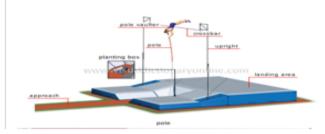
Week of	·

Orange Crush Pole Vaulting Log Sheet

Monday-Sunday

"How high would you like to vault today?"

	V	AULTS	POLE	RUNS	PO	LE DRILLS	RUN	INING	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

0 0 0												
		»H	ow h	igh wo	ould i	you li	ke to	vault	toda	y?"		
	Height	Date	Pole	Height	Date	Pole	Height	Date	Pole	Height	Date	Pole
Competitio n PR (personal												
Practice PR												
2 Step PR												
4 Step PR												
6 Step PR												
Grip PR (Highest hold)												
Pole PR (Biggest Pole Used in meet)												
Approach p	pole valitar	upright upright	landing area								12	11

"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

NAME	 Chan/Mark las	ChooL
•	Step/Mark Log	SHEET

NAME						
# of steps						
Cleared						
Attempted						
Pole Size						
rip Height						
Start Mark						
peed Mark						
Mid Mark						
Magic #						
Standards						
Focus						
Comments						
ne-Liner#1						
e-Liner #2						