



SPRINTING TO THE STATE PODIUM

Presented by Coach Marlise Scott

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MY TRACK MENTORS

Coach Roderick
Dotson



Coach Vincent
Bingham



Coach Jermaine
Ware



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RECRUITING THE RIGHT KIND OF SPRINTER

Kamira Franklin



Raheema Westfall



Octavia Cato



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WHAT'S THE MAKEUP OF A SPRINTER ?

- Desire to be elite
- Fearless
- Hates to lose
- Coachable
- Wants to be educated about the sprints
- Pushes and challenges teammates
- Illustrates power
- Shows quickness
- Wants to be that "GIRL OR GUY"

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DEVELOPING AN ABOVE AVERAGE TO ELITE HIGH SCHOOL SPRINTER

- COMMITED TO THE SPORT
- WILLINGNESS TO BE COACHED
- READY TO BE CHALLENGED MENTALLY
- ARE THEY READY TO WORK PHYSICALLY
- ARE THEY WILLING TO SACRAFICE
- ARE THEY LOOKING BEYOND THE STATE OF MISSOURI

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WHERE DO WE START ?

- TESTING**
- 300M
 - 30M
 - 60M
 - 90M
 - VERTICAL JUMP
 - STANDING BROAD JUMP
 - HURDLE CLEARANCE

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WHAT ARE WE LOOKING FOR
DURING OUR 300M RUN ?

300M WE'RE LOOKING FOR THE FOLLOWING:

- THE START
- THE BACKSIDE RUN
- ARE THEY COMPETITIVE
- SPEED
- FORM
- THE FINISH

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WHAT ARE WE LOOKING FOR
DURING OUR 30M RUN ?

30M WE'RE LOOKING FOR THE FOLLOWING:

- REACTION TIME
- THE PUSH
- GROUND CONTACT
- ACCELERATION
- THE FINISH

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WHAT ARE WE LOOKING FOR
DURING OUR 60M RUN ?

60M WE'RE LOOKING FOR THE FOLLOWING:

- REACTION TIME THE PUSH
- GROUND CONTACT
- ACCELERATION
- TRANSITION
- THE FINISH

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WHAT ARE WE LOOKING FOR DURING OUR 90M RUN ?

90M WE'RE LOOKING FOR THE FOLLOWING:

- THE PUSH
- GROUND CONTACT
- TRANSITION
- ACCELERATION
- SPEED MAINTENANCE
- THE FINISH

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WHAT ARE WE LOOKING FOR DURING OUR VERTICAL JUMP ?

THE VERTICAL JUMP WE'RE LOOKING FOR THE FOLLOWING:

- LOWER BODY POWER OUTPUT
- EXPLOSIVENESS
- ATHLETICISM

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WHAT ARE WE LOOKING FOR DURING OUR STANDING BROAD JUMP ?

THE STANDING BROAD JUMP WE'RE LOOKING FOR THE FOLLOWING:

- DISTANCE
- BALANCE
- EXPLOSIVENESS
- PRECISION

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WHAT ARE WE LOOKING FOR DURING OUR HURDLE CLEARANCE TEST ?

THE HURDLE CLEARANCE WE'RE LOOKING FOR THE FOLLOWING:

- THE MOST "THEY HAVE TO WANT TO DO THE TEST"
- NO REGARD FOR HEIGHT
- FLEXIBILITY
- QUICKNESS
- SPEED
- NO FEAR
- AGGRESSIVENESS

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WHAT ARE THE THREE STAGES OF SPRINTING?

- **Drive**- The sprinter begins in the drive phase, when he/she bursts from a dead still position into a sprint.
- **Maximum Velocity**- After the drive phase, the runner transitions to the maximum velocity phase.
- **Maintenance**-The final phase of a sprint is the maintenance phase.

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THE DRIVE PHASE

- The drive phase is **from the time where the sprinter comes out of the starting blocks to 20 meters down the track**. During this phase the sprinter is keeping their head and upper body down." "The drive phase in sprinting occurs as you lean forward just after starting out of the blocks.
- The drive phase happens right after you react to the starting gun. Your **initial 8-10 steps** is considered your drive phase. The biggest problem seen with athletes in the drive phase is that they know that staying low will create better exit angles and set-up the ideal acceleration phase.

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MAXIMUM VELOCITY

- Maximum velocity is top-end speed. It's that moment when you can no longer accelerate. Until that moment, the positive (forward) horizontal force you've been generating has been larger than the negative (opposing) force—the negative force is a combination of braking force and drag (air resistance). At maximum velocity, these positive and negative forces equal out. You can't get any faster. But neither are the negative forces enough—yet—to slow you down.

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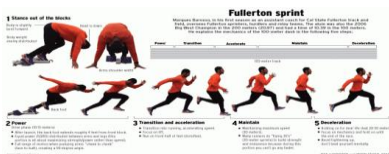
SPEED MAINTANENCE

- It's physically impossible to maintain maximum velocity for a prolonged period of time. After maximum velocity is reached, generally at the end of the transition phase, the runner is now attempting to conserve force and power in order to maintain high speed. Although the body can not produce enough energy to do so for the whole race, there are ways to conserve momentum through specific biomechanical understandings.

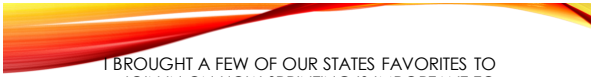
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WHEN WE PUT IT ALL TOGETHER

THE COMPLETE PACKAGE



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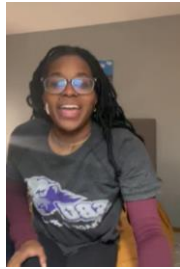
I BROUGHT A FEW OF OUR STATES FAVORITES TO JOIN IN ON HOW SPRINTING IS IMPORTANT TO THEIR EVENTS

• LISTEN AS THEY SHARE THEIR OPINIONS ON SPRINTING

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BRITTANY CLARK
SOUTHWEST BAPTIST UNIVERSITY



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JADA MOORESAN
DIEGO STATE UNIVERSITY



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COURTNEY WILLIAMS
CLEMSON UNIVERSITY



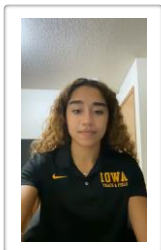
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RAYVON ALLEN
OKLAHOMA
UNIVERSITY



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PAIGE MAGEE UNIVERSITY
OF IOWA



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TRAINING TO SPRINT

PACKAGING THE PRODUCT

- LEVEL OF COMMITMENT
- EDUCATE THE SPRINTER TO THEIR SPECIFIC SPRINT GROUP
- INDIVIDUAL/GROUP PLANNING
- STRENGTHS
- OPPURTUNITIES (WEAKNESS)
- GROUPING and TIME TRIALS

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NUTRITION

THE TOUGH ROAD TO NUTRITION

- WHAT ARE THEIR EATING HABITS (FORM FILLED OUT ON DAY ONE,THEY TELL ON THEMSELVES)
- WHY WE STAY AWAY FROM JUNK FOOD
- DEFICIENCIES (LISTEN TO THE ATHLETE THEY WILL TELL IT ALL)
- RACE/JUMP COMPETITION DAY
- UNDERSTANDING SHORT RECOVERY AS IT RELATES TO DISTRICT/SECTIONAL/STATE COMETITION

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SELF CARE

TEACHING THE REASON FOR THERAPY

- Massage
- Chiropractic
- Flexibility
- Preventative Maintenance

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THE WARMUP BODY MIND AND SPIRIT

UNDERSTANDING THE IMPORTANCE OF THE WARMUP

- DYNAMIC/STATIC
- DRILLS
- TECHNIQUE
- PRACTICE AND MEET SITUATIONAL AWARENESS (POSSIBLE DISTRACTIONS, MENTAL, STRESS ETC.)

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THE START

THE STARTING LINE

- The Blocks
- The Starter
- The Opponents
- The Crowd
- The Jitters
- The Calm
- The Commands

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EXECUTION STARTS NOW !!!

THE STARTING LINE

- The Blocks
- The Starter
- The Opponents
- The Crowd
- The Jitters
- The Calm
- The Commands



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ITS RACE TIME !!

PUTTING IT ALL TOGETHER

- REACTION
- BLOCK CLEARANCE
- DRIVE PHASE
- ACCELERATION
- TOP END/MAX VELOCITY
- THE FINISH

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2021 NCAA MEN'S 100M FINALS



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UNDERSTANDING YOUR CRITICAL ZONE

WANTING TO BE GREAT FROM TOP TO BOTTOM

- CRITICAL ZONE
- RELAXED AGGRESSION
- FOCUS ON OUR RACE MODELING
- PUTTING THE HAMMER DOWN
- THE WILL TO FINISH

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2021 NCAA WOMEN'S 400M FINALS



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Horizontal lines for notes

SCOTT/DOTSON STABLE

| <u>ELITE</u> | <u>ABOVE AVERAGE</u> | <u>100M SPRINT</u> |
|-------------------------|-----------------------------|-----------------------|
| Tianna Valentine 11.48 | Aiesha Irvin-Muhammad 11.74 | Asia Thomas 11.93 |
| Alisha Usery 11.55 | Lauren Hollingsworth 11.75 | Kamira Franklin 11.94 |
| Octavia Cato 11.65 | Olivia Lewis 11.75 | Lajada Baldwin 11.94 |
| Maya Cody 11.69 | Shawntanay Johnson 11.76 | Ekate Lymon 11.95 |
| Courtney Williams 11.69 | Jada Moore 11.79 | Dena Lewis 11.98 |
| Deja Ingram 11.70 | Clara Jones 11.88 | |
| Raheema Westfall 11.73 | Saenea Williams 11.92 | |

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Horizontal lines for notes

QUESTIONS?

HAVE A GREAT YEAR !!!!

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Horizontal lines for notes