# Somero Pole Vault Carnival July 2016

**Considerations for coaching female vaulters** 

**Scott Simpson** 

















Considerations for coaching female vaulters...

Why me / why this topic?



### Athletes Coached / Supported - Female

Athlete Name	Personal Best Development	Championship Achievements	Dates From / To	
		Commonwealth Games 2010, 2014 – Silver		
Sally Peake	Beginner to 4.42m	World University Games 2011	2008 to Present	
		European Championships 2012		
Louise Butterworth	Paginnar to 4.21m	European U23 Championships 2007	2005 to 2010	
Louise Butterworth	Beginner to 4.21m	European Team Championships 2008	2003 to 2010	
Pryony Paino	3.20m to 4.16m	Commonwealth Games 2010	2005 to 2014	
Bryony Raine	3.20111 (0 4.10111	UK Championship 2009 / 2011 – Bronze	2003 to 2014	
Emma Lyons	3.30m to 4.31m	European U23 Championships 2007 & 2009	2004 to 2010	
,		Commonwealth Games 2010		
Kate Dennison	4.60m to 4.61m	World Championships 2011	2010 to 2012	
Rate Delillison	4.00111 (0 4.01111	Olympic Games 2012	2010 to 2012	
Holly Bradshaw	4.87m	European Indoor Championship 2013 – Gold	2012 to Present	
		World Championships 2015		

# Athletes Coached / Supported - Male

Athlete Name	Personal Best	Achievements	Dates From /	
	Development	A contevented	То	
Nick Cruchley	5.21m to 5.42m	UK Championships 2011 – Silver	2011 to 2014	
Paul Walker	5.43m to 5.45m	Commonwealth Games 2014	2010 to Present	
Steve Lewis	5.04	European Indoor Championship 2013	2012   2012	
(in conjunction with Dan Pfaff)	5.81m	World Championships 2013	2012 to 2013	



# How have I ended up with the "image" of being a coach of female vaulters?

- 1. Circumstances
- 2. Luck
- 3. Reputation

The truth is... the coaching philosophy I adopt, I would use with whoever I coach...

However, my knowledge has grown to know how to work with athletes aged 18+ ... the skill sets I have are in that area and my breadth of knowledge is linked to this area of work.



#### Application... What I've Learned...

Keeping Athletes Involved In Athletics...

- 1. Improvement
- 2. Enjoyment
- 3. Stay healthy and are injury free
- 4. Success
- 5. Contentment with the input they receive

To some extent or other, these all rely on each other



#### Application... What I've Learned...

What can we do to help facilitate this?

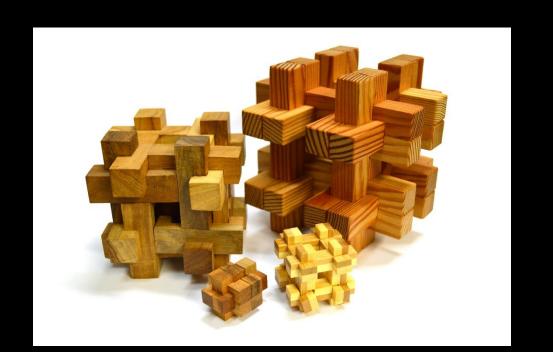
- 1. Be better...
- 2. Create the right environment
- 3. Develop people's STRENGTHS
- 4. Develop people's lesser strengths
- 5. Know when to use a "quick fix" over a "long term project"



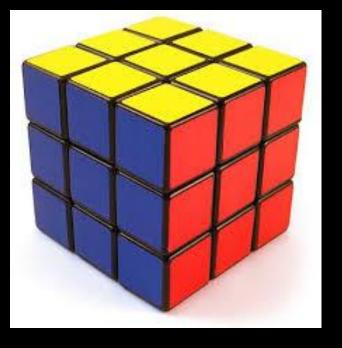


# SPORTING PERFORMANCE

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## Grip and Push

Area	Performance Measure	Norm	Bryony	Sally	Holly
	PV - 14 strides	4.00	4.16	4.42	4.87
Dala Manik	Grip Height	4.00	4.02	4.33	4.43
Pole Vault	Push Height	20cm	34cm	29cm	64cm













# **Physical Parameters**

Area	Performance Measure	Norm	Bryony	Sally	Holly
	PV - 14 strides	4.00	4.16	4.42	4.87
	PV App Velocity - MaxV	7.80	7.80	8.20	8.50
Speed	Flying 20m	2.50	2.40	2.24	2.17
	100m	13.00	-	_	-
	SLJ	2.40	2.32	2.52	2.75
Multi Jump	STJ	7.00	6.90	7.30	
	10 Bounds	25.00	-	_	-
Longlumn	LJ - 8 strides	4.90	-	5.30	-
Long Jump	LJ - 12 strides	5.30	-	5.80	-
Throwing	OHB (3kg)	-	15.20	16.30	19.10
Throwing	OHB (4kg)	-	12.42	13.80	16.75



#### Female Specific Considerations - Physical

- 1. Generally require higher training volumes
- 2. Generally require deeper strength training with more continuation into competition phase
- 3. Bone density values are generally lower
- 4. Mobility is generally higher, so more stabilisation required at;
  - Lumbar spine
  - Shoulder
  - Knee





# Technical Analysis Template

	GROUND PHASE	S	FLIGHT PHASES				
PRE-RUN	APPROACH RUN	PLANT / TAKE-	TAKE-OFF TO "C"	"C" TO "L" TO "I"	POLE EXIT & BAR		
<u>CARRY/START</u>	ATTROACTION	<u>OFF</u>	IAKE-OIT TO C	<u>= SWING</u>	<u>CLEAR</u>		
Grip Width: Shoulder Width	Initial Phase: Break inertia	Plant: Initiate on penultimate left	Intention: Drive chest forward - release right shoulder (Elastic)	Hard swing with straight left leg	Turn occurs infront/ before the bar		
Athlete: Well balanced and postured	Intermediate Phase: Build velocity	Penultimate Left: Pole tip between eye level and parallel	Complete extension of left leg after T.O.	Swing "over" the pole	Turn onto the line of the pole		
Pole: Held correctly and in line with athlete's trunk	Final Phase: Prepare for take off	Movement of hands: Forward and upwards		Right hand engaged: synchronised right arm and left leg	Jump "above and beyond" the bar		
	Overall: Rhythmic/Balanced	Final Right: Flat foot contact, right hand on head		Right knee to right shoulder			
	Overall: Uniform and continual acceleration	Final Left: Maximum pole to ground angle - body "tall and extended", active left leg		Active throughout			
	Overall: Controlled and continual pole drop	Intention: Push the pole to the vertical					

#### **Technical Parameters**

Area	Performance Measure	Norm	Bryony	Sally	Holly
	PV - 14 strides	4.00	4.16	4.42	4.87
Dele Manik	PV - 12 strides	3.90	4.15	4.32	4.71
Pole Vault	PV - 10 strides	3.75	3.90	4.02	4.50
	PV - 8 strides	3.60	3.60	3.80	4.20



## Technical Parameters (Cont.)

	2009 World Championships Finalists									
	Peak Height	Depth	Pole Length	TO Dist	Final Step Speed	Last 2 Step Ratio				
Max	5.06	118	4.60	3.77	8.75	1.11				
Min	4.52	28	4.25	3.28	7.86	0.75				
Average	4.80	63	4.46	3.53	8.39	0.92				

#### **UK Vaulters**

	Height Cleared	Stands	Pole Length	TO Dist	Final Step Speed	Last 2 Step Ratio	
Bryony	4.16	65	4.15	3.30	-	-	
Sally	4.42	70	4.40	3.75	-	-	
Holly	4.87	70	4.45	3.40	-	- 1	

#### Female Specific Considerations - Technical

- 1. Run-up length 14 to 16 steps
- 2. Mid 15.00m to 15.50m
- 3. Take-off 3.60m to 3.70m
- 4. Poles 4.45m to 4.60m (14ft7 to 15ft)
- 5. Pole carry weight less significant
- 6. Generally less "bobbing" because of;
  - Pole to ground angle
  - Strength



### Development Pathway of the Female Vaulter

Women									
Age	14	15	16	17	18	19	20	21	22
РВ	310 - 350	340 - 370	360 - 390	370 - 400	390 - 410	400 - 420	410 - 430	420 - 440	430 - 450
Run-Up (steps)	12	12	12 - 14	14	14	14 - 16	16-18	16-18	16-18
Pole Length	400	400	400 - 415	415	415 - 425	415 - 425	425-440	425 - 460	425 - 460
Grip	340 - 370	360 - 380	375 - 390	390 - 400	395 - 405	400 - 410	405 - 415	410 - 420	415 - 425
Push	-20 - 0	0 - 10	5 - 20	15 - 20	20 - 30	25 - 35	30 - 40	35 - 45	40 - 50

















# RESILIENCE

Perseverance, no matter what the odds













#### Female Specific Considerations - Mental

- 1. Generally greater insecurities
- 2. Generally need more attention
- 3. A general requirement to create a more "personal" relationship going above and beyond the normal



"Players don't care how much you know until they know how much you care"



Pat Quinn 1943-2014

## FIRST CLASS

















## It will hurt.

It will require dedication. It will require willpower. You will need to make healthy decisions. It requires sacrifice. You will need to push your body to its max. There will be temptation. But, I promise you, when you reach your goal, it's WORTH it.



"Which brings us to my next point."









The Ideberg Illusion

Suggess is an iceberg



WHAT PEOPLE SEE





Dedication







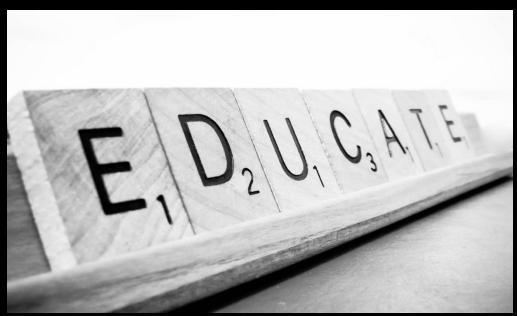


#### Female Specific Considerations - Lifestyle

- 1. Generally well organised
- 2. Generally well disciplined
- 3. Generally quick gains from weight loss from improved body composition









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THE TRAINING PROGRAMME

# SPORTING PERFORMANCE

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WHAT WE TEACH



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OUR COACHING STYLE / HOW WE TEACH

# SPORTING PERFORMANCE

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HOW MUCH WE MENTOR

# SPORTING PERFORMANCE

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**COACHING** 

#### Other Critical Factors

1. Environment

2. Equipment

3. Camps

4. Competitions

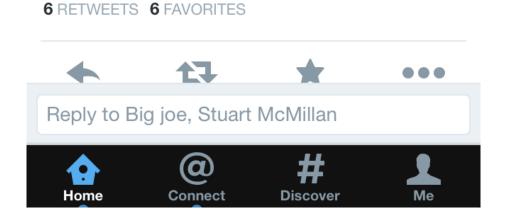


## Other Factors - Environment



you can have the best; facility, athletes & coaches, but to be continuously successful in sport you need a culture that fosters performance

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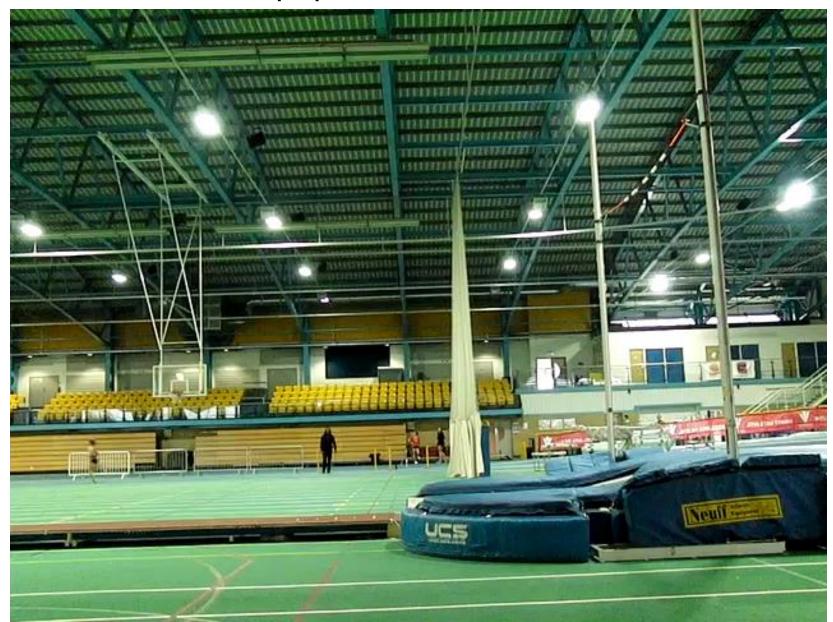


























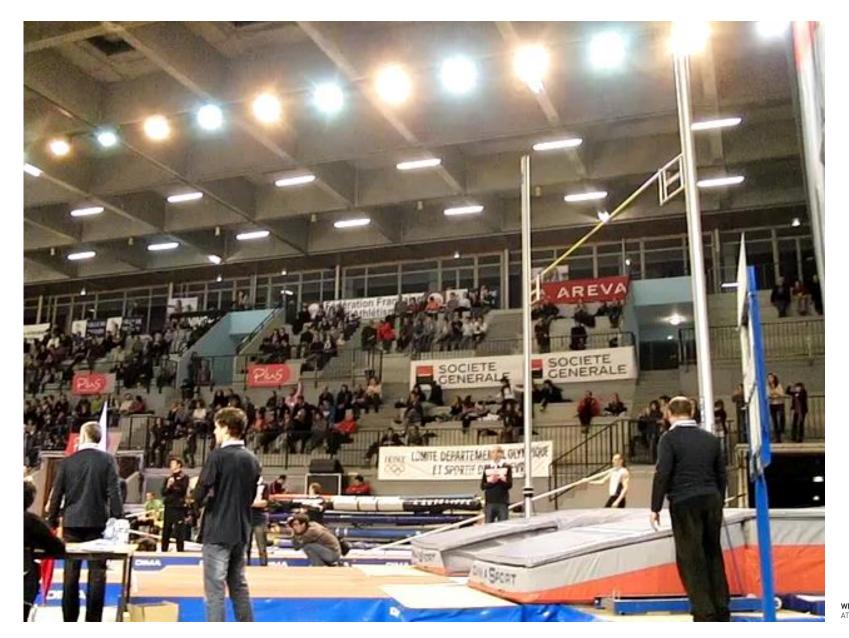
### Other Factors - Camps



















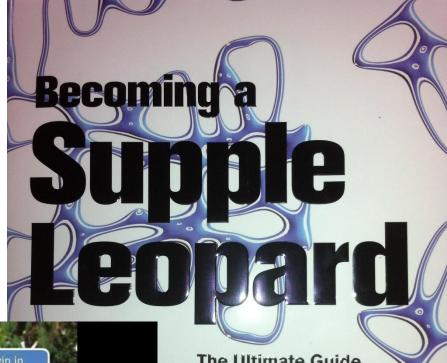


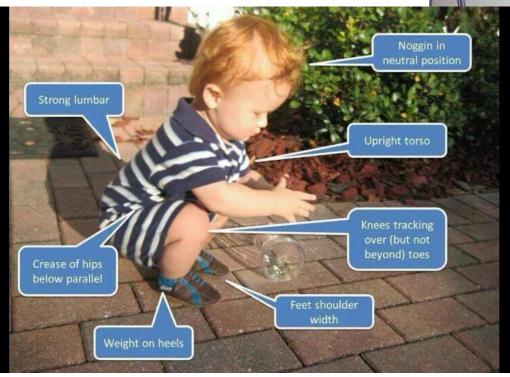
#### Key Pre-requisites

- Good attitude and behavioural aspects
- All round movement skills
- Technical excellence in all aspects of training
- Range of movement
- Running technique foundation
- Pole vault technique foundation runway, take-off and swing
- Speed



#### Key Pre-requisites





The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance

Dr. Kelly Starrett with Glen Cordoza



#### Keys to Success (personal)

- 1. Know who you are... and who you are not
  - What you are good at
  - What you are not good at
- 2. Get out there and meet people...
  - Watch / observe
  - Listen
  - Ask
  - Learn
- 3. Work hard
- 4. Acceptance, but not comfort, that you will inevitably fail more than you will succeed





The moments that make it worth it...

Take a rainy night in alasgow and a history of trials and tribulations. But what do we see! -A canny, daring, determined girl with a shrewd, motivational, exhausted Coach. What happened was a fantastic night to remember - uplifting and tremendous Many, many thanks, for all your Help and time given unstintingly. Your medal as much ashers

"Live every day as if it were to be your last, learn every day as if you are going to live forever..."

M. Gandhi

"A coach has a thousand careers, an athlete has only one..."

A. Launder



Sometimes we're tested.

Not to show our

weaknesses, but to
discover our strengths.

"Two things define you. Your patience when you have nothing, and your attitude when you have everything."

"It's hard to beat someone who never gives up."

don't let
PERFECT
be the enemy
of the GOD.

"Yesterday's home runs don't win tomorrow's ball games."

A bad
attitude is like a
flat tire. You can't go
anywhere until you
change it.