

OSLO 2014

Steve Rippon

COACHING CAREER

- ✱ 1990 - 1998 Western Australian Institute of Sport
- ✱ 1998 - 1999 Columbia University New York
- ✱ 1999 - 2010 British Athletics Loughborough
- ✱ 2010 - 2011 Scottish Athletics
- ✱ 2012 - Finnish Athletics

PAUL BURGESS

Age	Result	Pole	Flex	Grip	Push
14	390	13-160	17.0	380	30
15	480	14-185	13.2	430	70
16	525	15-195	13.2	460	85
17	551	15.9-195	15.2	470	101
18	560	16.5-200	14.4	487	93
21	571	16.5-205	13.2	490	101
26	600	16.5-215	11.7	492	128

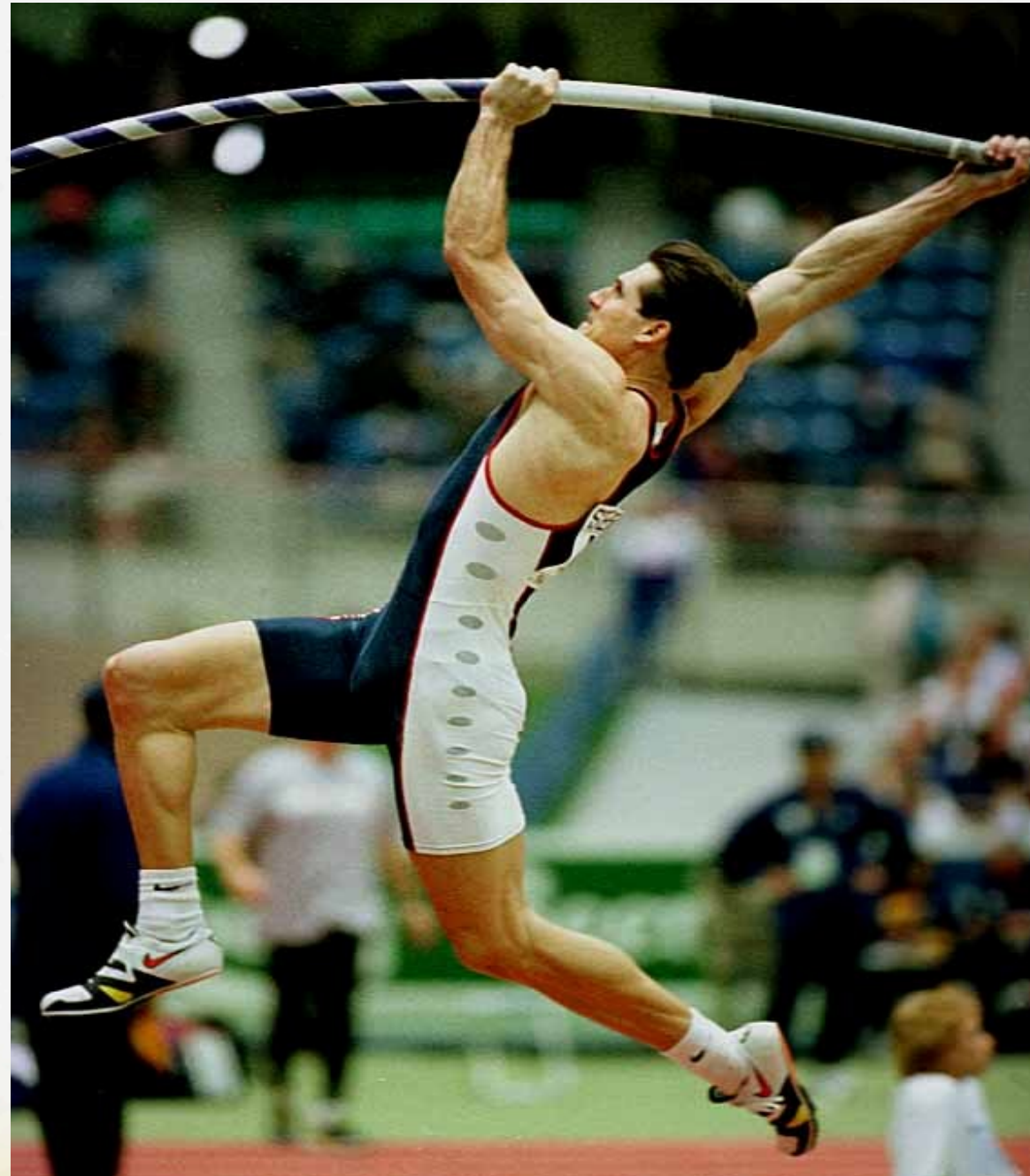
KATE PROGRESSION

Year	Result	Pole	Flex	Grip	Push
2012	456	433	18.6	432	44
2011	461	433	18.6	430	51
2010	455	425	17.2	424	51
2009	460	425	17.6	425	55
2008	440	425	18.0	420	40
2007	440	425	18.0	419	41
2006	435	425	18.5	416	39
2005	411	415	19.5	405	26
2004	400	425	19.5	400	20

KATE POTENTIAL

- ✱ Result 470 to 480
- ✱ Poles 433 to 440
- ✱ Grip 425 to 440
- ✱ Push 60 to 80

TECHNICAL MODEL



MENTORS

- ✿ Vitaly Petrov
- ✿ Vladimir Ryshich
- ✿ Anatoli Chernoby
- ✿ Alan Launder
- ✿ Yuri Volkov
- ✿ Alex Parnov



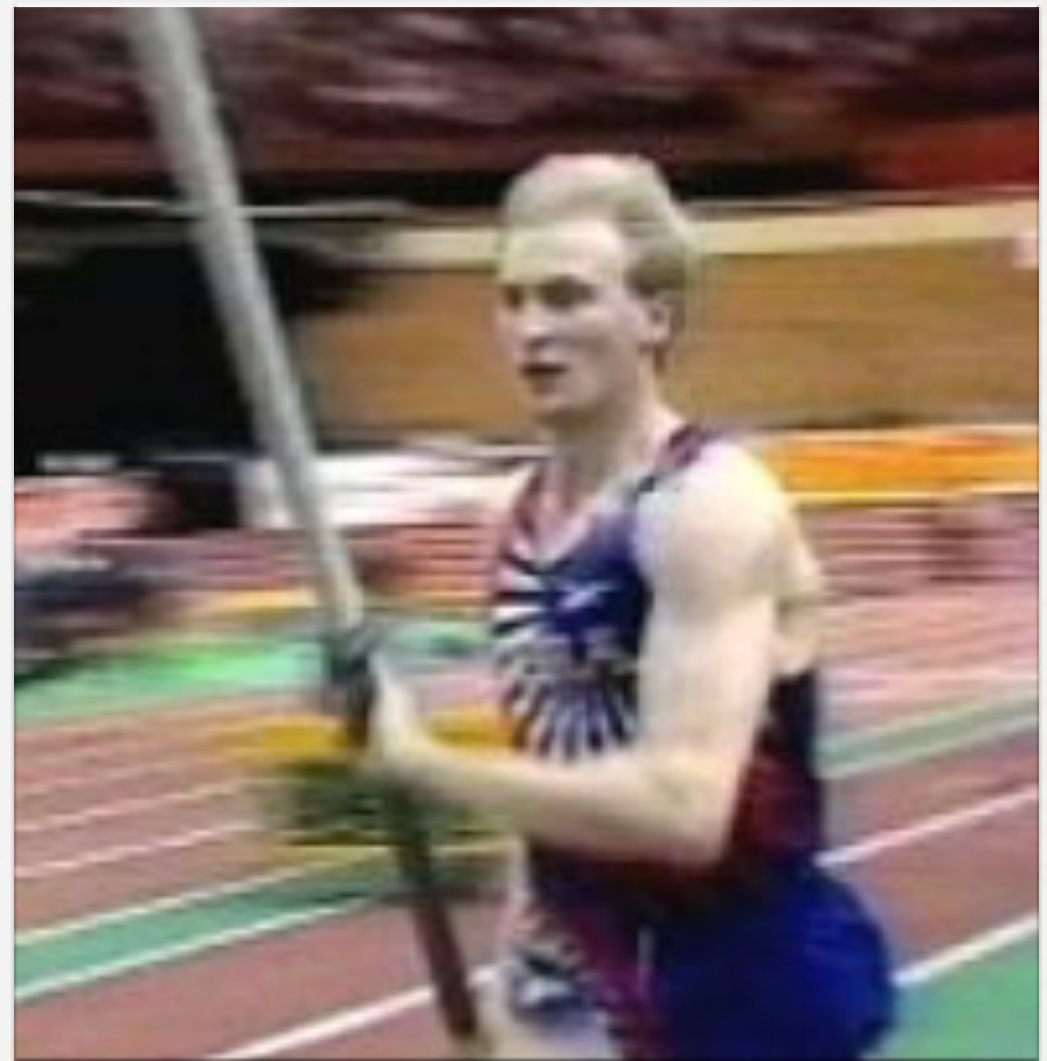
WIDTH OF GRIP

- ✱ Top hand by shoulder
- ✱ Bottom hand extended but relaxed



POLE CARRIAGE

- ✱ Left elbow below left wrist
- ✱ Bottom hand two hands from chest
- ✱ Right hand relaxed



GRIP



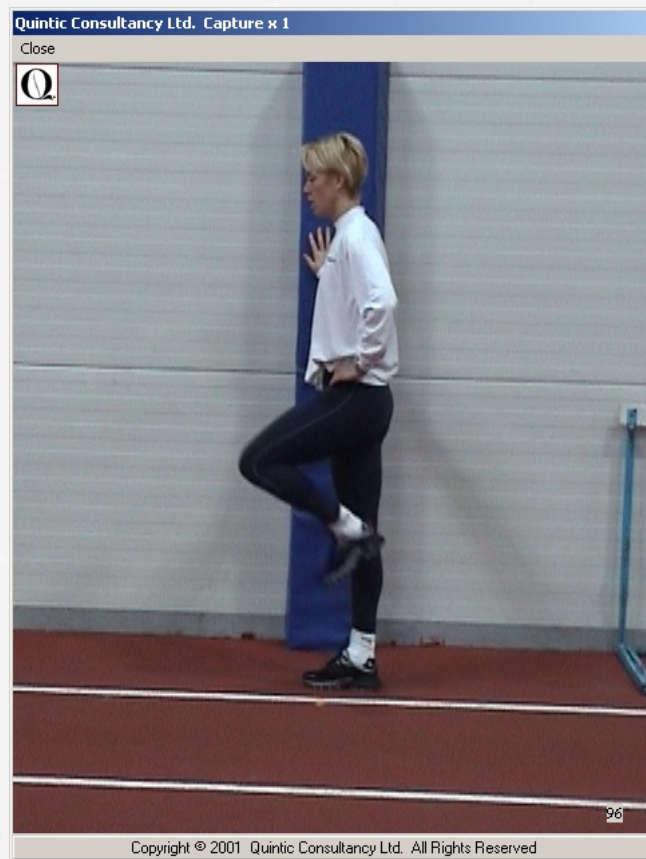
SOFT HANDS



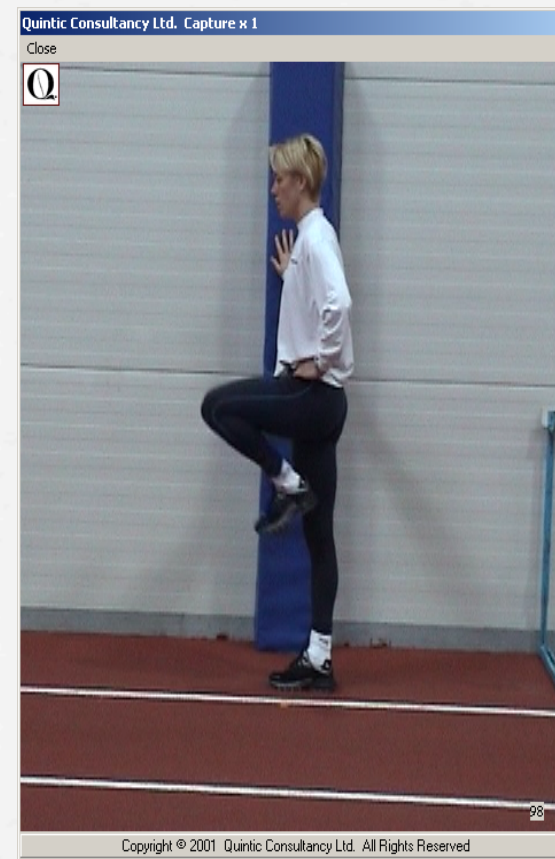
RUNNING



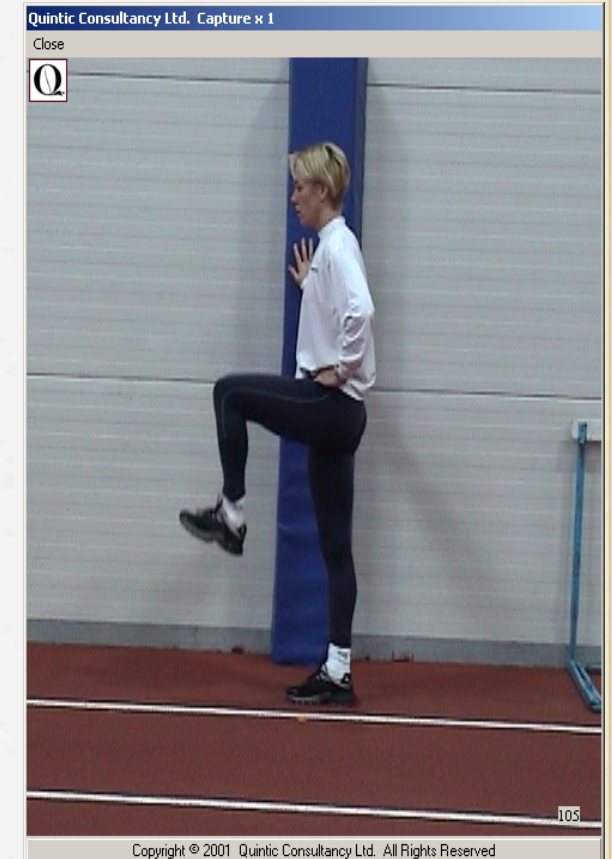
Foot dorsal
flexed



Heel and knee
recover together

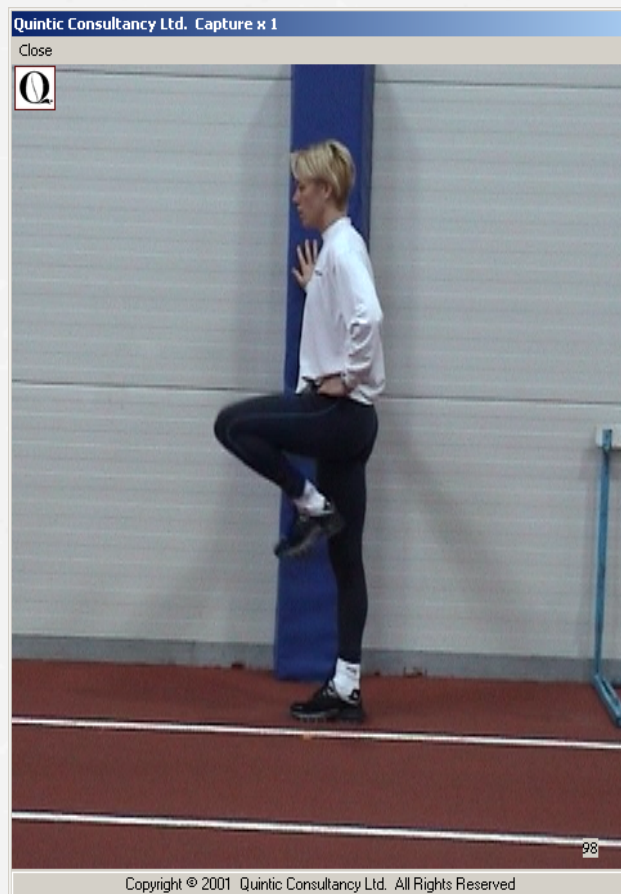


Heel to butt

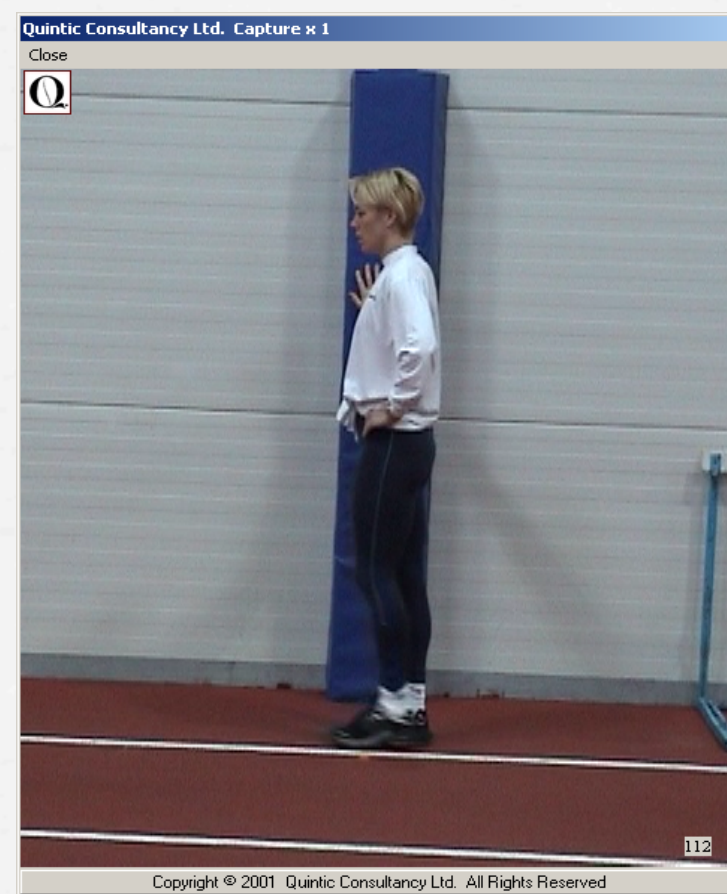


Knee to
parallel

RUNNING



Foot steps over
the knee



Grab back into the track

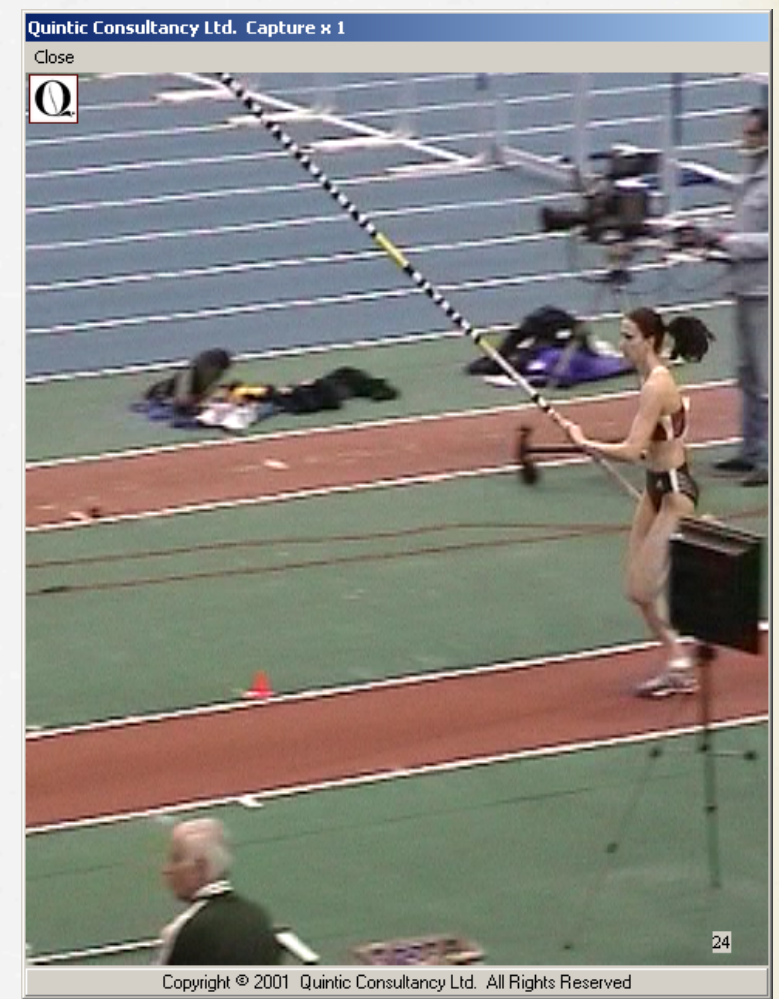
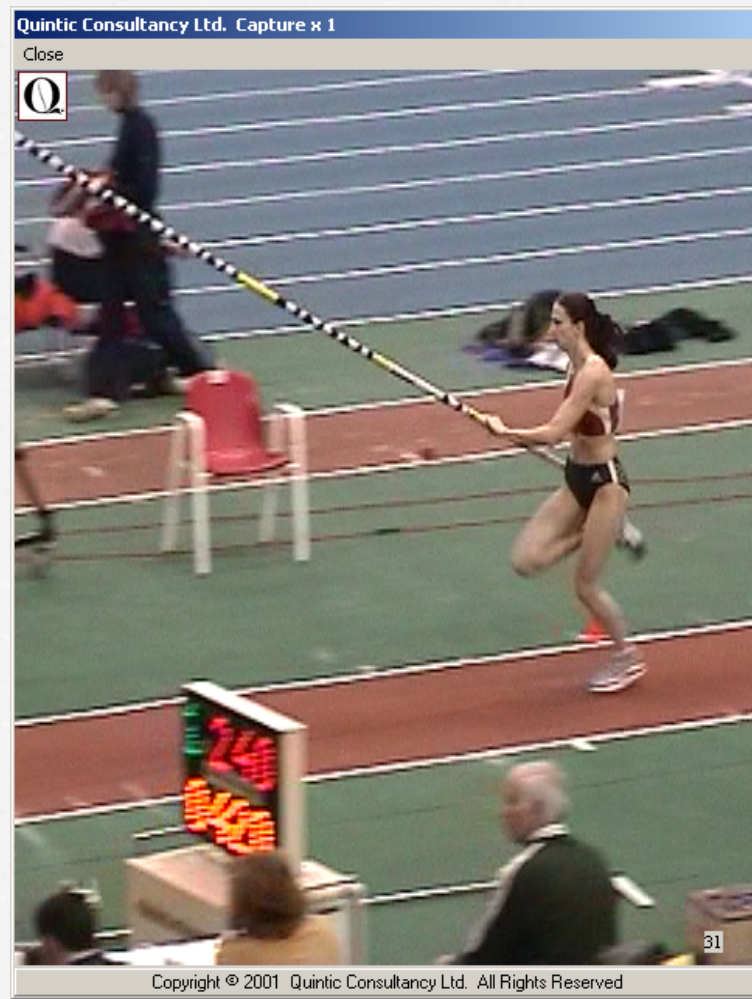
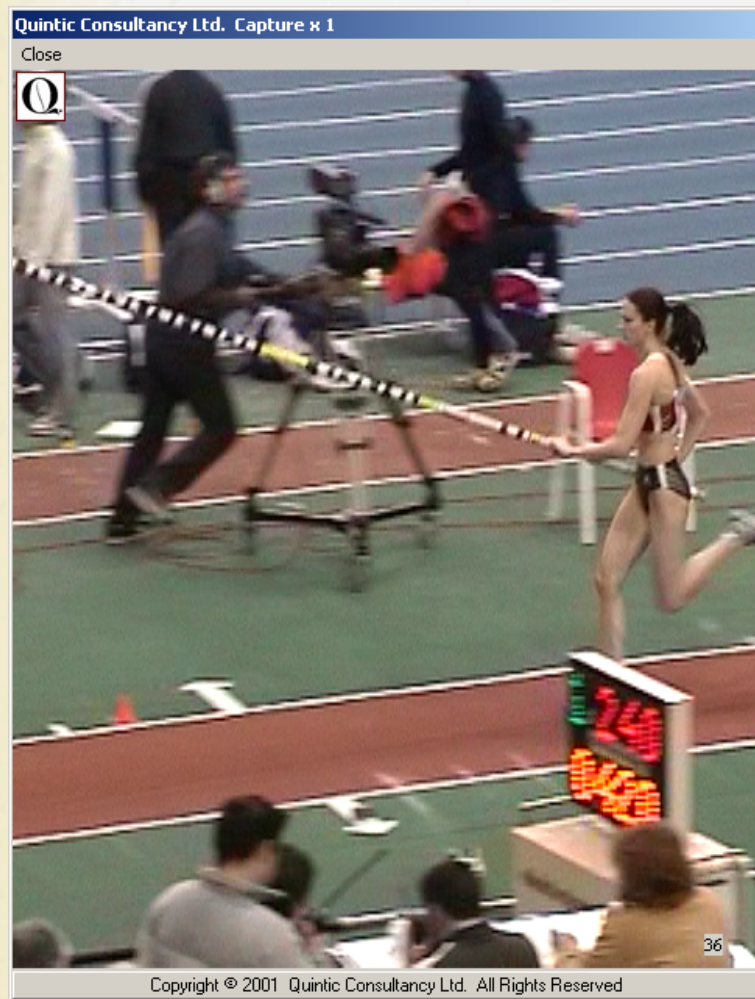
Oval action pull with hamstring and glutes

RUN UP

- ✱ Standing start
- ✱ Men 18 steps
- ✱ Women 16 steps
- ✱ Men 16.00 to 17.00
- ✱ Women 14.00 to 15.00
- ✱ Take off 3.50 and 4.00

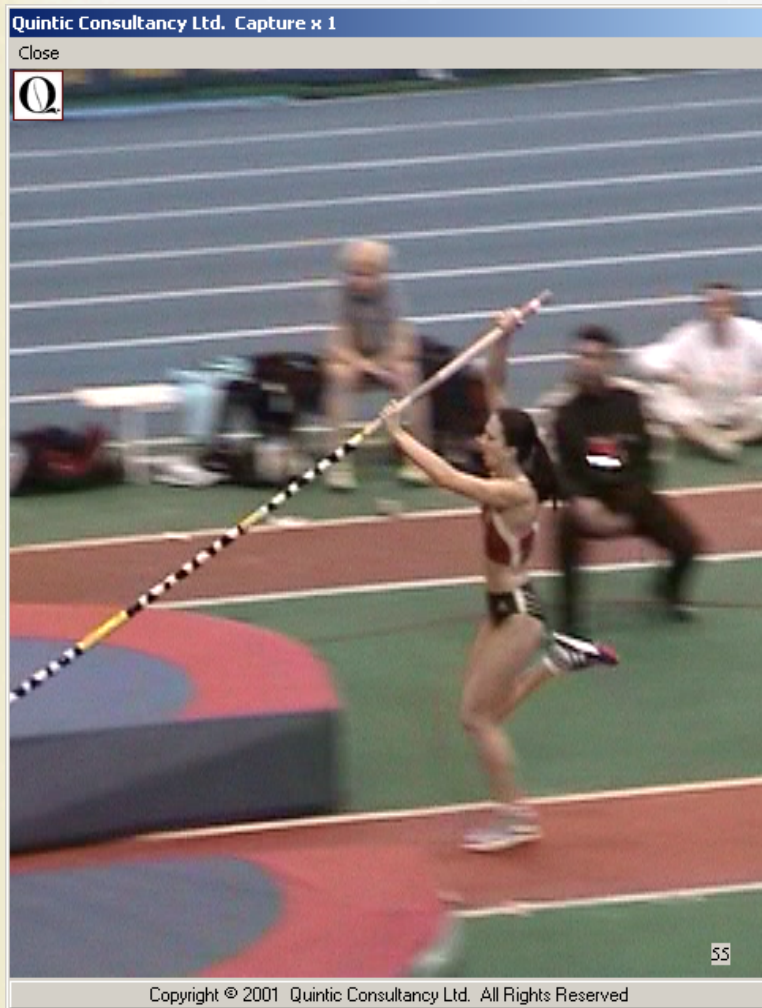


PLANT

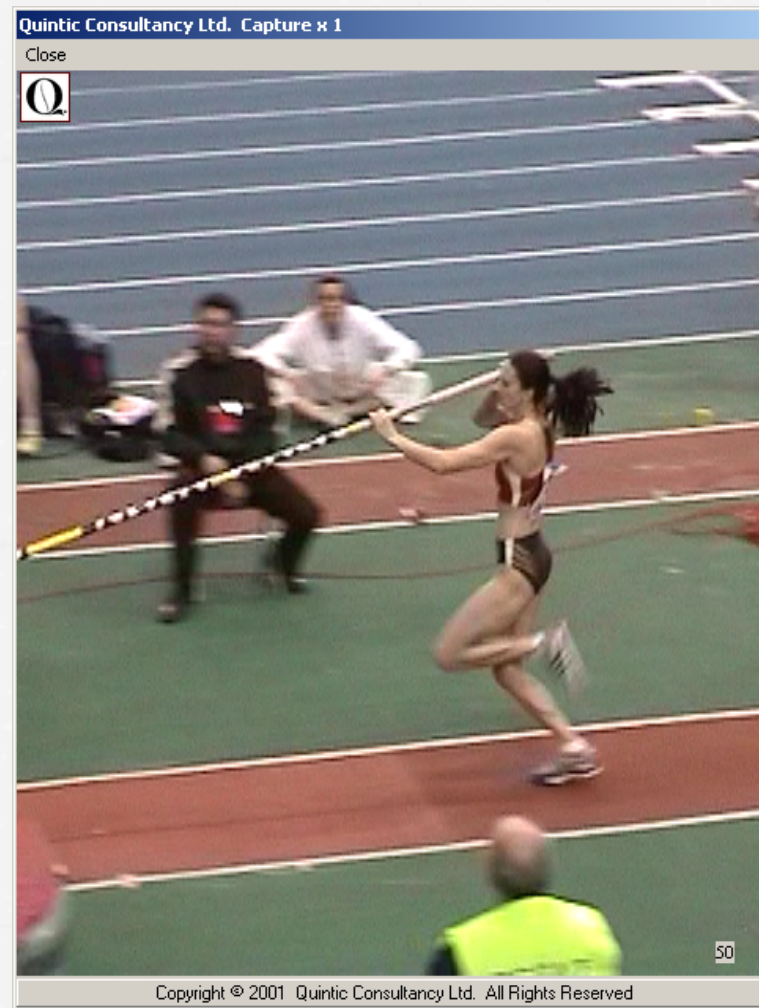


Gradually lower the pole over through out the run up

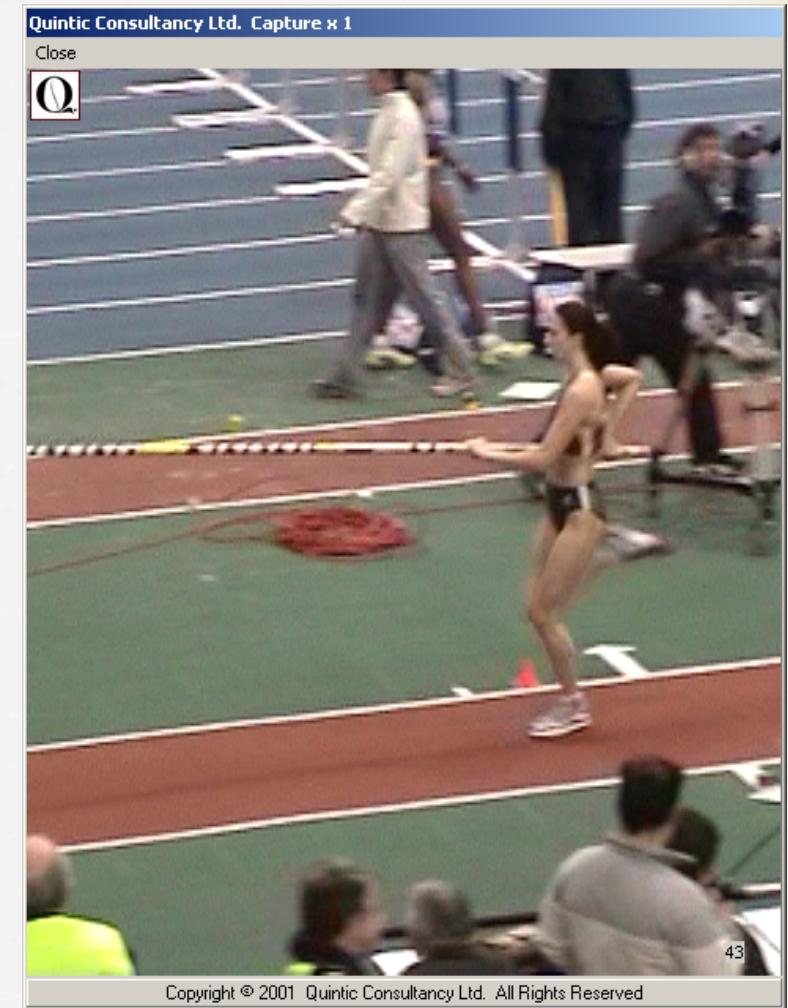
PLANT



Before take off
top hand fully
extended



Top hand in front
of face



Top hand under
arm pit

TAKE OFF

- ✱ Forward body lean
- ✱ Active take off foot
- ✱ Chest open
- ✱ High top hand
- ✱ Relaxed shoulders
- ✱ Bottom arm elbow out



TAKE OFF





You were a little under that time...

SWING TO PIKE



Chest open



Trail leg taps



Chest closes

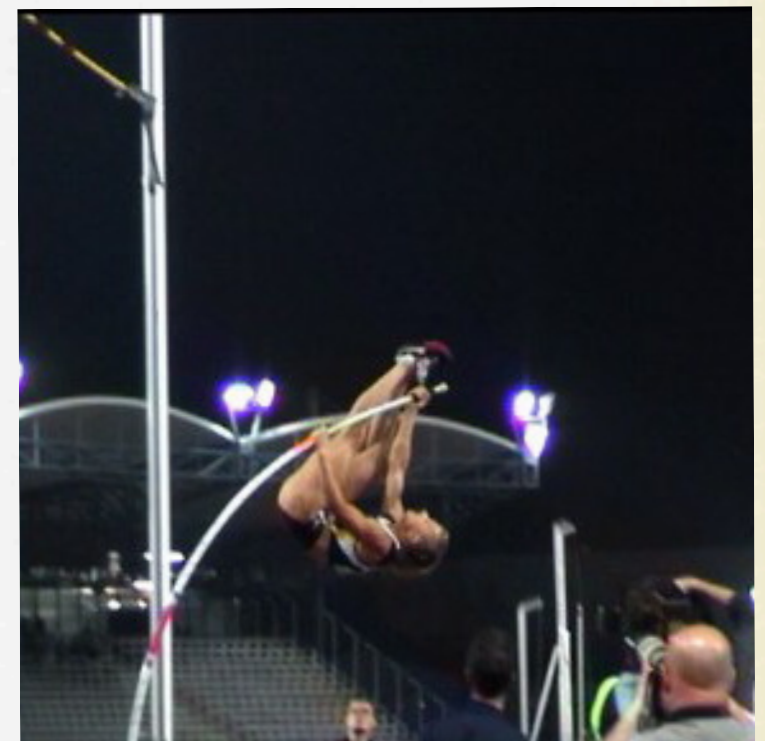
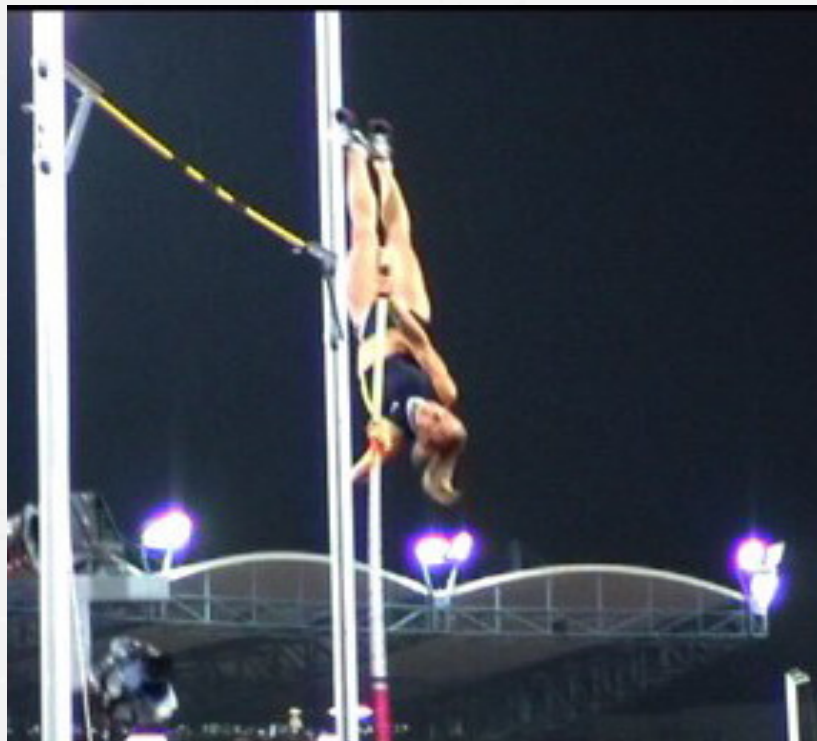
Bottom arm rolls the pole

PIKE

- ✱ Left hand pushes deep
- ✱ Shoulders down and back
- ✱ Pole at maximum bend



PIKE TO EXTENSION



As pole recoils shoulders drop
Hips explode up
Tight legs into half turn
Stay tight to the pole extend track side

BAR CLEARANCE

- ✱ Hips high
- ✱ Ears next to shoulders
- ✱ Roll around the bar
- ✱ Stands 60 - 80
- ✱ Land deep
- ✱ Land safe



TAKE OFF



SAND BOX



EXTENSION



BAR CLEARANCE



BAR AWARENESS



[illegible]

Thursday, November 6, 14

PREP TRAINING

Mon	Tue	Wed	Thu	Fri	Sat	Sun
PV-Sand	Gym	PV	Gym	Plys	Hills	Swim
Physio	1-2-3-2-1		PV Down	Physio		
Weights	Sauna	Weights	Sp End	Janastics		

COMPETITION WEEK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
PV	Gym	PV- Down	Warm up	Act		Swim
Physio	3x150 Tempo	Massage	Physio			
					Comp	
Weights	Sauna	Weights				

Kate Dennison

Trial: 4,55m 2o
Grip height: 4,12 m
(middle of hand)

WM Berlin
17.08.2009

highest point:

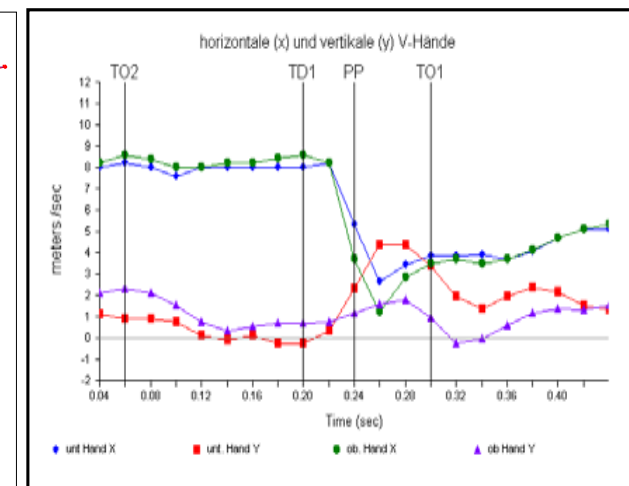
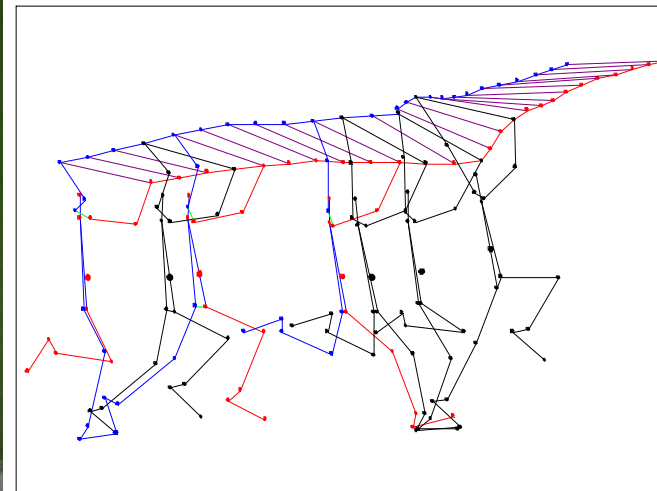
CMmax: 4,64 m
at 0,71 m
V-horizontal: 1,54 m/s
E-gain: +2,57 J/kg

Maximum pole

bend:

22 %

V-horiz. CM: 2,90 m/s
V-vertical CM: 2,84 m/s



Jump/Plant:

„under“: -0,25 m
height CM TD/TO/Dif.: 0,88/1,04/+0,16 m
height upper hand TD/TO/Dif.: 1,84/1,98/+0,14 m
lift difference: -0,02 m

F. Schade

				Approach
3,30	1,99 (104 %)	5,29	1,91	steps [m]
	8,40	+0,01	8,39	horizontal CM-velocity [m/s]
			7,20	

Anna Rogowska

Versuch: 4,75m 1o (4,83)
 Stab: 4,50/19.1
 Griff: 4,26 m

WM Berlin
 17.08.2009

Höchster Punkt:

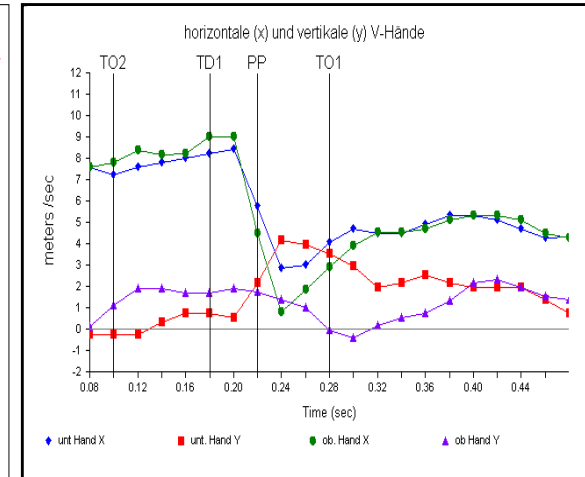
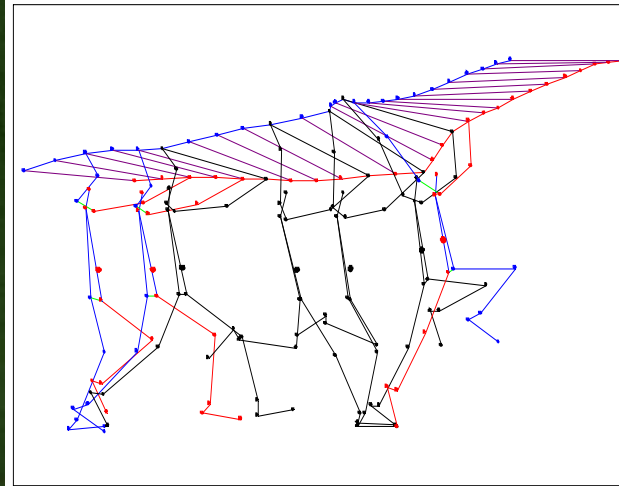
KSPmax: 4,83 m
 bei 0,52 m
 V-horizontal: 1,28 m/s

 Anfangsenergie: 47,69 J/kg
 Endenergie: 48,17 J/kg

 E-Bilanz: 0,48 J/kg
 Überhöhung: 0,77 m

Maximale

Stabbeugung:
 max Biegung: 24 %
 V-horiz. KSP: 2,67 m/s
 V-vertikal KSP: 3,16 m/s
 Aufrollwinkel: 55°



Einstich/Absprung:

„Unterlaufen“: -0,30 m
 Höhe KSP TD/TO/Dif.: 0,94/1,09/+0,15 m
 Höhe ob. Hand TD/TO/Dif.: 1,84/1,97/+0,13 m
 Hub-Differenz: -0,02 m

3,40	1,77 (91 %)	5,17	1,94	7,11	Anlauf
					Schritt- gestaltung [m]
	8,75	+0,01	8,74		KSP- Geschwin- digkeit [m/s]

F. Schade

STEVE.RIPPON@SUL.FI