

# KP Athletics

## Summer Vault Series

### 2024

**Coach Kevin Patterson**

**Come Learn Like Previous Vaulters:**

NAIA WHAC Champions	7
NAIA All American	23 All Americans
Girls Indoor State Champion	6
Boys & Girls Indoor State Champion	2013
Division 1 Girls State Champion	8
Division 1 Girls State Runner Up	9
Division 2 Girls State Champion	8
Division 2 Girls State Runner Up	5
Division 1 Boys State Champion	2
Regional Champions	11
OK Red Conference Champions	
Grand Haven Beach Vault Champions	

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

**Starting Sunday June 16th, 2024 until  
Sunday August 11th.**

**Twice per week: **\$325****

**Wednesday Nights 6:00 – 8:00p.m.**

**Sunday Nights 6:00 – 8:00p.m.\*\***

**Once per Week: **\$200.00****

### **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...

