

Vault TELLS—Steve White, Flight Deck Athletics

What to Change	Vaulters landed...		Pole bent...	
	Too Deep	Too Shallow	Too much	Hardly at all
Pole Change	Move to Stronger pole	Move to Softer pole	Move to Stronger pole	Move to Softer pole
Grip Change	Raise grip	Lower grip	Lower grip	Raise grip
Approach Change	Shorten approach	Lengthen approach	Shorten approach	Lengthen approach
Standard Change	Move Backward	Move Forward	Depends	Depends
IDEAL Result	4' past the box Centered (left-to-right)		90° (or a little more)	

EXAMPLE: Vaulters lands *too shallow* and the pole bent *too much*

Vault Diagnosis (TELLS)				
What to Change	Vaulters landed...		Pole bent...	
	Too Deep	Too Shallow	Too much	Hardly at all
Pole Change	Move to Stronger pole	Move to Softer pole	Move to Stronger pole	Move to Softer pole
Grip Change	Raise grip	Lower grip	Lower grip	Raise grip
Approach Change	Shorten approach	Lengthen approach	Shorten approach	Lengthen approach
Standard Change	Move Backward	Move Forward	Depends	Depends
IDEAL Result	4' past the box Centered (left-to-right)		90° (or a little more)	

When changes are in **conflict**—do not change that
 When changes **agree**—DO change that

Pole change—softer pole based on landing—stronger pole based on pole bend
 CHANGING THE POLE IS NOT THE CORRECT CALL

Grip change—lower the grip based on landing—lower the grip based on pole bend
LOWER THE GRIP IS THE BEST CALL

Approach change—Lengthen approach based on landing—shorten based on bend
 CHANGING THE APPROACH DISTANCE IS NOT THE CORRECT CALL

Standard Change—move forward based on landing—depends based on bend
 CHANGING *ONLY* THE STANDARDS IS NOT THE CORRECT CALL. THAT SAID, THE STANDARDS MIGHT NEED ADJUSTING BACKWARD IF THE GRIP IS LOWERED TOO MUCH.