

COACHING YOUR COLLEGE BOUND ATHLETE

WITH A SEGMENT ON THE JUMPS.

Matthew Voelker
Flymcv@gmail.com

Jumps Coach - St. Teresa's Academy
 USATF Level I Certified

Thanks for being here,
 it means a lot to your athletes and their futures!

- ▣ Intro - Raise a hand for details, note questions for end
- ▣ The College Bound Athlete
- ▣ Training Theory
- ▣ Proper Training - Prevention of Injury
- ▣ Dynamic Training
- ▣ Lifting/Testing
- ▣ Using Video
- ▣ Recovery
- ▣ Goal Setting
- ▣ Self Talk
- ▣ Psychology
- ▣ College Coaches are looking for ...
- ▣ If you have found a future college athlete
- ▣ The Focus for College bound jumpers - Triple/Long/ High

The College Bound athlete

- ▣ This should happen freshman/sophomore year. You'll know it...
 - Physical make up, kinesthetic gifting
 - Mental toughness
 - Winning Attitude combined with Competitive nature
 - Success in other sports
 - And yes the marks and/or times will be there
 - Have a Freshman, Sophomore record book

Training Theory The Basics

- ▣ Volume and Intensity
 - High, Medium, Low
- ▣ Birth vs. Training age
 - Are trained differently
- ▣ Simple vs. Complex
 - Complex training can be highly technical and possibly more demanding on the body
- ▣ General vs. Specific
 - Specific mimics event

Proper Training Prevention Of Injury

- Type of Training
 - Neuromuscular (less than 6 seconds, power, explosiveness)
 - Non-neuromuscular (strength endurance)
 - Agilities/speed, can be back to back, just not too taxing
- Combining event training
 - What are commonalities in all jumps - focus on the technical - bounding distance, height, & knee drive

Dynamic Training "The Answer"

- Start early and push early (remember we are talking already conditioned athletes)
- Med ball
- Plyometrics
- Olympic lifts
- Circuits
- Hills
- Sand
- Hurdle Flexibility

Lifting/Testing

- Lifting
 - Most high school Athletes, that didn't play BB or FB, have not lifted like they should to perform their best
 - Make it balanced, push/pull, front/back.
- Testing
 - Can show progress (even if annual)
 - sets a stage for goal setting and healthy competition
 - can be representative of potential.
 - Types: 40 yds, 30 meter flies, shuttle, vertical, standing long/triple, 400.

Video

- Is VERY important
- To see themselves and be coached while watching video is something that should happen several days a week for these technical jumping events
- Even in drills to show a knee drive or arm block
- Can also get help from others, College coaches

Recovery

- Importance - These athletes might be playing other sports while doing track
- They may have the tendency to not know when to stop
- Rest
 - Easier work out - 1d/wk
 - Sundays are rest days
- Diet - Balanced, no fast food, whole grains, fruits, veggies, nuts/seeds, lean meats/fish
- Sleep - 8-9 hrs
- Hydration - Gallon per day
- Contrast Therapy - Icing/ice baths - after medium or hard workouts
- Injuries
 - Pool workouts
 - Trainer for Physical Therapy
 - Bike workouts
 - Massage
 - Therabands

Goal Setting

- Goals should be SPECIFIC
- Goals should be MEASURABLE
- Goals should be COMMITTED IN WRITING
- Goals should be GIVEN A TIME FRAME
 - Immediate, short term, long term, career (be specific)
- Can be Outcome based ie. time/distance result
- Can be Performance based knee drive, approach
- Video of performances helps to measure Performance Goals
- Have Records visible on handout
 - 9th, School, Varsity Qual., State Qual. from previous yr.

Self Talk

- Positive
- Affirmational
- Motivational
- Rehearsal
- Post Event
 - Focus on what you can learn
 - Even from the mistakes
 - That is how I get better, room to improve, can work smarter/harder for next week

Psychology - Prepared

- Mental game, visualization
 - Increase confidence
 - Decrease Anxiety
 - Enhance performance
 - Rehearse game day
 - Make it vivid, put yourself in the environment or experience
 - To know how it feels, i.e. Other events, gun, wind, crowd.
 - If you can visit the venue the day before for prep/approaches

College Coaches Look For

- Athletes who show potential
 - Compete in multiple events (more dollars for athletes who do)
 - Have played other sports, girls- VB, BB guys - BB FB
 - Athletic build, good ROM
 - Great attitude, good sportsmanship
 - Champion work ethic
 - Mental toughness (400 meter test), & stability

If you have found a future college athlete

- Make sure you are incorporating what has been discussed here
 - Fresh/Soph. athletes should submit online questionnaires to colleges that have them
 - Attending camps can make all the difference
 - Send emails to college coaches to inform them about your athletes
 - Some college coaches may even help you coach them through video sharing
 - Finally, set up signings, help with finding good fits & visits to schools, and possibly meeting with coaches on their visits.

College Bound Jumpers Long Jump

- Speed development
- Take off angle
- Hitch or hang doesn't matter, but comes down to their efficiency
 - The hang is typically more effective at H.S. level
 - Start with hang
 - The hitch will come naturally
- Self talk Jumps
 - Runway - Focus, Mental disengagement, perform
 - Counting - Drive Drive Drive, Quick... 321
 - Drive Drive Lift Quick Quick POP

Triple Jump

- Low & fast off the board.
- Lengthening the 2nd phase - staying out vs. up
- Height in that final phase (like the LJ)
- KEY - maintenance of speed
- Low, higher highest
- Simple training, small jumps at first, hops and bounds, work on rhythm, then gradually lengthening keeping distance between phases consistent. LLRR, LRLR
 - Use cones and stay on safe soft surfaces

High Jump

- Approach, Approach, Approach is the KEY
- Attack/lean on the curve, let Physics will do the work. (circles/figure eights)
- Take off, quick quick (low hurdle mimicking drills)
- It's all in that knee drive/block, patience on riding knee (scissor kicks)
 - Get their height in front of the bar. Calling this stay away, allow lift
- Committing back (box work to develop confidence)
- Most of it is in the approach, and their confidence, consistency and being at take off in the right position and with the right speed and with the proper strength training it will come together for them

Other Good Advice

- Realize what you can and can't control and ALWAYS stay calm
- It is now believed that we need very little static stretching and mostly dynamic
- My biggest mistake is that I get too technical or I explain too many whys
- ABOVE ALL ELSE.... MAKE IT FUN... They need to enjoy what they are doing

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BIOGRAPHY

- ▣ Coach Matthew Voelker earned all-America honors at UMKC after placing sixth in the nation at the 2002 NCAA Division I Outdoor Track & Field Championships. He also qualified for nationals in 2003, and was a three-time Mid-Con Indoor Champion and two-time Mid-Con Outdoor Champion. He is the UMKC record holder in the High jump both indoors and outdoors, which was a 2004 Olympic trials qualifying mark.
- ▣ During his professional career he was coached by Dave Rodda, who was the Olympic jumps coach for the 80' and 88' games, and is currently at Long Beach State. Also Matthew was coached by Jeremy Fischer, who is currently a Jumps coach at the Olympic training center in Chula Vista, CA.
- ▣ Coach Voelker Competed at Park Hill HS. in Kansas City and also at the US. Naval Academy. He currently is a Jumps coach at St. Teresa's Academy in Kansas City.
- ▣ He actually went to college for the triple jump. And his PR's are 48 ft in the Triple and 23 ft in the long.