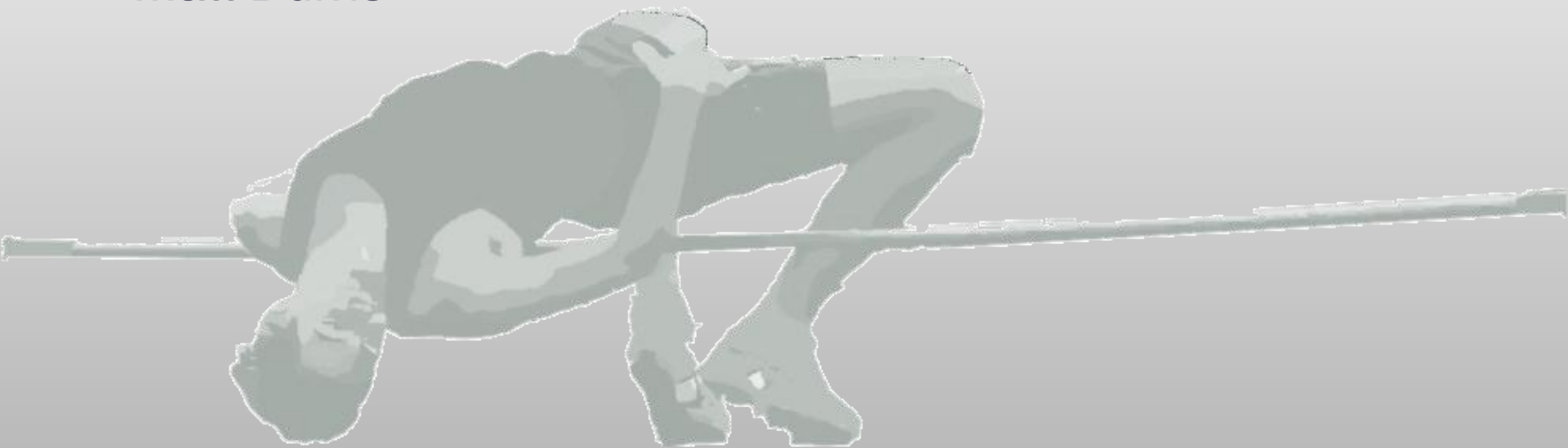


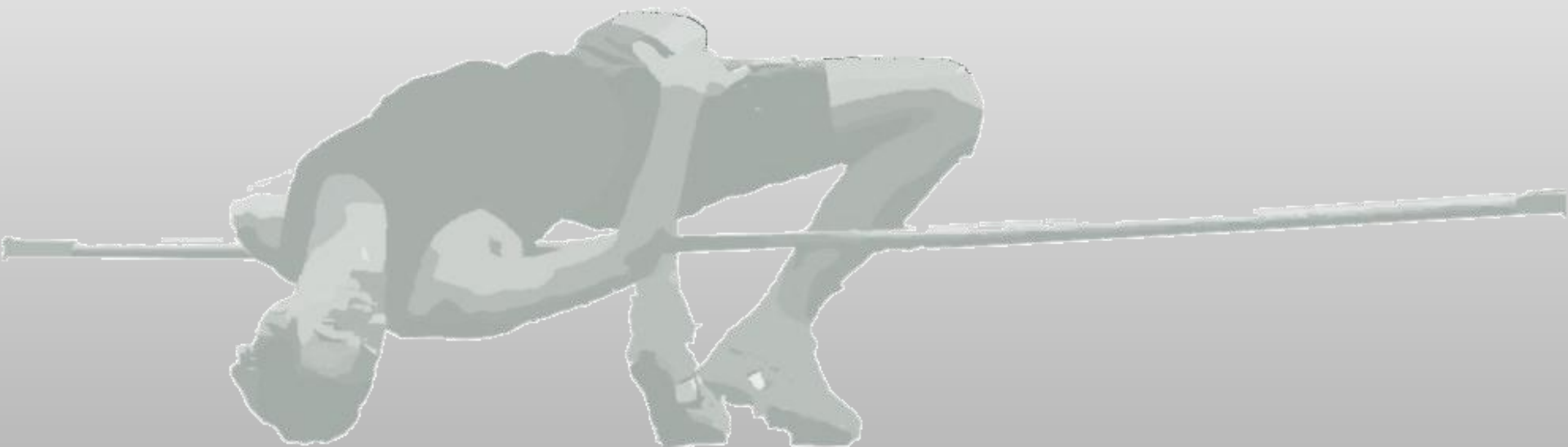
SESSION 2: HIGH JUMP COMPETITION - KEYS TO MEET SUCCESS

Matt Burns



Overview

- Meet Preparation
- Warm-up – Athlete and Coach To-Dos
- Starting Height
- During the Competition – Athlete and Coach To-Dos
- Passing Heights



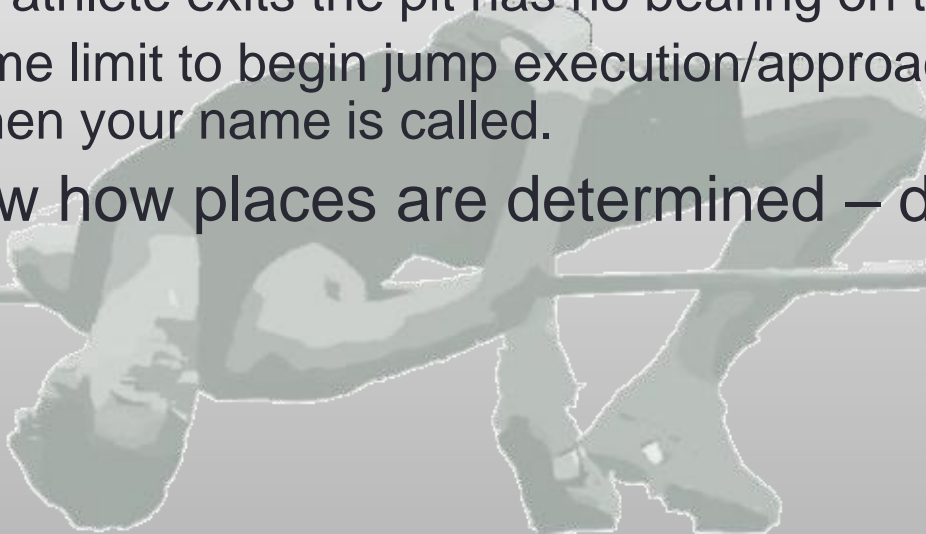
Preparing for Competition

- Create independent jumpers
 - Nothing in the warm-up or competition should rely on the coach.
- Emphasize importance of first attempt at each height.
 - Important in place
 - Important in energy conservation
 - Psychological advantage
- Encourage all high jumpers to jump in HJ spikes.

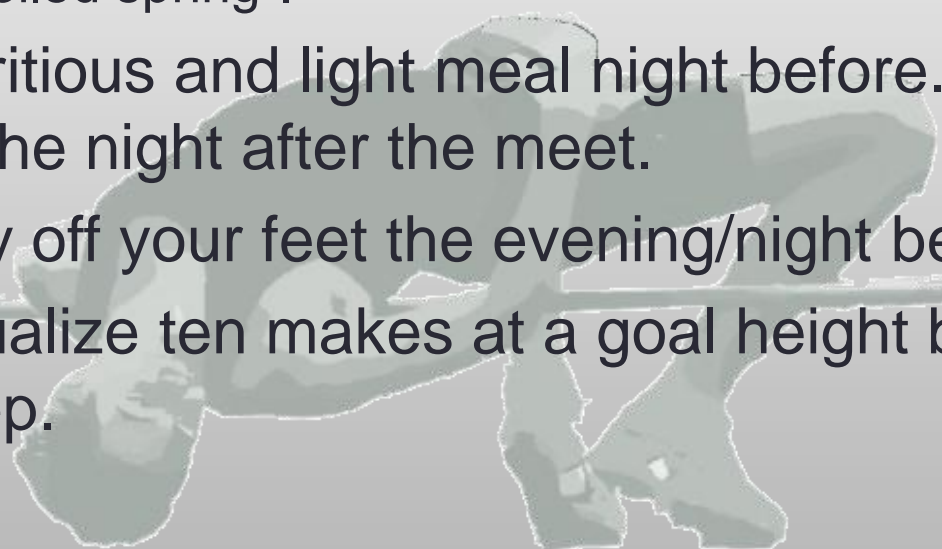


Coach and Athlete – Know the Rules!

- Often misunderstood/unknown rules
 - Crossing the plane of the bar during an aborted attempt is a miss if something is touched by the athlete on the other side of the plane of the bar (e.g. ground or landing pit).
 - If the bar falls off after a jump is complete, it is the discretion of the official as to whether it was caused by an external force (e.g. wind) and thus should be considered a successful clearance. How fast an athlete exits the pit has no bearing on this decision.
 - Time limit to begin jump execution/approach is 60 seconds from when your name is called.
- Know how places are determined – discussed later.

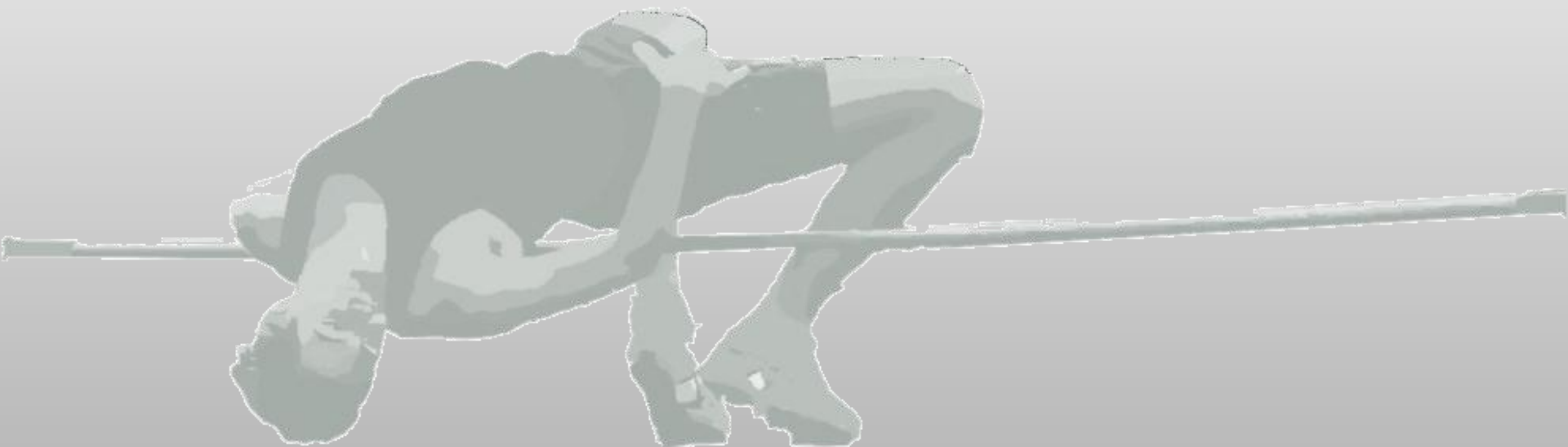


The Day Before Competition

- Warm-up and light accelerations. No jumping!
 - Athletes will always want to jump in practice the day before a competition because they feel rested (assuming you've designed the week's workouts correctly). Jumping will likely fatigue them for the competition and if the practice doesn't go well, can be a psychological issue. They should remain physically and mentally a "coiled spring".
 - Nutritious and light meal night before. Save the dessert for the night after the meet.
 - Stay off your feet the evening/night before meet.
 - Visualize ten makes at a goal height before going to sleep.
- 

Day of Competition

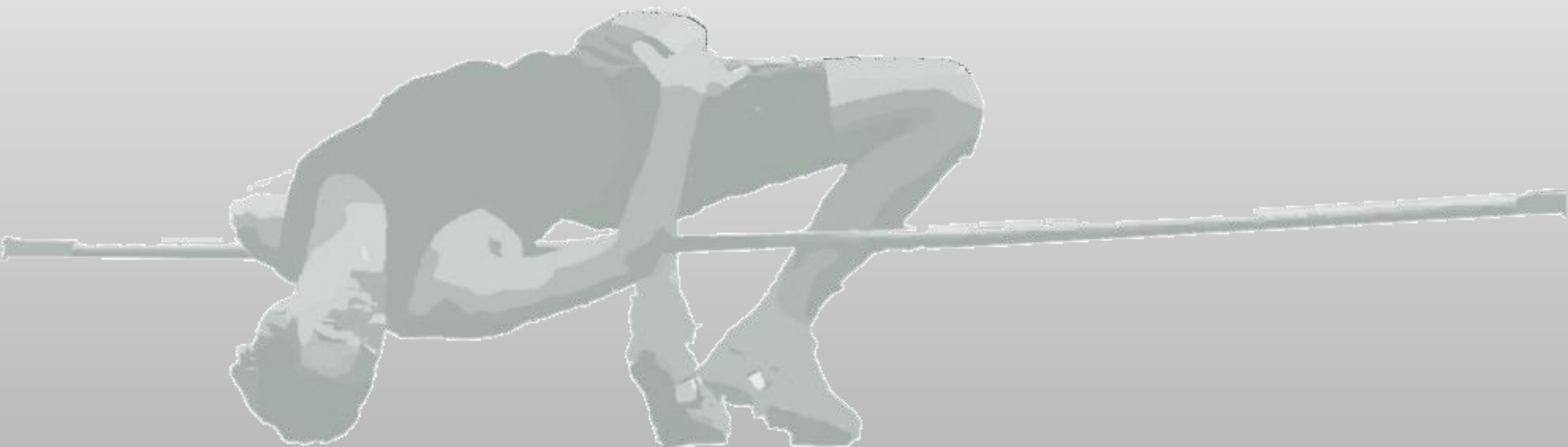
- Light nutritious breakfast at least 2 hours before event.
- Stay off of feet and out of sun while waiting for event to start.



Warm-Up – On the Track

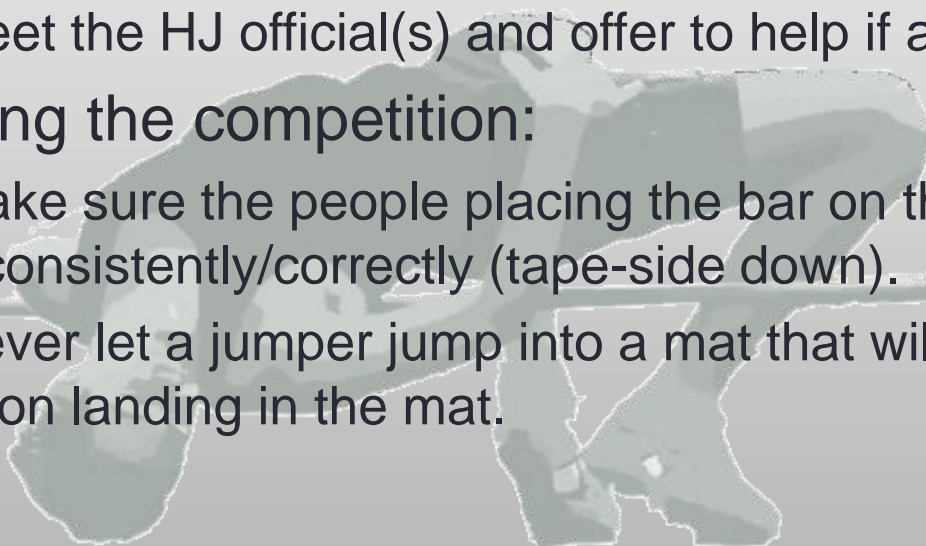
Complete track warm-up before even stepping foot in the high jump area.

- Start warm-up 45-55 minutes before event start.
- Should be ~75% of volume of daily practice warm-up.
- Usually 15-25 minutes - Jog 800M, stretch, light drills, and light accelerations.



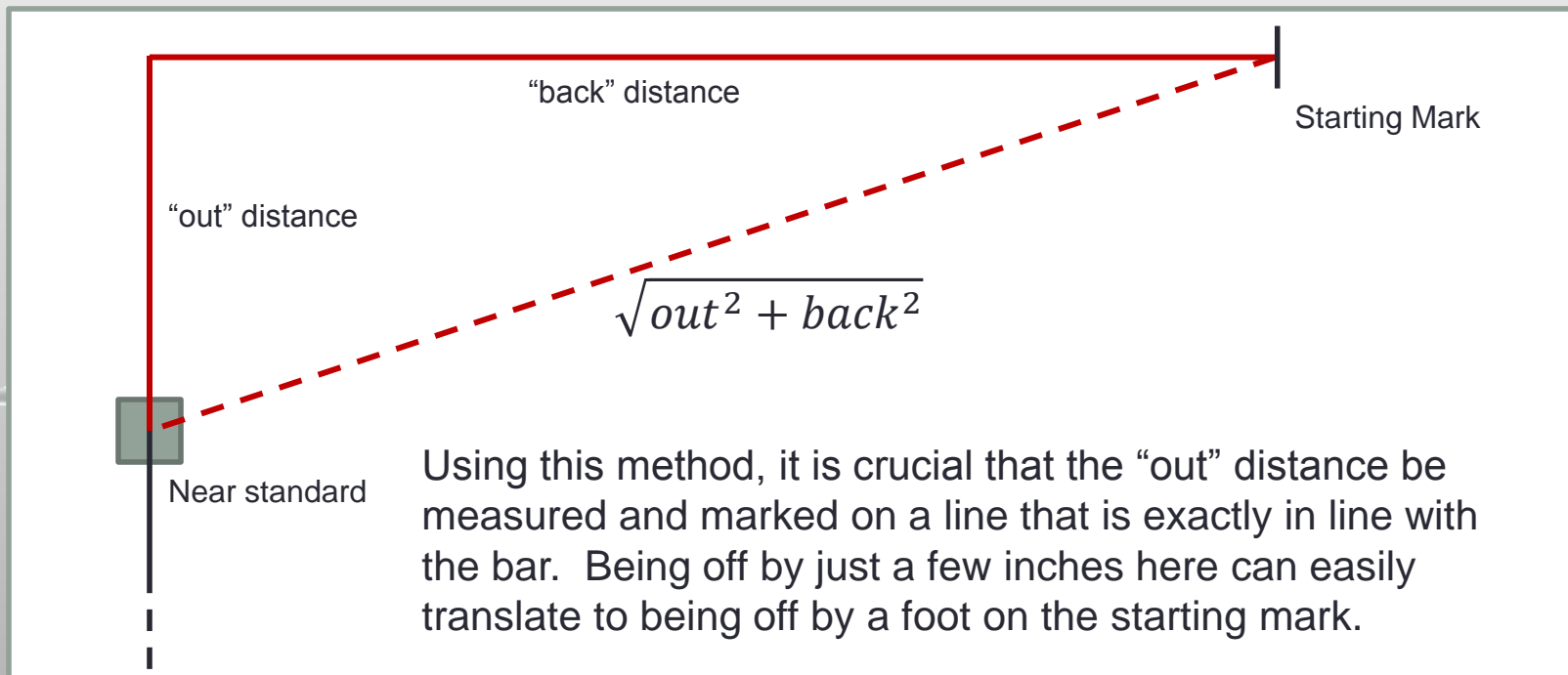
Give Your Jumpers Every Advantage

- These are things that the officials should take care of, but while your jumpers are warming up:
 - Ensure high jump standards and pit are squared to the facility.
 - Every bar has a desired position, find it and mark with tape which side is down.
 - Make sure the standards' locations are marked with tape.
 - Meet the HJ official(s) and offer to help if available.
- During the competition:
 - Make sure the people placing the bar on the standards are placing it consistently/correctly (tape-side down).
 - Never let a jumper jump into a mat that will touch the standard upon landing in the mat.



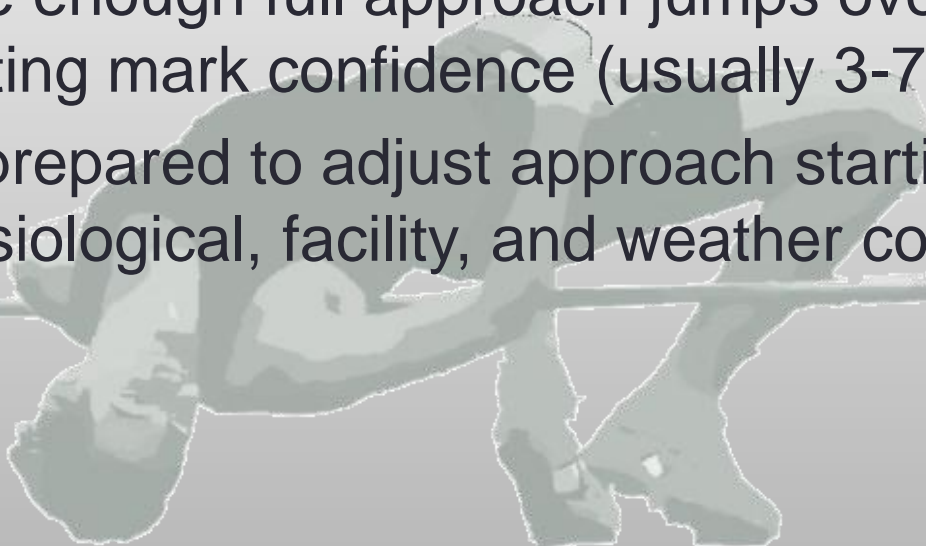
Warm-Up – At the HJ Pit

- Arrive at the pit ~30 minutes before start and immediately measure out approach starting mark.
 - Make sure your jumpers' J approach is perpendicular to the standards (Pythagorean theorem) – Square up the pit/standards before anybody measures their mark.



Warm-Up – At the HJ Pit

- If warm-ups are taken with full sweats on (discouraged), move warm-up starting mark up 8-12 inches.
- Start with a few approach run-throughs ending with a pop-up onto the pit – PLEASE DON'T JUMP UP AND LAND IN FRONT OF THE PIT/BAR!
- Take enough full approach jumps over a bar to gain starting mark confidence (usually 3-7 jumps).
- Be prepared to adjust approach starting mark based on physiological, facility, and weather conditions.



Warm-Up – At the HJ Pit

- The athlete should take ownership of their warm-up needs and should complete the following:
 - Get some warm-up jumps in at a challenging height. If an athlete expects to be jumping at 6'4" during the meet, some warm-up attempts should be taken at 6'2". Minimally warm-up jumps should be taken at the jumpers opening height.
 - The jumper is responsible for making sure the bar gets raised to his/her needed warm-up height at some time during warm-ups.
 - If a jumper needs to take warm-ups at a relatively low height, show up early to the HJ area so they don't get trapped into warming up with the bar too high.

Choosing a Starting Height

- Assuming a good warm-up, a jumper should have their best jumps on attempts 4 through 8 in competition. To make those at a goal height, the starting height should be 3-4 heights below that height (based on quality of warm-up).
 - Adjust expectations based on weather, health, etc.
 - Discourage advanced jumpers from starting too low.



During the Competition

If sitting for extended period, may require 5-10 minutes of warm-up, else 1-2 minutes of a few sprints/pop-ups.

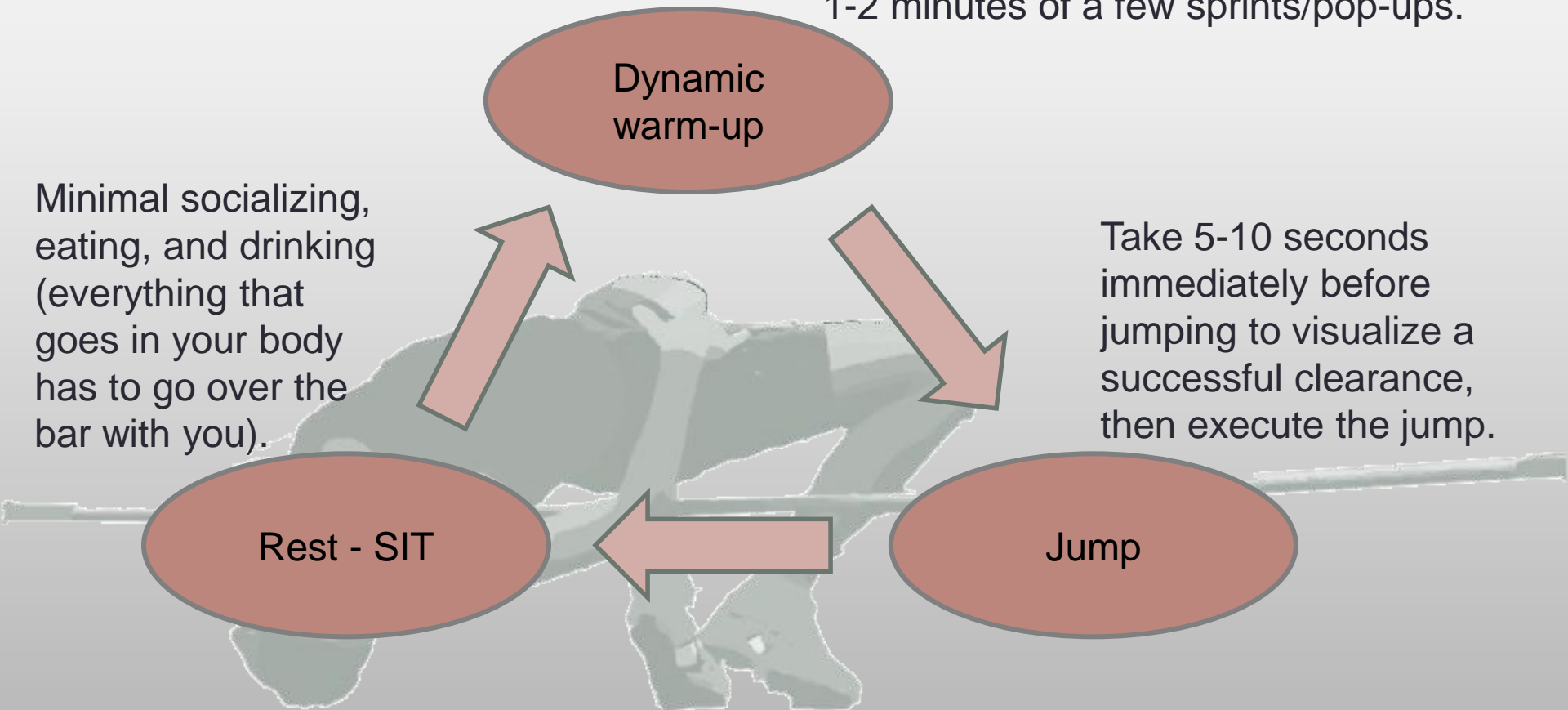
Minimal socializing, eating, and drinking (everything that goes in your body has to go over the bar with you).

Dynamic warm-up

Take 5-10 seconds immediately before jumping to visualize a successful clearance, then execute the jump.

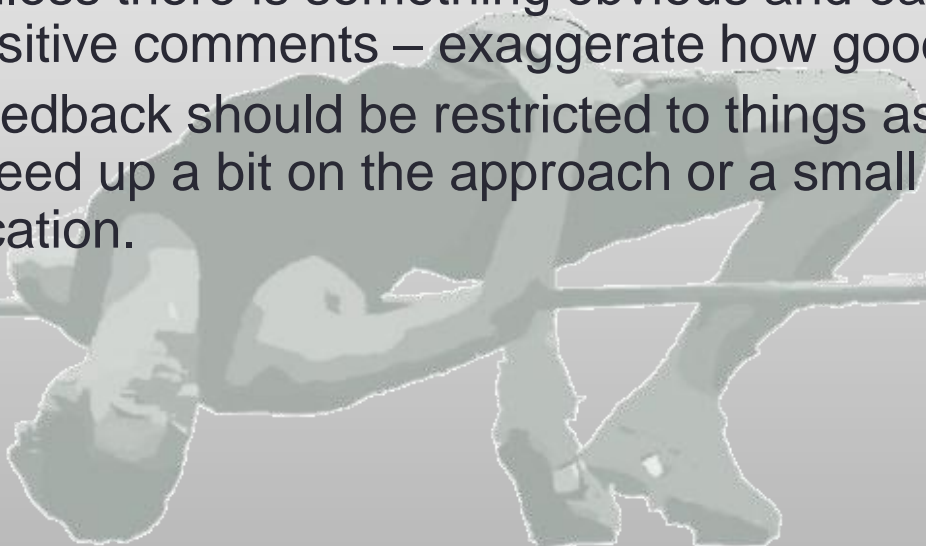
Rest - SIT

Jump



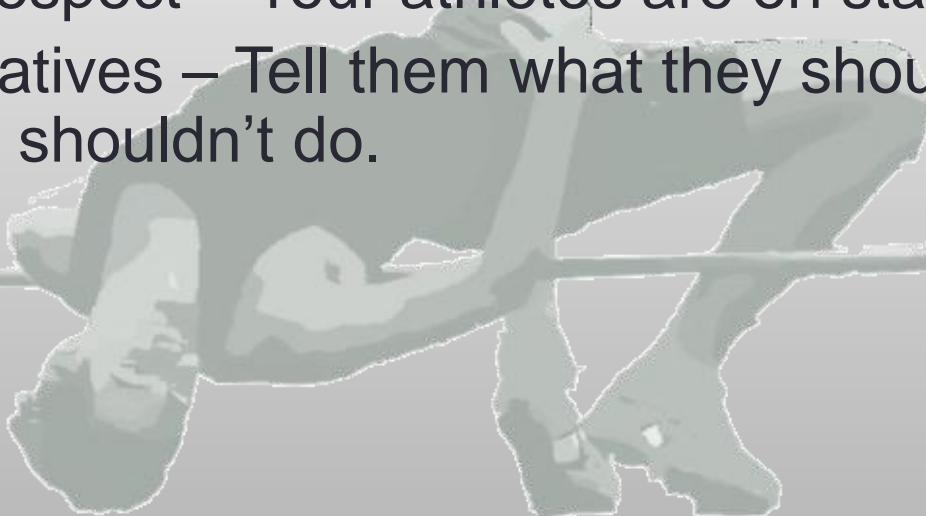
Providing Feedback

- Most meets
 - Try to provide corrective feedback on every less-than-perfect jump immediately afterward. If you have none:
 - Ask the athlete how the jump felt and take it from there.
 - Get an opinion from another coach in the coaches' box.
- State and Qualifier meets
 - Unless there is something obvious and easy to change, only give positive comments – exaggerate how good their jumps look.
 - Feedback should be restricted to things as simple as slow down or speed up a bit on the approach or a small move in starting mark location.



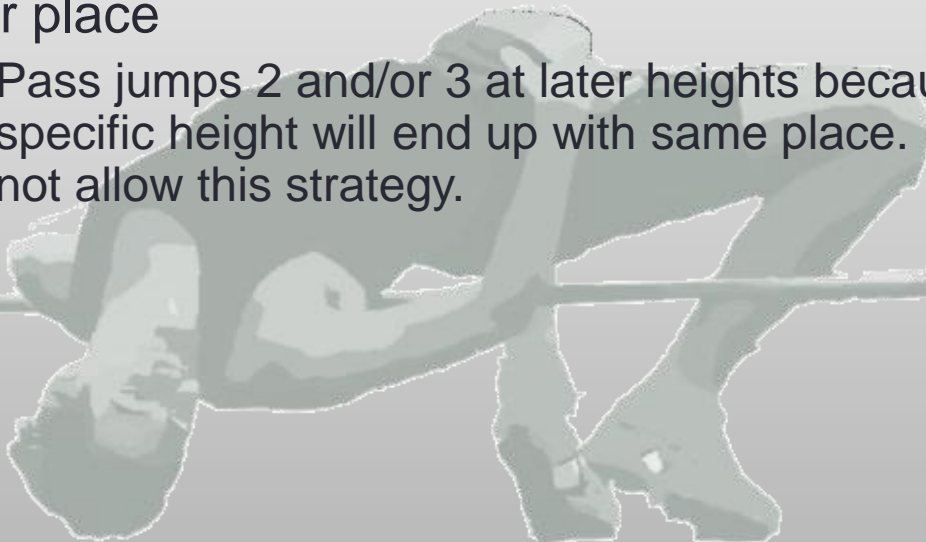
Ineffective Meet Coaching

- “Drive-By Coaching” – If you haven’t observed the jumps leading up to jump x, don’t comment with too much conviction on jump x.
- “Clinic Coaching” – The whole area doesn’t need to hear what you think is wrong with a jump, and it discourages feedback/questions from the athlete.
- Disrespect – Your athletes are on stage.
- Negatives – Tell them what they should do instead of what they shouldn’t do.



Passing Heights

- Three main reasons to pass jumping at a height:
 - Energy conservation
 - Pass early heights and interim heights to limit the number of jumps.
 - For personal best or qualifying mark
 - When place doesn't matter, and a jumper is getting fatigued, pass a height for an attempt at the next height if that height would be a personal best or other significant mark.
 - For place
 - Pass jumps 2 and/or 3 at later heights because a clearance or miss at a specific height will end up with same place. Wisconsin HS rules may not allow this strategy.



Determining Place

- If two jumpers cleared the same best height, the one who cleared with the fewest attempts at that height places ahead.
- If a tie still remains, the jumper with the fewest total misses over the entire competition places ahead.
 - By rule, a high jump competition cannot end in a tie for 1st place and a jump-off is required.



Determining Place (Cont.)

- Total attempts is never a consideration
 - This is a tie even though jumper 1 took 3 additional jumps at lower heights (all makes).

	5'6"	5'8"	5'10"	6'0"	6'2"	6'4"
Jumper 1	o	o	o	o	xo	xxx
Jumper 2	---	---	---	o	xo	xxx

