Holistic Athlete Development

Justin Byron
Nansemond River High School
Suffolk, VA

USTFCCCA Convention 2018
COMMITMENT TO THE PROCESS!!!
Grade Yourself

- Personal Relationship
- Instilling T&F IQ
- Mental Preparation
- Athletic Development
- Adaption/Adjustments
- Championship Prep
Mental, Physical and Physiological Correlation

• Getting mentally energized to achieve a goal creates physiological energy. That energy is reflected both in a change in blood pressure as well as an increased ability to perform a physical task. Perhaps it should not be so surprising that mental energy creates a physiological response. The brain controls bodily action, and many goals require physical reactions.

- Art Markman, 2014
Holistic Development on the Track

- Physical
- Mental
- Physiological
Art and Science of Coaching

Youth

Collegiate

High School

Post Collegiate

Art
Science
Fundamental Coaching Analysis

• Goals
  • Run Fast
  • Jump High/Far
  • Throw Far
  • WIN and BE A CHAMPION

• Constraints
  • Time
  • Extrinsic Demands/Motivation
  • Peers and Competitors
  • Intrinsic Motivation
Holistic Development In action

Athlete # 1

• AAU National Champion at 100 and 200, WIRED CNS, Extreme Backside Mechanics, Very Little balance, coordination, control
• 15 Time State Champion
• 8 Time All American
• Holds 11 state Records
• 60h- 8.23, 100h- 13.08,, 300h- 40.69, 400h- 56.16, LJ- 18.9.5, TJ- 39.3
• Made 3 International teams medaled twice

Athlete # 2

• 49 Second Quarter Miler, 6’3 and linky, No coordination, balance, control, TRACK IQ
• 9 Time state Champion
• 300m: National Record Holder (Still Flat Track): 33.05
• 4 Time HS All- American
• 3 time HS 400m National Champion: 46.02
• Fastest All Time Flat Track 500: 1:02.61
Holistic Development In action

Athlete # 3

• Throwing at 32 feet, Obese, Very Little Fitness and work capacity, Poor work ethic and no desire to run, Very Little to no coordination, control, and balance
• 4 Time State Champion
• 11 Time All- State
• School Records in DT: 149-10 and SP: 45-3.5
• Long Jump: 16-9.5, Triple Jump: 35-2.75
• 55h: 8.30 (8.92c) 100h: 14.60- All- State
Oppositions of Development

Regression vs. Development

- Regression
- Development
Oppositions of Development

Stagnation vs. Development

- Stagnation
- Development
Oppositions of Development

Improvement vs. Development
Improvement in Action

Athlete # 4

- Wired CNS
- Extremely Ballistic
- HS Freshman Triple Jump
  National Record Holder: 40-2.5
- Multiple State Championships
- All-American
- Long Jump: 20-0.5
Oppositions of Development

Improvement vs. Development

• Improvement can be measured statistically, however true Development is a commitment to a positive holistic change in trajectory.

- Justin Byron, 2016
Oppositions of Development

Regression vs. Development

Stagnation vs. Development

Improvement vs. Development
Oppositions of Development
Goals of Holistic Development

• Development
  – All Facets of the Spectrum

• Self accountability
  – Individual Responsibility and Team Governance

• Commitment
  – Trust in Coach and Buy in to the PROCESS
Target Categories for Development

• Track
  – Qualitative statistical measures of performances

• Academics
  – GPA and Graduation, Further Education

• Social Community
  – Character, Decision Making, Branding

• Home and Beliefs
  – Support
Goals of Holistic Development

• Development
  – All Facets of the Spectrum

• Self accountability
  – Individual Responsibility and Team Governance

• Commitment
  – Trust in Coach and Buy in to the PROCESS
COMMIT TO THE PROCESS!!!
Program Process

• Learn How to Learn
  – Basic understanding and critical thinking

• Learn How to Train
  – Training IQ and basic understanding of cycles

• Learn How to Compete
  – Knowledge of season plan and association

• Learn How to Win
  – Adaptability and Championship Mindset

• Learn How to Teach
  – Teaching is Mastery
Holistic Development on the Track

- Physical
- Mental
- Physiological
Mental, Physical and Physiological Correlation

• Getting mentally energized to achieve a goal creates physiological energy. That energy is reflected both in a change in blood pressure as well as an increased ability to perform a physical task. Perhaps it should not be so surprising that mental energy creates a physiological response. The brain controls bodily action, and many goals require physical reactions.

- Art Markman, 2014
Rank In Order of Importance

- Force Application
- Acceleration
- Coordination
- Biomechanics
- Posture
- Explosiveness
- Top End Speed
- Aerobic Capacity
Mental Strength and Confidence

- Personal Relationship
- Appropriate Reinforcement
- Strengthening and Challenging Situations
Track and Field IQ

- Teaching The Sport
- Understanding the Foundation of Athletics
- Athlete input and ownership in training thus development
- Adaption
AGGRESSIVENESS!!!
Why Can’t/Won’t The Athlete...

1. Perform a task

2. Be Aggressive at performing task/skill

3. Develop
Athlete Inability due to.....

1. Lack of trust, belief, commitment to coach
2. Does not understand the cues
3. Does not posses the biomechanical capacity to perform the task
4. ASSHOLE    JERK
Holistic Athletic Development

Central Nervous System

Control

Coordination

Balance

Strength and Explosiveness

Force Application and Reactive Strength

Speed and Quickness

Posture
Application

- SPRINT
- HURDLE
- JUMP
- THROW

FAST
QUICK
STRONG
EXPLOSIVE
POSITIONING
APPLY FORCE
ABSORB FORCE
COMMITMENT TO THE PROCESS!!!
Special Thanks

- Vince Anderson - Texas A&M, TX
- Ned Gunter - Friendly HS, MD
- James Daniels - Winston Salem State, NC
- Brooks Johnson - Kissimme, FL
- Dwayne Miller - Quatar National Team
- Marques Hamilton - Hampton HS, VA
- Brandon Tynes - Blake HS, MD
- Ray Brown - Hermitage HS, VA
- Sean Hill - Independent Coach, VA
- Greg Lambert - University of Boston, MA
- Adrian Durant - Cornell University, NY
- Abigi ID-Deen - UNC Chapel Hill, NC
- Ron Garner - Hampton University, VA
- Althea Thomas - UGA, GA
- Myrah Hawkins - Florida State, FL
- Jon Riley - VCU, VA
- Randy Gillon - U of Illinois, IL
- Beanie Brazil - LSU, LA
- Duane Ross, North Carolina A&T, NC
- Marco McKoy - Nansemond River HS, VA
- Aquilla Redding - Nansemond River, HS, VA
- Brandon Roberts - Nansemond River HS, VA
- John James - Nansemond River HS, VA
- Allen Watson - Nansemond River HS, VA
- Rob Gill - Nansemond River HS, VA
- Kristy Brett - Nansemond River HS, VA
- Tiffany Crocker - Nansemond River HS, VA
- Brandee’ Johnson - University of Florida, FL
- Brandon Jiles - Oak Park/Motor City, MI
- Min. Joe Lee - The Bullis School, MD
- Marcus Satchell - 5 Star Track, VA
- Jessie Grant - 5 Star Track, VA
- Deronte’ Polite - IMG Academy, FL (Bball coach)
- Scott Stewart - Parkland HS, NC
- Devel Wilson - Great Bridge HS, VA
- Steve Lewis - RIP, Heaven
- Willie Johnson, WKU, KY
- My Family
Contact

1. Email: nrtrackcoach@gmail.com

2. Phone: 202-270-4685

3. Twitter: @wartracknfield