**WISTCA Notes for Shawn Hauser (Adapting to the Moment in Pole Vault Coaching)**

1. Shawn Hauser, Pole Vault Coach for West De Pere High School and Owner/Coach at Green Bay Pole Vault Club.

* From Darlington High School, UW Platteville for College Track
* Started coaching career while in college at LaCrescent, MN
* Ashwaubenon High School PVCoach
* Currently West De Pere High School PV & Wheelchair Coach
* Owner and Head Coach at GBPV

1. Why did Joel ask me to speak – I coach a lot of Vaulters year round at all levels, that equals lots of reps for me as a coach! Successful vaulters at every level, State and National Champions. All that said, the method to the madness seems to be working. We average 60+ vaulters active from all over WI and the UP
2. Dive into Coaching

* I believe a huge key to a coaches success is the group of coaches you have around you and having that group that it is ok to ask the “dumb” question to
* I am not a super techy numbers and angles guy, just not my style…just know where we need to go and how we are going to get there, react to the Vaulter and the current situation.

1. Getting the New Vaulters going – this is something we all do every season (Videos)

* I asked a few coaches what I should talk about and this was the biggest topic
* We like to get them into the pit pretty quick and see what we have

1. Walking Top Arm Push
2. Add in a hop or Jump
3. Coach Pull on the Ground
4. Coach Pull into the Pit
5. Add 2 Lefts and see what they can do, may need a little push the 1st couple of times. Judging on how they are doing we will add a 3rd left and by the end put up a low bungee and let them try to actually Pole Vault.

* Really watching for the ability to push the pole…are they able to make the pole move and when you add a little into it how do they respond.
* This gives us, the parents and the vaulter an idea of where we are and if this is something they might like to do

1. Adapting to the Moment in Pole Vault

* The Reality is…we are constantly adapting to the moment in pole vault, or we should be! I feel a big part of this is also not coaching any two vaulters the same way…they all have a little something different to offer to the sport and it is my job to take what is there and help them become successful. Now, yes, they still need to be doing some of the basic fundamentals of Pole Vault, but we help them become individual vaulters and successful vaulters.
* Every day is going to be a little different, and what one vaulter did the previous practice or meet, may not be happening the next time…so we adapt to the given day or moment.
* We are ALWAYS asking the Vaulters, “what did you feel” on that vault? Feedback is key to helping them become better vaulters, so they have to do their part and combine with your Coaching knowledge…teamwork is key!
* What are they feeling/not feeling…we talk it thru and/or help them to know what to do next. They may feel like they are not getting into the pit, here is what I want you to try and do next time…so we are reacting to the moment…what needs to be done now.
* Remember…things will likely be different than the last time you vaulted, and that’s ok, assure the vaulter that together we will get to where we want to go.
* So many different factors can lead to each vault feeling way different. Poles, sore legs from previous workout, tired from studying late. This is why it is important to know the vaulter as a person as well as getting the feedback after each vault.
* This applies to practice and meets. I have a practice plan, but I also know it needs to be flexible and fluid. Sometimes we roll with the mood and vide of the practice.
* We don’t Rep Bad – if something is not working and we are not benefitting, we move on. No sense in repping bad. Whether we go from full vaults to short, short to drills, drills to vaulting…be flexible.
* 3 is the Magic Number
* Don’t get fixated on the “perfect” take off step. Something we hear to often at meets and then you see a vaulter worries because their step is not on. We have 12” window, sure we want to be “on,” but we don’t stress too much on being exact.
* Last point here, overthinking the process…sometime we have to tell them to just stop thinking and get after it, let it rip!

1. Equipment and Drills

* Use cross bars in practice!
* Its not always about getting on the biggest pole and capping it…just not the case.
* Slide Box is the GOAT, fixes a lot of issues!
* How many poles do I need…always a tough one if you do not have access to a big selection. Can you do it on one pole, sure…hopefully it is close to the right size.
* My kids generally have 3-6 poles and the better/higher vaulters go to meets with 8-10.
* Favorite Drills – One arm hang, old school pop ups, Pole walks/runs and wall plants. Swing ups and Bubkas, Invert pipe, turn cart. We adapt and drill as needed.

1. And…The Vaulters.

* Listen to them and get to know them as people and build the trust and respect
* Teamwork, we are always a team, listen to their feedback and together move forward…they need to know they can trust you.
* I had a parent say, “I love how you make each vaulter feel like they are the most important person in the building when they are vaulting.” Treat every kid the same no matter the height of their PR.

We love having coaches at our club, get in touch with me if you are in Green Bay or want to come to a practice with us, feel free to reach out with questions you may have as the season approaches and rolls on.

Shawn Hauser

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