

**It's a joint effort:
maximizing what ya
got**

**Lawrence High School
Sprint and Jump Coaches
Brandon Dye
Audrey Pope-Trowbridge**

Coach Brandon Dye

Long jump and Triple jump

Coached 7 seasons, all at Lawrence
High

Coach Audrey Pope

Boys and Girls
100m, 200m, 400m
4X100m, 4X200m, 4X400m
relays

11 years coaching experience at
Lawrence High School

11 Track, 9 Basketball

Mother of Two

“Diva on Staff” :)

https://www.youtube.com/watch?v=5v5ORmPR_8U

Program Coaching philosophy: Only one meet matters, focus on regionals to score points at state.

What that means to Coach Dye:

Everyone form runs, slow jumpers don't jump far!

Improving form to increase speed and take-off mechanics

What that means to Coach Pope:

**Sharing is caring
(or winning)**

Overlapping Goals...

Order of Importance for Sprinters:



Technique: Block starts, handoffs, acceleration

Order of Importance for Jumpers:

Cardio:



Extensive tempo training- Meets goals for both in order to maximize output for athletes we use for multiple events

Circuit training, long progressive warm-ups, sprint drills repeated over and over with little recovery, run intensity at about 80%



How we conduct Buisness...

Practice Schedule

Monday and Wednesdays: Sprint Day

Tuesday and Thursdays: Jump Day

Friday: Pay Day!!!

EVERYDAY

Form Running and Sprint Drills
(Having two of us there during the drills helps to re-instruct and correct form concerns)

A little bit of speed work

Workouts:

Endurance and Cardio Training

Example: Tough 200's Workout

8 200's with 45/60 seconds recuperation time

Mondays and Wednesdays-Hard Days for everyone, all reps are completed by both sprinters and jumpers (plyos added for jumpers)

Tuesdays and Thursdays:
focus on technique work for jumpers and hand-offs/block starts for sprinters.

Relay handoffs for 4x100, 4x400, and 4x200 everyday at the end of practice

“Are you done
with _____
yet?!?!”

Challenges to the system

- Must have two coaches that can work well together
- Kids have to buy into the program of “US vs. ME”-- no “I just want to jump”
- Sacrifice some events for the ones that are going to score more points...i.e., maybe a jumper won’t jump but will instead run on a relay, maybe a mediocre 100 runner becomes a jumper...sad day for Coach Pope...sad, sad day...
- Technique workouts are often a progression of skills...making it difficult to join late or leave early to work on a sprint workout
- Individual progress can be slight for kids who compete in multiple events
- Midway through the season athletes are no longer interchangeable
- Kids don’t always get to compete in events they want to compete in
- Relay work gets difficult towards the end of the season when jumpers are perfecting their talents
- Communication is IMPERATIVE about each athlete

Keys to success

- Strong leadership and clear expectations from Head Coach
- Two coaches that are able to cross-coach
 - Important to value each event and not just the ones specialized in
 - Good Cop/Bad Cop
 - Value philosophy of scoring points to win a team trophy
- Practice schedule that allows for maximum coaching time-if one coach is late or has to leave early practice time is not affected and kids don't miss opportunity to get better
- Identify kids early
 - Chesty Challenge
- Kids buy into “Us vs. Me” philosophy
- Kids have to work hard from beginning of season to be able to perform in all events including prelims by the end of the year.
 - We coach through smaller meets to prevent peaking too soon

Questions??????