



Pole Vault Psychology

Shawn Francis – Team-Hoot.com

Why Should I listen to this guy?



What most people want to know



- Running through
- Not taking a vault up
- Stopping in the wind
- Poor meet performance
- etc

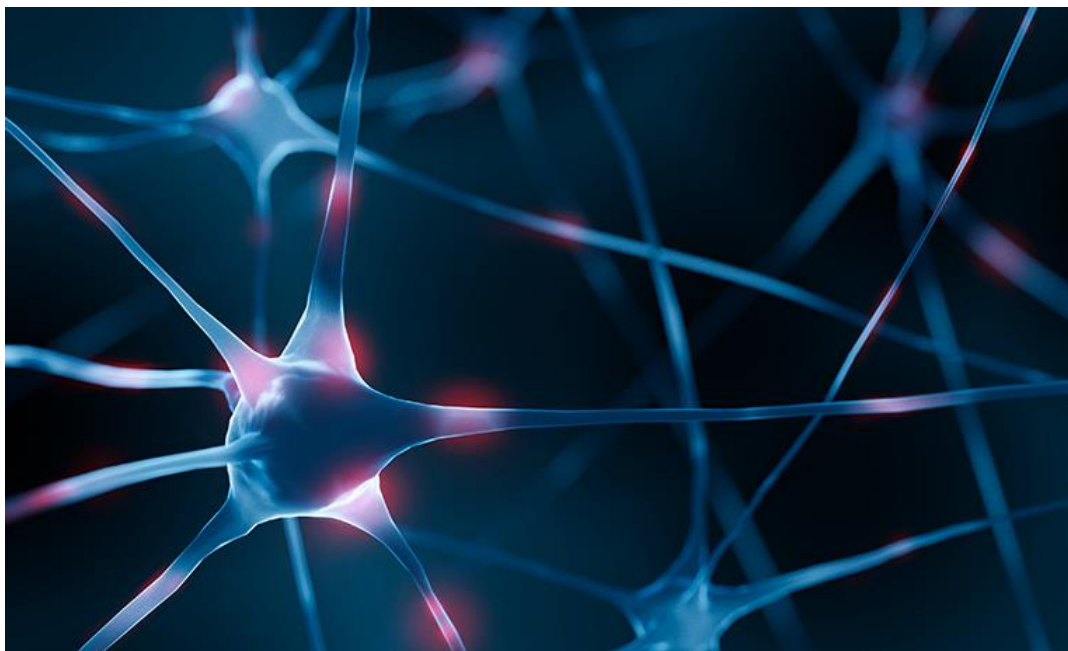
The Power of Thoughts



The brain is sort of like a Snowy hill.



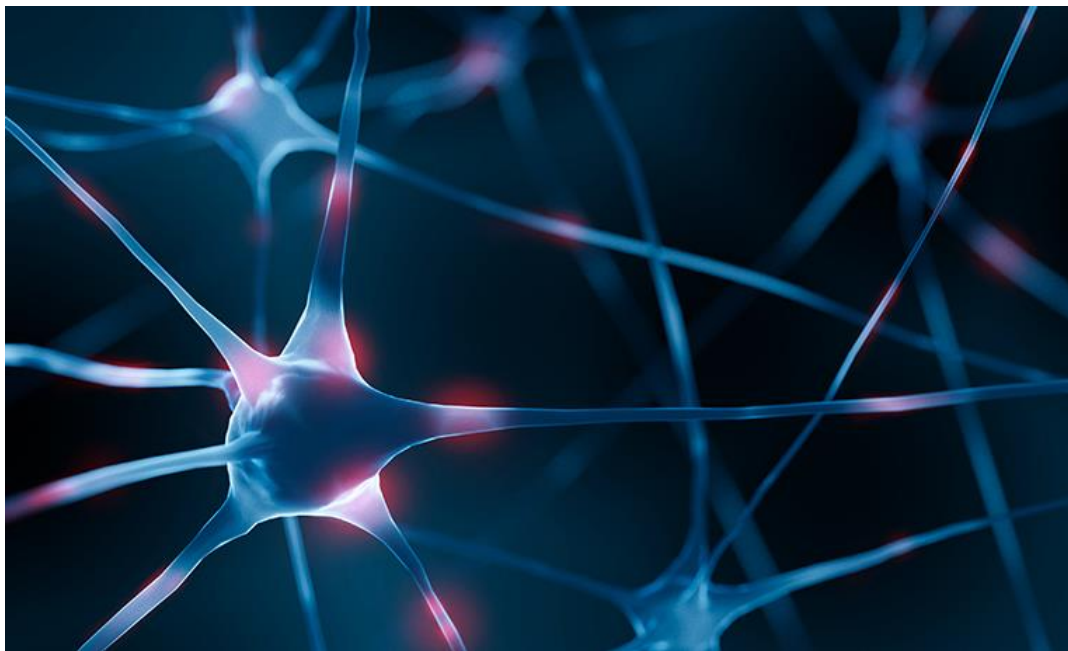
The brain is awesome



Trauma creates grooves

“Emotional and psychological trauma is the result of extraordinarily stressful events that shatter your sense of security.”

The brain is awesome



Trauma doesn't have to be a
a big thing



Trauma doesn't have to be a big thing

One Big Pass

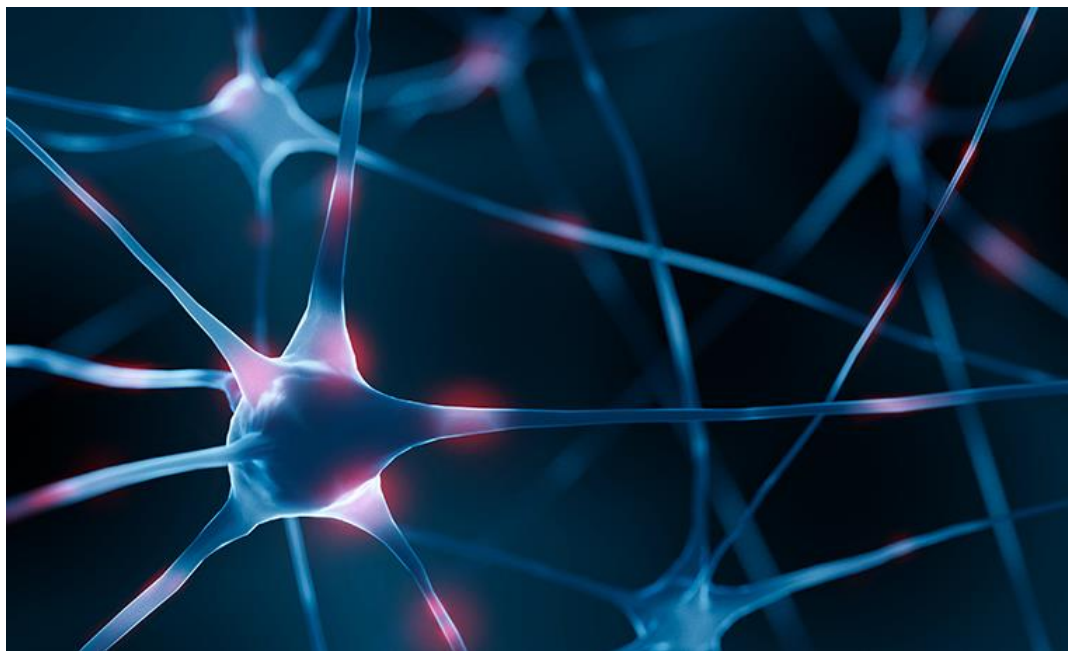
- Pole break
- Injury
- Landing in the box
- etc



Many Small Passes

- Running through
- Not taking a vault up
- Stopping in the wind
- A thought saying you're not good enough
- etc

The brain is awesome



Practicing Self Awareness

Are you



a Werewolf

or



Aware Wolf

?

What's going on in your mind?



“Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”

- Viktor E Frankel

Mans Search for Meaning

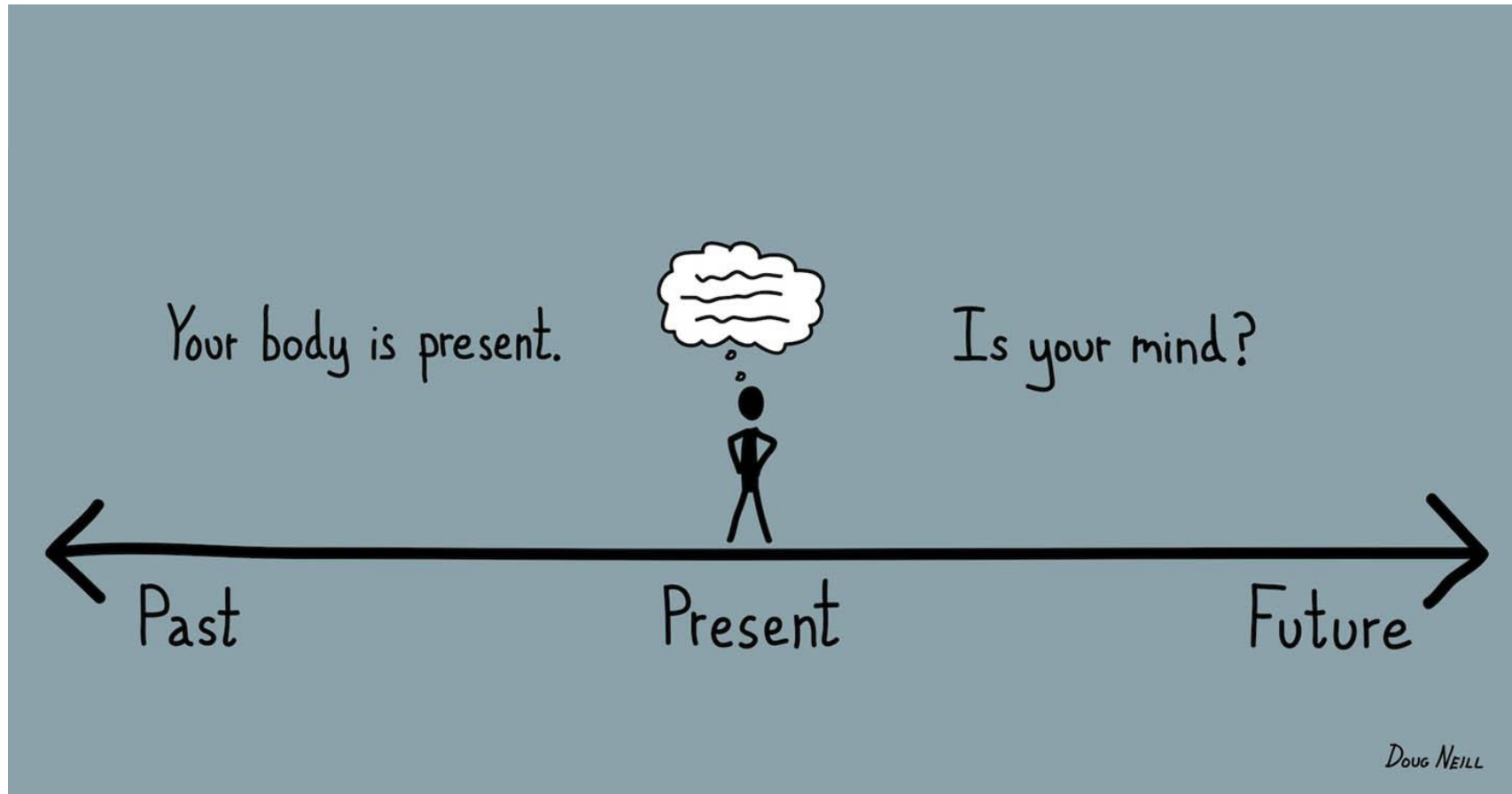
Creating Self Aware Athletes

Ask them to pay attention

1. Physical
2. Mental
3. Emotional



Robert Andrews – Sports Psych Wizard



Awareness of Your Thoughts

1. Where is your mind located?
2. What is it saying?
3. Can we challenge this thought?



Awareness of Your Emotions

1. What am I feeling?
2. Where in the body?
3. Why am I feeling this?



To Tie it all together

Without self awareness

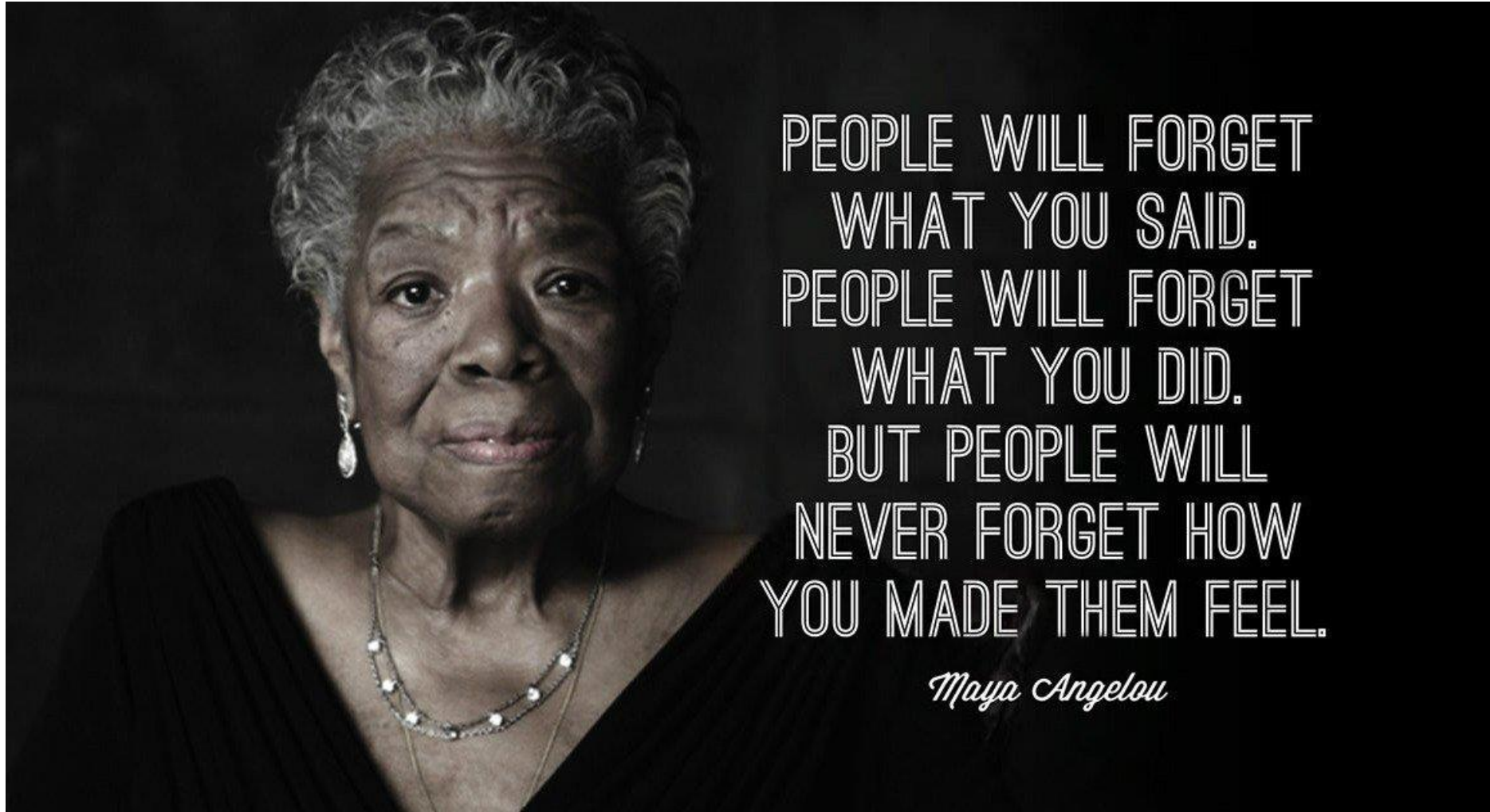
We **React** instead of **Respond**

With self awareness

We **Respond** instead of **React**

Create a Safe Environment





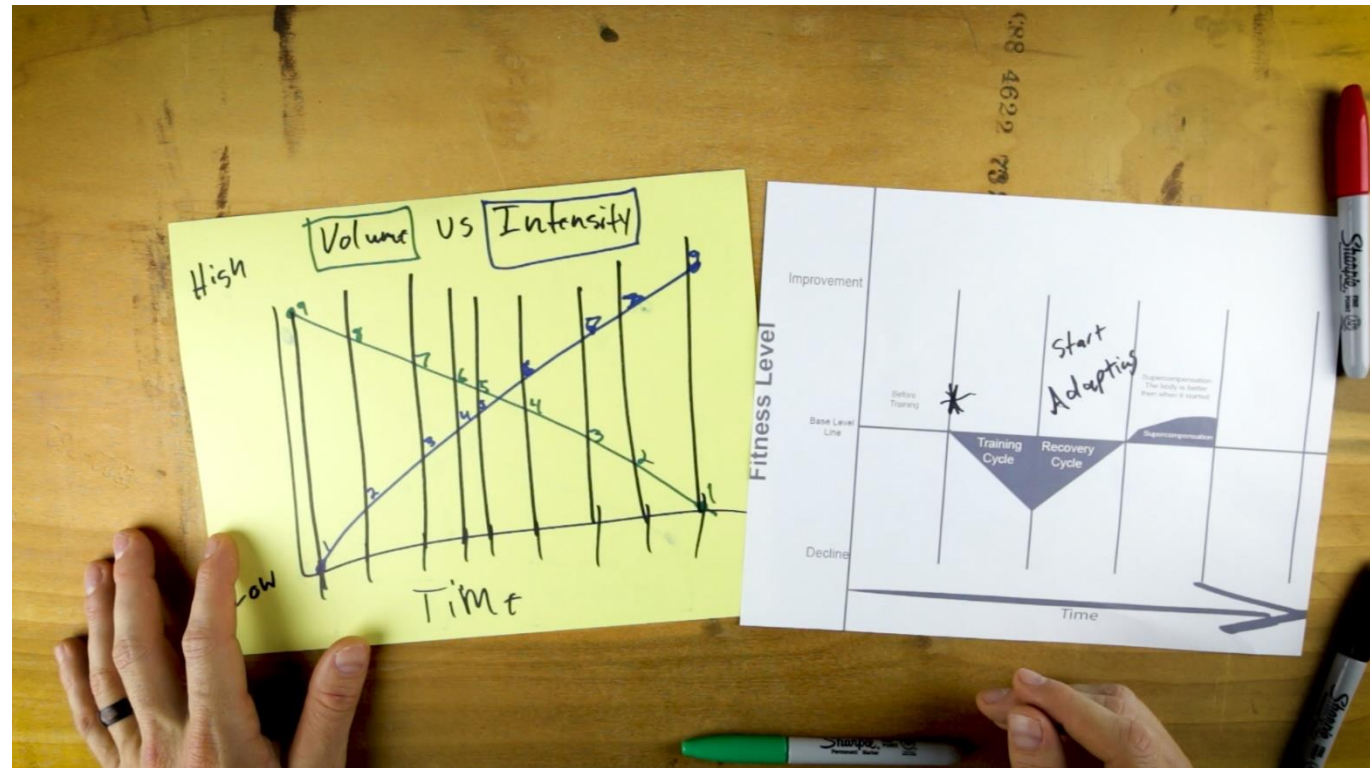
PEOPLE WILL FORGET
WHAT YOU SAID.
PEOPLE WILL FORGET
WHAT YOU DID.
BUT PEOPLE WILL
NEVER FORGET HOW
YOU MADE THEM FEEL.

Maya Angelou

Be a Lazy Coach?

Becoming a Lazy Coach

- What do I want my athletes to know and be able to do?
- This is subjective



FIXED VS GROWTH MINDSET

FIXED MINDSET	vs	GROWTH MINDSET
Pre-determined and finite	Intelligence	Progressive and can be developed
What you lack in ability, you will continue to lack	Abilities	What you lack in ability, you can acquire with effort
Success is a result of luck	Success	Success is a result of grit and smarts
Avoid situations that might lead to failure	Challenges	Embrace opportunities regardless of the outcome
Rationalise and cover up deficiencies	Failure	Learn from deficiencies and develop new capabilities
Zero-sum approach – "If you win, I lose" and vice versa	Negotiation	Find a way for everyone to win
Siloed and transactional	Relationships	Inclusive, collaborative and trusting
Hierarchical and strictly managed	Authority and Power	Shared, autonomous or self-managed

Source: MINDSET – THE NEW PSYCHOLOGY OF SUCCESS by Carol Dweck



Create Pole Vault Scientists

Progress

Noun

The movement towards a goal or to further or higher state

Kill Them With Confidence

“I’ve never met an athlete who tries to do bad.”

- NDSU Female Basketball Coach



“If you land in the pit and don’t die,
more things are going right than
wrong”

Neuroplasticity and my NDSU Crew

- So why were those girls crying?
- why did that guy leave practice?
- why where those other guys laughing?



Trouble Shooting

One Big Pass

- Pole break
- Injury
- Landing in the box
- etc



Many Small Passes

- Running through
- Not taking a vault up
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Avoid ineffective grooves

#1 thing that I see that creates issues

Progressing too quickly

My Rules

1. Rule of 3

2. Small adjustments with Run, Grip, Pole

3. Only 3 run troughs or no-swing jumps before we make a change

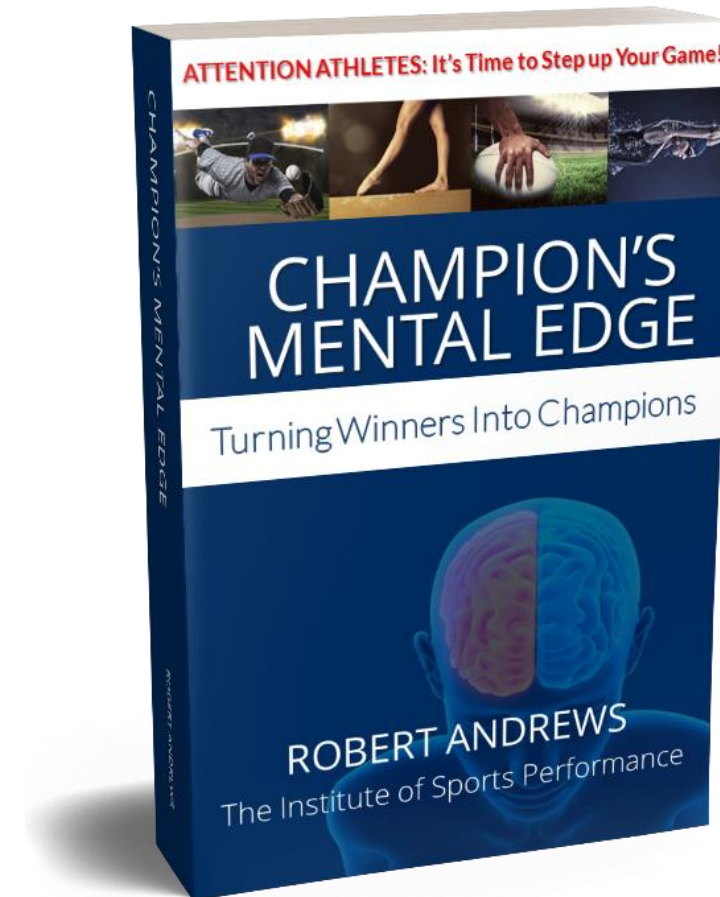
Fixing ineffective (trauma) grooves

1. Isolate the cause

2. Throw success at it

1. Regress to where the vaulter can do 5-10 reps.
2. Work your way back up.

3. Keep it fun



Pole Vault - Psychology



“Among children who develop resilience, the most commonly seen and influential protective factor is at least one stable and committed relationship with a supportive parent, caregiver, or other adult”

This can be you!

In Conclusion

- Pole Vault is Just something we do, it's not who we are.



Recourses

Team-Hoot.com

OneWholeLifeMedia.com

Youtube

- Team Hoot Pole Vault
- One Whole Life Media

Instagram/Facebook

- Team Hoot Pole Vault
- OWLMH

