

Psychology of the Vault

(According to Roark)

Alan Roark

Your Expectations I like them smart

No Drama That's the pole's job

Don't tell them it takes a long time to learn.

For them it might not

Brady 0-14' in 3 months

Emily 9' the first day, 10' the 8th day, 65' run the second week

Noah 10' the first day

Jacob 12'6" in 8th grade

Larry 11'6" first season

Great Book: Personality Plus by Florence Littauer

Sanguine

Phlegmatic

Melancholy

Choleric

Safe Base of Operation

Everything bad they do is part of their brain's safe base of operation

replace a habit in 30 min.

Spring Theory How to easily move kids up poles

Trail End Statements

The last thing out of your mouth....

SCUDS scale

Coach problem, not a kid problem