



VAULT AT THE MOUNT

Day #1 June 25th

Time	Presenter	Option 1	Presenter	Option 2
8:30-9:20	Derek Miles (USD)	Pole Vaulting The USD Way	Derek Miles (USD)	Pole Vaulting The USD Way
	Presenter	Option 1	Presenter	Option 2
9:30-10:20	Jacob Pohlmann (Harrisburg)	Pole Carry, Puddle Jumps, High Bar Workout Routine, Box Plants, Med Ball Routine	Matt Mueller (Brandon Valley)	Athlete Speed Development (Warm-Up, Wickets, Proper Running Form)
	Presenter	Option 1	Presenter	Option 2
11:00-11:50	Matt Mueller (Brandon Valley)	Athlete Speed Development (Warm-Up, Wickets, Proper Running Form)	Jacob Pohlmann (Harrisburg)	Pole Carry, Puddle Jumps, High Bar Workout Routine, Box Plants, Med Ball Routine
12:00-1:00	LUNCH	LUNCH	LUNCH	LUNCH
	Presenter	Option 1	Presenter	Option 2
1:10-2:00	Jacob Pohlmann (Harrisburg)	1,2,3,4 step drills into the pit.	Matt Mueller (Brandon Valley)	Gymnastics Drills, Winter Drills, Things you do in the off-season to improve at the Vault
	Presenter	Option 1	Presenter	Option 2
2:10-3:00	Matt Mueller (Brandon Valley)	Gymnastics Drills, Winter Drills, Things you do in the off-season to improve at the Vault	Jacob Pohlmann (Harrisburg)	1,2,3,4 step drills into the pit.
	Presenter	Option 1	Presenter	Option 2
3:10-4:00	Alex Oddy (Rocky Mnt College)	Rocky Mountain College Pole Vault Technical Model	Alex Oddy (Rocky Mnt College)	Rocky Mountain College Pole Vault Technical Model
	Presenter	Option 1	Presenter	Option 2
4:10-5:00	Matt Mueller (Brandon Valley)	Getting 4,5,6 Step marks for tomorrow's competition	Jacob Pohlmann (Harrisburg)	Getting 4,5,6 Step marks for tomorrow's competition

*VAULT AT THE MOUNT will be held at SD School of Mines. Registrants will still have to check in at the Ramkota in Rapid City before participating.

Register here <https://nhsaca.org/>
any questions

Contact: matt.mueller@k12.sd.us or 605-661-3735 with



VAULT **AT THE MOUNT**

Day #2 June 26th	
8:30-9:30	4th-8th Warm-Up
9:30-11:00	4th-8th Competition
11:00-12:00	9th-12th Girls Warm-Up
12:00-1:30	9th-12th Girls Competition
1:30-2:30	9th-12th Boys Warm-Up
2:30-4:00	9th-12th Boys Competition

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any questions

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