



ANNUAL PRACTICE SCHEDULE

IN-SEASON

Dec

- 1 weekday session per week and 1-2 weekend sessions.
- We will typically host the first indoor meet of the year in Abilene the Saturday before or after Christmas just depending on how the dates fall.

Jan - April

- Monday & Wednesday Nights - 6-8pm
- Sundays 1-4pm
- We will attend 2-3 Indoor Meets in Jan & Feb

*If group sizes get too large we will spit the time into two groups. Vaulters are recommended to train 2x per week during this time.

May

- Monday & Wednesday Nights - 6-8pm
- 1 Sunday at the beginning of the month.

*This month is a time for regional & state qualifiers to prepare for their competitions and for non-qualifiers to take a little break and cut training back to 1 x per week. For non-qualifiers we will focus on making some technical changes in preparation for the summer season.

June & July

- Monday & Wednesday Nights - 6-9pm
- We will compete in 2-3 FUN pole vault only competitions throughout the summer.
- We will also compete in the USATF association, state & national meets

*If you are competing in our summer season then we recommend that you train 1-2 days per week.

OFF-SEASON

August

- 1 Weekend session this month. 3-5 hr Session with the emphasis on conditioning, and teaching of general prep type exercises that will be used in our training throughout the fall.

Sept - Nov

- 2 weekend session per month. 3-5 hr sessions. This is an important time where we focus on Sprint mechanics & speed, power development, Injury prevention, core strengthening. We also use this time to go back and improve the vault with various drill progressions. This is a great time for new vaulters to begin and for experienced vaulter to go back make technical changes / improvements.

*Vaulters training in the off season need to make a minimum of 1 session per month in order to progress on track with the group.

TRAINING LOCATIONS

Dec - March : Action Zone

April - Nov: ACU