



► LOUISIANA:
RIDING A GATOR!



► LAST NIGHT OF VAULT
PRACTICE IN TICKFAW, LA.



► ERICA BARTOLINA AND
CATHERINE AT CAFÉ DU
MONDE IN NEW ORLEANS

○ Letter 2 | ○ April | ○ 2013

My Vault Dream

FOLLOW CATHERINE STREET'S JOURNEY AS AN ELITE
POLE VAULTER

Making the big jump!

Call it chasing my dream, taking a leap of faith, or going on an adventure. On April 29th I am packing my car up with whatever I can and then driving across the country to Tickfaw, Louisiana!

For two weeks, April 8-22, my best friend and I lived and trained with Erica Bartolina. Erica was a 2008 Olympian in the pole vault and has competed as an elite vaulter for many years. She not only was able to teach me more about the sport I love, but also about being a better all-around person. I feel extremely lucky to have found a coach that is willing to train with me full time and be there for me mind, body, and soul.

We worked a lot on my take off and plant, which has always been the weakest part of my vault. She coaches with visual cues, like seeing my bottom hand

through the plant, which has helped a lot. There are some big things I plan to work on to help better my vault. I will not be focusing specifically on jumping high at meets this season, but focusing on the long term and my big goal.

On my trip I learned not only about pole vault, but about the state of Louisiana. The south is definitely different from the northwest. I love the “Yes mam’s” and “Ms. Erica’s” from all the kids at the club. Misty and I were able to experience a lot of Louisiana. We went to New Orleans, ate gator on a stick and fried okra, joined in the strawberry eating contest at the strawberry festival, visited the turtle and alligator farm, and made jambalaya. I’m so excited to make this big jump and experience all of what my new home has to offer.



Catherine at Bartolina Athletics in Tickfaw, Louisiana.



MEET WATCH

April 19th Southeastern Louisiana University

- Erica had me jump from a 6 step instead of my normal 8 step approach to focus on the technique changes I was working on. I got a new personal best of 13’5” (4.10m) from my 6 step. It was a great meet mentally and the changes I had been working on the week before showed up in the meet!

I have decided to focus on the big changes I need to make instead of jumping in as many meets as I can. I do not have a meet scheduled yet for May, but will most likely jump in at least one.



Erica, Misty and I at the Reno pole vault summit 2013.

Special Thanks To

- My grandparents Jim and Mimi for their love and support of my dream.
- My wonderful sister for her pre-meet pep talks.
- Rick Baggett & David Lemen at Willamette Striders Track Club for their coaching and support over the years.
- The Dietz family for being my second family.
- Ms. Shelley for being my second Wilsonville mommy and always supporting me
- Tom & Judy Newman for their support and encouragement.
- Margie for her humor and contribution towards gas.



Donate to Catherine's Dream

31425 SW Olympic Dr.
Wilsonville Or 97070
Or

Use PayPal on my website
<http://myolympicpvdream.webnode.com>

catherinestreet17@gmail.com

100% of donations go towards poles, meet entry fees, travel costs, and training fees.

What to do when things go wrong: my first pole break

Pole vault has taught me that you can accomplish more than you think with just having a positive mindset.

I was so excited when I started training with Erica. I was learning new things and my body was feeling stronger. I had in my head that everything was going to be perfect once I was down in Louisiana to train. I had amazing days vaulting from my short run and working on new technical drills. Everything was going smoothly during my first week.

The first practice I had jumping from my long run I broke a pole.

This was the first "real" pole break I have had. Luckily I came out with just some busied up hands and no injuries.

However, it took a little mental toll on me. The first thing I thought was "what did I do wrong?" and that I must not be doing as well as I thought. I was taught from the beginning things not to do or I could break a pole. So, obviously I must be a horrible vault now since I broke a pole.

After talking with Erica she told me that I was actually running a lot faster than normal, had a huge take off, and took off under.

Sometime things can go wrong even when you are doing everything right. It can be scary and it can hurt, but you can either let it carry you down or let it motivate you to work harder.

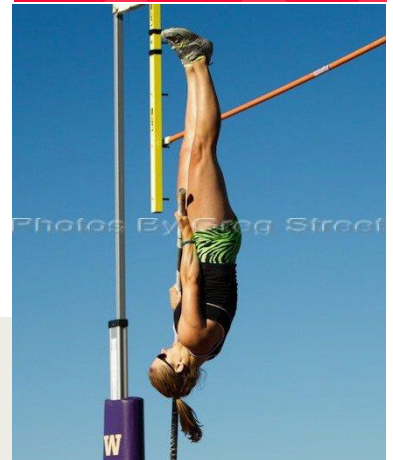
Things aren't going to be perfect all of a sudden just because I changed a variable or two. Pole vault has taught me that you can accomplish more than you think with just having a positive mindset.

I am so excited to be training with Erica full time starting in May. However, I not going into it thinking that everything will be perfect, but that everything will be hard. Everything I have accomplished has been through hard work and I can't wait to see what my hard work will turn into this time.



MY OLYMPIC POLE VAULT DREAM

My New Website



I wanted to make a special place where everyone who has supported me in my dream of being a professional pole vaulter can go and see what I am up to. On this site you can find more updates on my training, meets, and other events leading up to the 2016 Olympic Games in Rio. Please follow my Blog and explore my site.

<http://myolympicpvdream.webnode.com>

Pacer's Corner

Pacer, my half mini Australian Shepherd, stayed with his grandparents when I was in Louisiana. He had so much fun riding in the truck and is super excited to stick his head out the window all the way from Oregon to Louisiana!



"What to do when things go wrong: my first pole break" is my recent blog post on my website [MyOlympicPoleVaultDream](http://MyOlympicPoleVaultDream.com)

CATHERINE STREET