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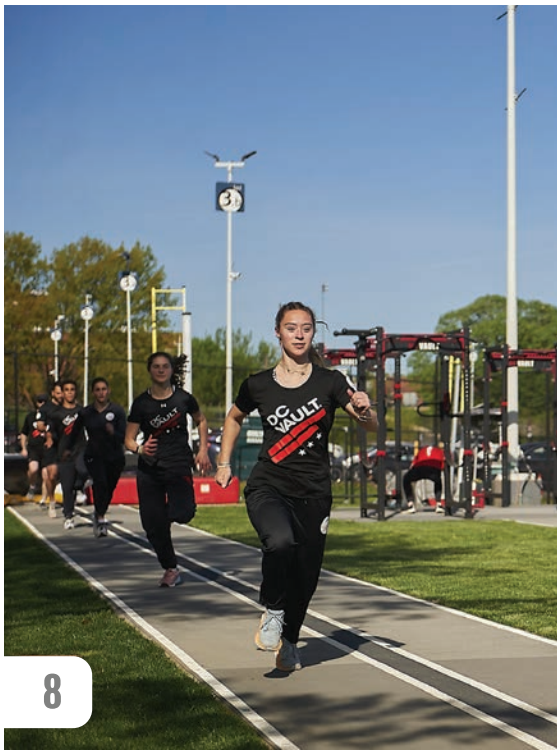
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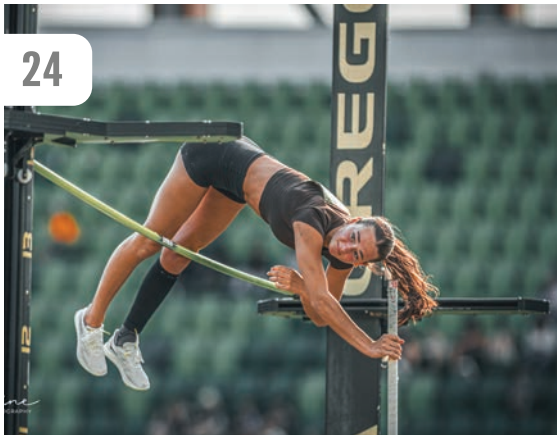
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Cover photo by DC Vault







FROM THE EDITOR

Elevating Pole Vaulting in the Nation's Capital

Welcome to DC Vault, Washington DC's premier pole vault club. Nestled at 2200 East Capitol Street NE, we stand proud as the first and only pole vault club in the nation's capital. Our commitment to developing athletes from the ground up, fostering a community of dedicated vaulters, and maintaining a high standard of excellence defines us.

The Journey to the Big Show: Vaulter Magazine's Path to High-End Credentials

Capturing the essence of pole vaulting has always been our passion at Vaulter Magazine. Our journey, from covering local meets through chain-link fences to securing credentials for national championships, has been one of dedication and perseverance. Building relationships with event organizers, coaches, and athletes, and consistently delivering high-quality content, earned us



Hannah Grace 2024 U20 Champion



respect and recognition within the pole vaulting community.

Capturing the Perfect Vault: The Art of Pole Vault Photography

At Vaulter Magazine, our mission is to capture the ultimate pole vault moments through exceptional videos and photographs. High-quality cameras and lenses are crucial, but the true essence of our work lies in the athletes themselves—the vaulters who defy gravity and showcase their skills and determination.

Being at the right spot at the right time is key to capturing the perfect shot. Access to the pits and vaulting areas allows us to get the best angles and achieve the look and feel of the event from both the viewer's and the athlete's perspectives. Editing and style are also crucial, ensuring our images and videos are polished to perfection.

Our journey is all about the athlete, the coach, kids in the surrounding area, parents, and the whole picture. We strive to deliver a message that resonates with our audience, capturing the spirit of pole vaulting in every image and video. As we continue to push the boundaries of our craft, we remain committed to capturing the heart and soul of pole vaulting, one shot at a time.

Thank you for being part of our journey and for supporting the sport of pole vaulting. We look forward to continuing to bring you the best of pole vaulting excellence.

Sincerely,
Doug Bouma
Editor, Vaulter Magazine



Asha Iyer



Christian DiNicolantonio

DC VAULT:

Elevating Pole Vaulting in the Nation's Capital

By Doug Bouma

Welcome to DC Vault, Washington DC's premier pole vault club located at 2200 East Capitol Street NE. As the first and only pole vault club in the nation's capital, we pride ourselves on our commitment to developing athletes from the ground up, fostering a community of dedicated vaulters, and maintaining a high standard of excellence.



Grant Lawrence and David Meldorf

Coaching Excellence

At the heart of DC Vault is Head Coach Edward Luthy. Coach Luthy's journey began in 1988 while still in high school. Over the years, his passion and dedication have led him to train athletes at various levels,



Madison Fuerst

from high school teams to the All Army Track Team pole vaulters during his service in the US Army's 82nd Airborne Division. Coach Luthy has been instrumental in the development of women's pole vaulting, having trained the first three female state record holders. Since founding DC Vault in 2008, he has worked with numerous universities and elite athletes, many of whom have set state, university, and national records, and achieved significant milestones such as becoming Olympic Trials finalists and professional athletes. Some notable athletes include Bill Deering, Janice Keppler, Olivia Gruver, Jeff Fairbanks, and Joshuah Alcon.

Building a Strong Coaching Team

DC Vault boasts a dedicated team of two primary assistant coaches and four in-development assistant coaches. We develop all our coaches from within, ensuring they fully understand our system and approach. Each coach undergoes years of training, gradually taking on more complex instructional duties. This rigorous development process ensures that our coaching staff is exceptionally well-prepared to lead their own classes and contribute to our athletes' success. "External athletes or coaches who offer to assist are required to go through the same process, beginning



Madison Fuerst, Ian Hoffman, Milton Blandburg (pullups), Christian DiNicolantonio, Ashton McCullers, Zoe Pallia

with general group training as a DC Vault athlete. Most coaches have 3-4 years of experience within the organization before leading their first solo class."

Community and Sponsorship

While we currently do not have a parent volunteer program, we are proud to receive support from organizations like UCS and South West Airlines, particularly for our annual Pole Vault Championships in Washington, DC.

The Local Pole Vaulting Scene

Pole vaulting in DC presents unique challenges and opportunities. While other regions might have a larger pool of genetically built pole vaulters, we consistently produce high-level performers. Historically, DC Vault was the only organized training facility in the area, but recently, several other teams have emerged, contributing to a growing regional interest in pole vaulting. Our training approach is rigorous, expecting athletes to match the dedication of our coaching staff, resulting in strong social bonds and committed athletes. "Compared to most other programs in the

area, we are a bit tougher on our athletes. This is because we want every athlete at ever session to get as much out of their training as possible. So we don't allow a lot of goofing off at practice. We expect athletes to stay focused and give as much effort to their training as the coaching staff is giving to the athletes development. We give 100% all the time, and we expect our athletes to be there to try their best in return."

Program Overview

DC Vault trains athletes of all levels, from six-year-old "Fly-Kids" to elite development athletes. We typically have 50-60 athletes training year-round, with 58 currently enrolled. Our focus is on long-term development, addressing fundamental technical issues to ensure future progress. For high-potential athletes, we plan their development over several years, laying a foundation for continued improvement even if they move away for college. "If we are working with a high potential athlete, we plan the athletes technical and physical development training over the course of years with the intent of producing elite performances."

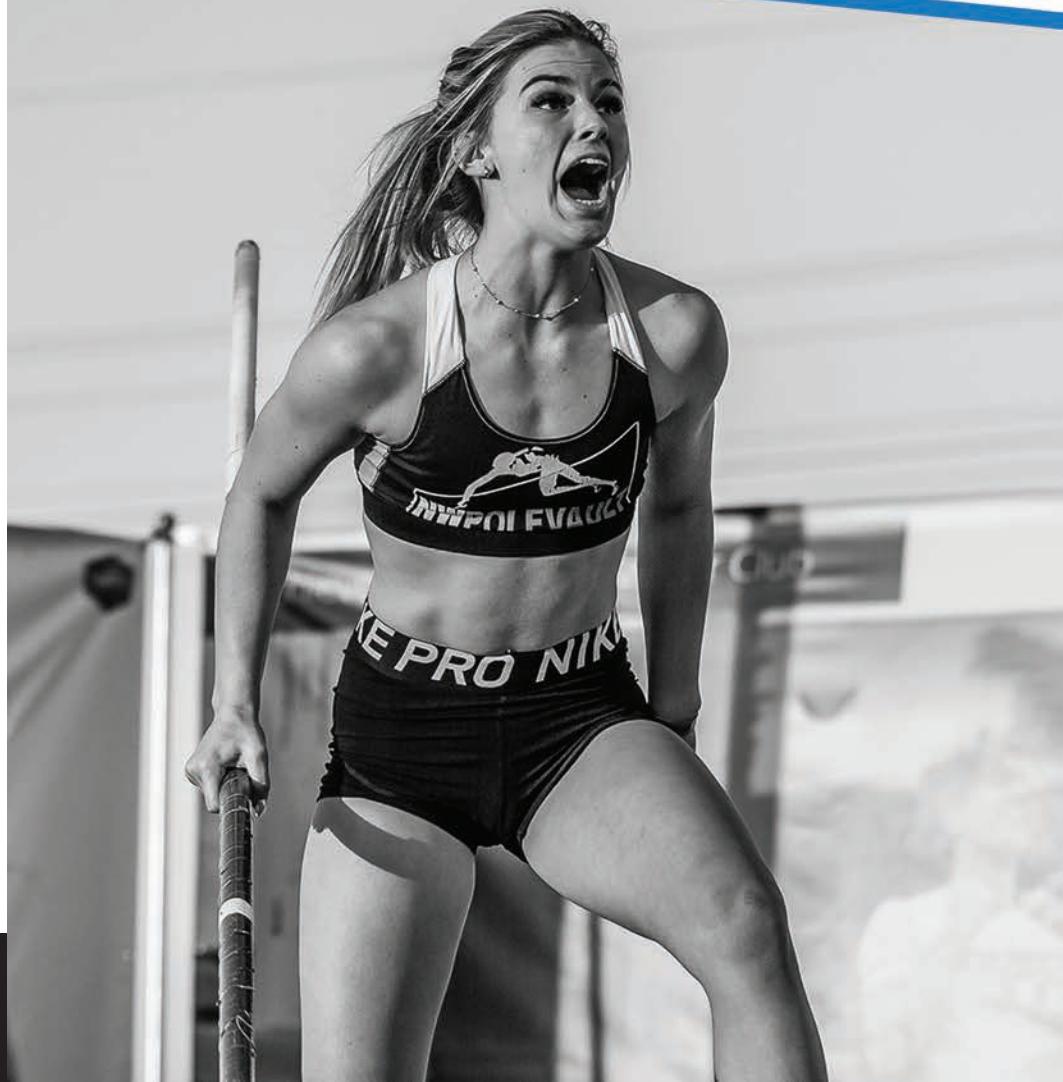
Annual Training Cycle

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ATHLETICS





Christian DiNicolantonio and Ian Hoffman

through June. We start the season focusing on fundamentals, with both elite and beginner athletes working on plant and takeoff phases. As the season progresses, we shift technical focus month by month, ensuring each athlete's development aligns with their progress. "Each month the athletes move back a left stride as we switch technical focus from takeoff to swing initiation, then swing, extension, wrapping and finally pike delay. Some athletes will stick with takeoff and swing at 5-6 lefts depending on how their development is progressing, while the highest performers will end on 8-9 lefts focusing on energy transitions in time for nationals."

Top-Notch Equipment

We exclusively use UCS Spirit vaulting poles, offering a complete range from 9' 60lb poles to 17'1" 210lb poles. Our vault mats, standards, and strength training equipment



are also sourced from UCS and Sorinex, ensuring top-notch quality and consistency in training. "For strength training we use Sorinex equipment, which includes 4 custom Sorinex Power Racks and a huge array of strength training accessories including sleds, med balls, power benches, bands, specialty grips, ropes, chains, weight vests, ankle weights, wabble boards and so on. We also use a variety of technical aids such as springboards, elevated platforms, high bars, aqua bags, rings, wire cameras and more."

Camps and Clinics

We host Summer Fly-Kids Camps for children aged 6-11 and offer a free open-house beginner clinic once a year. Occasionally, we also conduct coaches' instructional clinics lasting 2-3 days.

Star Vaulters

Our top vaulters fall into three categories: those with the physical ability to go pro, those with the mental ability, and the rare few with both. "Of the three types, I'd say more often than not when we encounter the athlete with world class physical ability, but who lacks the mental discipline, patience or work ethic to get there. These athletes excel early and then generally see an abrupt stop in their progress well short of their actual potential as their nature to do their own thing inevitably gets in the way. They often end up seeing athletes far less gifted or experienced than they are pass them by, without understanding why. " A standout example is a former female athlete who set the all-time collegiate National Record and made it to the Olympic Trials finals. Currently, we have several athletes with both physical and mental potential to go pro, who understand that success comes with setbacks and long-term focus.

Highest Personal Records

"Including only active members who have trained exclusively with DC Vault starting as beginners, our current top male athlete would be Christian DiNicolantoio 5.20m (17'1'). We'd have to give the top active female performance to our Fly-Kids division athlete Asha Iyer, who may not be the highest female jumper we have, but who at age 10 has cleared 2.55m (8'4¼") in competition while still in elementary school."

Noteworthy Events

On June 8th, we will host the 2024 Pole Vault Championships, featuring all divisions from elementary through pro. "This is the 5th installment of the event which contests all divisions (elementary through pro) and has drawn dozens of pro athletes, including World Champions, Olympians and National Record Holders like Shawn Barber, Anicka Newell, Austin Miller, Kristen Brown, Zach Bradford, Chloe Timberg, Tray Oates, Kortney Oates, Scott Houston, Sydney Horn, Cole Walsh, Kristen Leland, Hunter Garretson and many more."

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Our Facility

Our outdoor facility features three vault runways with Mondo Super X track surfaces and UCS pits. We have a customized setup to accommodate athletes from beginners to elite levels. Despite being an outdoor facility, we train year-round, with occasional adjustments for weather conditions. "The first runway (95' long - currently being extended to 125') was designed for our kids and intermediate athletes and has a UCS 1700 pit with lower clearance so little kids can get over the front of the pit. It also has custom UCS extenders so the crossbar can be set as low as 4'. Our second runway (150') has a UCS 1900 pit with international standards for use by a majority of our athletes and elite development athletes and serves as an alternate wind direction runway. Our third runway (170') was designed for elite/pro athletes and is equipped with a UCS 2100 pit and UCS Ultimate Grand Prix standards." The second and third runways are certified by World Athletics and elite athletes have recorded World Qualifier marks during competition on these runways.



Ashton McCullers

Competitions

Our athletes regularly participate in regional, state, and national competitions. We have produced numerous high school, university, state, and national record holders. Although data tracking was interrupted in 2015, we are developing a new app to efficiently track and store this information moving forward.

Supporting Elite Athletes

While we currently have several elite development athletes, we have hosted elite athletes like former World Champion Shawn Barber for training. Our facility and organizational structure are designed to support elite development, offering extensive resources and support networks in Washington, DC.

DC Vault stands as a testament to dedication, methodical training, and a commitment to athlete development in the heart of the nation's capital. Our rigorous approach, top-notch facilities, and strong community bonds make us a unique and thriving pole vaulting hub.



Christian DiNicolantonio

The Journey to the Big Show:

Vaulter Magazine's Path to High-End Credentials

By Doug Bouma



Eva Lowder

At Vaulter Magazine, capturing the essence of pole vaulting has always been our passion. We strive to take the ultimate pole vault videos and photographs, using the God given talent and hard work available. However, our photographers and our work is only half the story. The vaulters themselves bring the sport to life, and our goal is to capture their journey, their triumphs, and their moments of pure athletic excellence.

Early Beginnings

In the early days, gaining access to significant events was a challenge. We started by covering local meets, often positioning ourselves just outside the barriers, capturing moments through chain-link fences and gaps in the crowd. These initial experiences were invaluable, teaching us the importance of being in the right spot at the right time, and how to tell a compelling story through our lens.



Flying Dragon Nationals

Building Relationships

Understanding the importance of relationships, we began networking with event organizers, coaches, and athletes. By consistently delivering high-quality content and showing our dedication to the sport, we slowly built a reputation within the pole vaulting community. Our images and videos began circulating among athletes and coaches, earning us respect and recognition.

Breaking into the Big Leagues

The breakthrough came when we secured credentials for many national championships. This milestone was a testament to our hard work and the relationships we had built. With access to the pits and the vaulting area, we could now capture the angles and moments that truly represented the sport's intensity and grace. Our coverage of these events showcased not only the athletes' prowess but also the excitement and atmosphere of high-stakes competition.

Mastering the Craft

With each event, we refined our techniques, learning to anticipate the perfect run, the enhanced take-off, the big bend and pressure, the inversion, the 1/4 turn over the bar, and the epic clearance. These moments are the pinnacle of pole vaulting, and capturing them required not just skill but an intimate understanding of the sport.



Sadie Hartman Nationals

We invested in the best editing software, ensuring our images and videos were polished to perfection, delivering a product that athletes and fans alike cherished.

The Global Stage

Our relentless pursuit of excellence led us to the global stage. From the World Championships to Olympic trials, Vaulter Magazine has been there, capturing history as it unfolds. Each event is a new opportunity to showcase the sport's evolution and the incredible athletes who push its boundaries. The road to these prestigious events wasn't easy, but our commitment to quality and our love for the sport carried us through.

Next Up: Eugene, Oregon

Next on our journey is the ladies' Olympic Track and Field Trials in Eugene, Oregon. This event promises to be a thrilling experience for both young spectators and seasoned fans. The magic happens when top-notch equipment meets high-caliber athletes. Their dedication, technique, and passion bring our photographs and videos to life, telling a story of ambition and achievement. At Vaulter Magazine, we believe in showcasing the full spectrum of pole vaulting excellence, ensuring that every shot is a testament to the sport and its incredible athletes.

Reflecting on the Journey

Looking back, our journey to gaining credentials for the



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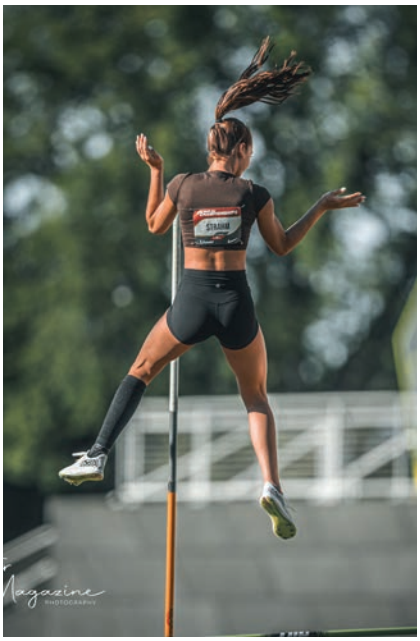
big meets and events around the world has been one of learning, growth, and unwavering dedication. We've come a long way from those early days of peering through fences, and we owe our success to the trust and support of the pole vaulting community.

Commitment to the Sport

At Vaulter Magazine, it's all about the athlete, the coach, the kids in the surrounding area, the parents, and the whole picture. We aim to deliver a message that resonates with our audience, capturing the spirit of pole vaulting in every image and video. We provide high-resolution professional images to athletes, often accompanied by a heartfelt tip, knowing that these moments will last a lifetime.

A Global Reach

Our journey is far from over. As we continue to push the boundaries of our craft, we remain committed to capturing the heart and soul of pole vaulting, one shot at a time. Supported by our monthly print magazine distributed worldwide and active social media accounts with dedicated members, we amplify our mission to celebrate pole vaulting excellence across the globe.



Mya Strahm



Nationals

At Vaulter Magazine, we believe that showcasing the athletes' dedication, technique, and passion is what brings our photographs and videos to life. We strive to capture their journey, from local competitions to the grand stages of international meets, ensuring that every shot tells a story of ambition and achievement. Our journey to gaining credentials for the big events has been one of dedication, perseverance, and relentless pursuit of excellence, and we look forward to continuing this journey with the support of the pole vaulting community.



Hanna Grace U20 Champion





Past Credentials

CAPTURING THE PERFECT VAULT:

The Art of Pole Vault Photography at Vaulter Magazine

By Doug Bouma



2024 Nationals

At Vaulter Magazine, our mission is to capture the ultimate pole vault moments through exceptional videos and photographs. Equipped with some of the best cameras and lenses, always improving and adding more, we have the tools to create stunning visuals. But equipment is only half the story. The true essence of our work lies in the athletes themselves—the vaulters who defy gravity and showcase their skills and determination.

To achieve the perfect shot, it's essential to have

the right gear. High-quality cameras and lenses are crucial for capturing the fast-paced action and intricate details of pole vaulting. However, the other vital component is the environment—a dynamic meet or a focused practice session with skilled vaulters soaring through the air.

Sure, people want to see all aspects of the evolution of pole vault, but what they expect to see is the form and expertise that a more advanced vaulter shows. Many times we wait until the later rounds of the meet to capture the more advanced vaulter, but we also make sure that every athlete counts. We do our best to get the shots that these kids are looking for, and it's a lot of work. The perfect run, enhanced take-off, big bend and pressure, inversion, 1/4 turn over the bar, and an epic clearance—these moments are the pinnacle of the sport, showcasing the vaulter's finesse, power, and technical mastery.

Being at the right spot at the right time is another key aspect to capturing the perfect shot. Having access to the pits and the vaulting area allows us to get the best angles and achieve the look and feel of the event from both the viewer's and the athlete's perspectives. It's about immersing ourselves in the action, capturing the essence



Nationals Nike



Nike Nationals

of each vault, and bringing the audience as close to the experience as possible.

You have to get to the big meets, take the shots that others don't have the patience for, and dedicate your time and effort to capturing a shot that will portray your effort through the lens. This applies not only to photography but also to audio and video. Editing and style have to be spot on with the best software and effort put into an image, video, or audio recording that will last a lifetime. While we strive to take the best picture that doesn't need editing, sometimes personal editing instead of raw deliverance hits the spot with most athletes when done correctly.

At Vaulter Magazine, it's all about the athlete, the coach, kids in the surrounding area, parents, and the whole picture. What is the message that we are trying to deliver to our audience? What does the athlete want the world to see as we strive to offer the best of the best when it comes to images and video for social media, parent purchasing, advertising, and the athlete? Personally, we give our images to the athletes when they ask, and at times it's nice to add a $50 tip for the effort when you get images that will last a lifetime. Usually, about five high-resolution professional images.

You have to get to the big meets, take the shots that others don't have the patience for, and dedicate your time and effort to capturing a shot that will portray your effort through the lens. This applies not only to photography but also to audio and video. Editing and style have to be spot on with the best software and effort put into an image, video, or audio recording that will last a lifetime. While we strive to take the best picture that doesn't need editing, sometimes personal editing instead of raw deliverance hits the spot with most athletes when done correctly.



Nike Nationals

Next up, we have the ladies Olympic Track and Field Trials in Eugene, Oregon. This will be a fun and exciting environment and meet for all young spectators and old alike. The magic happens when top-notch equipment meets high-caliber athletes. Their dedication, technique, and passion bring our photographs and videos to life, telling a story of ambition and achievement. At Vaulter Magazine, we believe in showcasing the full spectrum of pole vaulting excellence, ensuring that every shot is a testament to the sport and its incredible athletes.

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