

Jr. Sweet Spot used on Vault Board



Note the cover of the Jr Sweet Spot has a solid white line which should guide feet placement for the vaulter.



PURPOSE: to develop the Level 4 Handspring Vault.

The 2 foot by 4 foot Jr Sweet Spot enhances the bounce from the vault board, which is especially good for lighter-weight vaulters. Here the landing surface is a 10 foot Air Trak, with an 8 inch mat on it.