

# POLE VAULT COACHES CLINIC

ATTEND A  
3-HOUR CLINIC ON  
COACHING  
THE POLE VAULT

Presented by  
**Alan Roark**

**Pole Vault Coach**

Amherst Steele HS  
Altitude Headquarters Vault Club  
Pole Vault Factory Vault Club



- Hour 1: An in depth video explanation of how the vault works from the run to the pit.
- Hour 2: A drills workshop showing many of coach Roark's innovative drills using inexpensive plastic pipe to teach the kids how to "feel" the vault
- Hour 3: Safety, Questions, and Pole Vault Sports Psych according to Roark.

Some of the Topics:

The most important part of the entire vault..  
How to break a habit in 30 min... Push up to go up... Don't row... How to balance the top end...  
How to accelerate the roll over... How to get tossed into inversion... The three things in the vault that freak out your brain... how to go up on a 15 lb bigger pole... How to keep from getting "flap stuck" on the pole... How to get "float tossed"..... Sleeper Drills..... The "safe base of operation".



Contact Coach Roark to book a clinic  
or to attend a scheduled clinic:

**Alan Roark**  
aroark1@yahoo.com  
440-610-8014  
Cost: \$75 per coach



Coach Alan Roark has been Amherst's Fanatical Pole Vault Coach for 24 years, yet he has coached the vault for 34 years. Known for his willingness to help anyone who is willing to listen let alone learn, he is there for those who want to be. His philosophy:

"It's good to compete, it's great to win, but it's best to help the other get better and still beat them"

That philosophy has helped many many vaulters in Northern Ohio improve, as they try to catch Amherst vaulters. Coach Roark has many vaulters reach the ultimate goal, the Ohio State Track and Field Championship Meet; not only from Amherst, but from surrounding schools as well. Writing many articles and producing many practice vault drills which can be easily found on the Pole Vault Factory web site [www.polevaultfactory.com/drills](http://www.polevaultfactory.com/drills). Coach Roark not only has taught "Pole Vault Safety Clinics" for OHSAA, but also runs The Pole Vault Factory Vault Club in Oberlin, Ohio. Coach Roark was invited to attend an "Emerging Elite Coaches Camp" at the Olympic Training Center in Chula Vista, California.

Roark's favorite accomplishment is having at least one 12 foot vaulter every year of his 34 years coaching. Other accomplishments include in 2001, Coach Roark guided his athlete to set the Division I Pole Vault State Record to a height of 16 feet, as well as having two girls vault to 12'6".

You will enjoy his sense of humor and unique way to simplify the vault.