

# KP Athletics

## Summer Vault Series

### 2023

**Coach Kevin Patterson**

**Come Learn Like Previous Vaulters:**

NAIA WHAC Champions  
NAIA All American 19 All Americans  
Girls Indoor State Champion '04, 09, 10,13,19  
Boys & Girls Indoor State Champion 2013  
Division 1 Girls State Champion '02 , 04, 05, 08, 09,10  
Division 1 Girls State Runner Up '02,'04,06,08,09,18  
Division 2 Girls State Champion 2005, '06, '11, '12,18,19  
Division 2 Girls State Runner Up 2011, 2012,17  
Division 1 Boys State Champion 2003, 2015  
Regional Champions '02,03,04, 05, 06, 07, 08,09,10  
OK Red Conference Champions  
Grand Haven Beach Vault Champions

Two 15'3" Boys Vaulters  
13'1" Girls All Time MI State Record Holder 2010  
20 Area School Records

**Location :**

Rockford High School  
4100 Kroes Rd  
Rockford, MI 49341

### **Techniques**

- Safety
- Proper Pole Selection
- Approach
- Plant Emphasis
- Swing Drills
- "A" Drills
- #1 Drills
- Sliding Boxes
- Bunge Swings
- Competition
- Films
- 130 + Poles
- And More,...

**Starting Sunday June 11th, 2023 until  
Sunday August 13th.**

**Twice per week: \$325**

**Wednesday Nights 6:00 – 8:00p.m.**

**Sunday Nights 6:00 – 8:00p.m.\*\***

**Once per Week: \$200.00**

