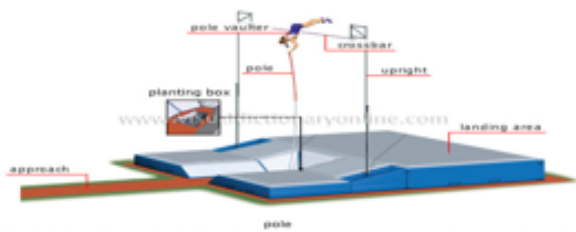


Week of _____
 Monday-Sunday

Orange Crush Pole Vaulting Log Sheet

"How high would you like to vault today?"

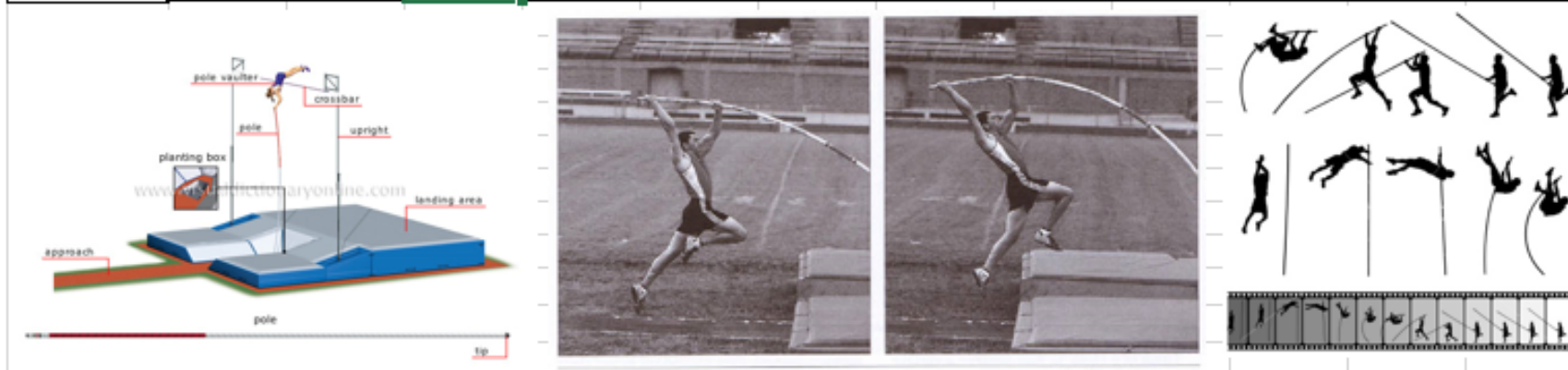
	VAULTS		POLE RUNS		POLE DRILLS		RUNNING		WEIGHTROOM	
	#	# of steps	#	# of steps	Drill	Reps/distance	Distance	Reps/Time	Lifts	Reps/weight
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Totals										



Orange Crush Pole Vaulting PR Log Sheet

"How high would you like to vault today?"

	Height	Date	Pole	Height	Date	Pole	Height	Date	Pole	Height	Date	Pole
Competition PR (personal)												
Practice PR												
2 Step PR												
4 Step PR												
6 Step PR												
Grip PR (Highest hold)												
Pole PR (Biggest Pole Used in meet)												



"When once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return." -Leonardo DaVinci

