

Team Organization with Limited Coaching Staff

Rossville Track and Field

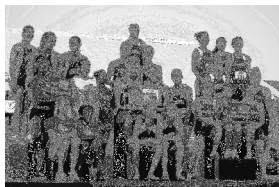
Jason Broaddus

Acknowledgments

- Mike and Angie Spielman and Ted Zuzzio – Baldwin High
 - 7 years and 1 state championship.
- Brad Nicks – Shawnee Heights
 - 3 years and 1 state championship
- Travis VanVleck – Rossville
 - 3 years and 2 state championships
- Nicole Broaddus – My wife
 - By my side through it all.

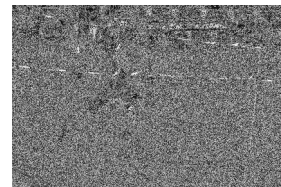
The Big Picture

- Laying out the year and season.
 - Goals
 - Coaching Responsibilities
 - Pre-season
 - In season
 - Workout groups
 - Schedules



Pre-Season

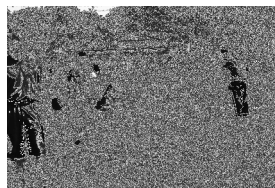
- Summer – all athletes 4 times a week.
- Winter – athletes not in a winter sport. 3x/week
- Focus is on athleticism, becoming a better athlete by training for strength, speed, and endurance for ALL.
- Sprint mechanics vital



2010/2011 Rossville Athletics

- Football sub-state runner up (top 4)
- Wrestling – MEL league champs, regional champs, 3rd in state tournament.
- Boys Basketball – MEL league champs, Sub-state champs (top 8)
- Baseball – MEL champs, regional runner-up
- Girls Track – MEL champs, regional runner-up, state champs.

In Season Workouts



- Every athlete on the team, goes through a training workout everyday. (They all run)
- We have two training groups (two coaches)
 - Distance and Middle Distance.
 - Sprinters, Jumpers, Throwers.

Sprinters, Jumpers, Throwers March 2011 Sprint

Sun	Mon	Tue	Wed	Thu	Fri	Sat
M, P, L, L, L T, H, L, S, P W, P, T, D, D T, H, Broom Pre-meet F, Meet Day	28 Practice Starts	1	2	3	4	5
	Meeting 1.5 mile run weights	1 mile tempo abs	20 minutes run stairs incorporated weights	2 x 400 hard-rop 800 Cool Down abs	Ladder Work weights	
6	7 Speed Day 10 x 100 m in and out Shuttle race weights	8	9	10	11	12
	1 mile tempo	8 x 200 continuous uphill abs weights	6 x 150 @ 70% 50m walk recovery	3 x 150 @ 70% 3 min recovery 1 x 150 fast weights		
13	14	15	16	17	18	19
	PRACTICE DATE	AND TIMES TO BE DETERMINED				
20	21	22	23	24	25	26
	5 x 100 @ 70% 3 min recovery 1 x 150 fast weights	8 x 200 continuous relay	23 Speed Day Acceleration Sprints Interval 100m 400 hand-rop weights	1 mile tempo	2 X 10, 2 X 20 2 X 30, 2 X 40 and hand-down weights	
27	28	29	30	31		
	8 x 200 @ 80% 3 min recovery 4 weights	29 Speed Day 10 x 50m blocks abs	6 x 200 @ 80% 2 x 100 @ 90% weights	31 Meet @ SL		

Sprinters, Jumpers, Throwers April 2011 Sprint

Sun	Mon	Tue	Wed	Thu	Fri	Sat
M, P, L, L, L T, H, L, S, P W, P, T, D, D T, H, Broom Pre-meet F, Meet Day					1	2
					6 x 200 @ 80% 2 x 100 @ 90% weights	
3	4	5	6	7	8	9
	4x100, 200, 300, 400, hand-down weights	Speed Day	8 x 200 @ 80% 3 min recovery weights	3 x 200m 1 x 100m Hand-off blocks as needed	Meet @ Wabamaw	
10	11	12	13	14	15	16
	9 - 150'S weights	Meet @ Royal Valley	200m jog stadium stairs incorporated weights	Speed Day 5 x 50m blocks Hand-off	Pre-State Challenge Meet @ Rock Creek	
17	18	19	20	21	22	23
	6 x 200m 85% weights	Speed Day 2 X 10, 2 X 20 2 X 30, 2 X 40 and hand-down, abs weights	8 x 200m 2 x 100m weights	Beaville Inv.	KU Relays	KU Relays
24	25	26	27	28	29	30
	8 x 150m weights	Speed Day 6 x 40 m blocks Handoffs, abs	8 x 150m weights	8, High Meet @ RHS Short Workout, Arch	29 Meet @ St. Mary's	

Sprinters, Jumpers, Throwers May 2010 Sprint

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>M-Fri, LA, JJ T-BL, SP W-Pr, TL, DT TR-Bloom Pre-meet</i>					10 <i>Meet @ St. Mary's</i>	1
2	3 <i>4 x 200 @ 90% weights</i>	4 <i>Speed Day</i>	5 <i>4 x 200 @ 90% weights</i>	6 <i>Speed Day</i>	7 <i>Meet @ Riley Co.</i>	8
9	10 <i>7 x 100m 95% weights</i>	11 <i>4 x 200m weights</i>	12 <i>Speed Day</i>	13 <i>League @ SL</i>	14 <i>League make-up</i>	15
16	17 <i>4 x 200m weights</i>	18 <i>Speed Day</i>	19 <i>4 x 200m weights</i>	20 <i>Speed Day</i>	21 <i>Regionals 2B & 4</i>	22
23	24 <i>Qualifiers</i>	25 <i>Qualifiers</i>	26 <i>Qualifiers</i>	27 <i>Qualifiers</i>	28 <i>STATE @ WICHITA</i>	29 <i>STATE @ WICHITA</i>
30	31					

Track Meets

- All Athletes are required to do at least 3 or 4 events early in the season (First few meets)
- Again Stress being an athlete, not just success at one track event.
- Important: Train through early meets, always keeping May in mind.



Coaches and Track Meets

- Field Events – One coach goes to the Throws, The other to the Jumps, about 45 minutes in we often switch.
- Use a check-off sheet for athletes we have personally coached during competition, to make sure everyone is included. Both coaches see all athletes at one time or another.
- Get your walking shoes on, lots of miles.
- Train parents to help coach (Things to look for)

Coaches and Track Meets

- Running events – both coaches are at the finish line on the infield (where possible.)
- We make sure we talk to every athlete competing.
- Managers write down splits.
- Seniors are in charge of our camp. Bring a grill, everybody stays for the whole meet together, and everybody rides the bus home together.
- Do what you can to make track meets and practices a “family affair”

Questions and Comments



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