

## If you Build It, It Will Come: Mental Journey of the Pole Vault

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### Stage 1:High School

- Building the foundation
  - Choosing the pole-vault
    - Is the passion there
      - May or may not be
    - Is the talent there
      - May or may not be
  - Work ethic
    - Will have to work for it
    - No one holding your hand
  - Mental Training
    - Very raw

### Stage 2:College

- NAIA
  - Training developed mind
  - Get out of comfort zones
  - Full year training
  - Great group of people
- NCAA
  - Training with Talent
  - Training starting to develop mind
  - More like college, ie.,no intramurals
- Mental Training
  - Very raw
  - Good starting point

### Stage 3:Post Collegiate

- Staying with Support System
  - Good mental energy
- Started Sport Psychology
  - Progress through injuries
  - Focused on life
- Novice Competitor

### Stage 4:Elite

- Learn how to compete
  - Goodwill Games
- Financial freedom
  - Conserve mental stress
- Mental Training
  - Athens Prep
  - Technical Trial and error
  - Tactical Trial and error

### Stage 5:Gold Medal

- Mental Training
  - Athens Prep
  - Technical Mastery
  - Tactical Mastery