coach themselves on what to do in certain situations. If your over-bending the pole, and landing deep in the pit versus over-bending and landing near the box, learn how to correct this problem. Find out if you move three inches up the pole with your top hand grip, where to move your takeoff step on the runway. Learn about pole vault safety. This can only help you in situations in your future.

11. Stay up to par on your studies in the classroom. Falling behind in class will force you to miss time in athletics. Don't let it get to that point. Also, make sure all your forms and documents are handed in before their due dates. Every year, athletes have to wait to become cleared, and it disorganizes the flow of everything.