

Holistic Athlete Development

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Suffolk, VA

USTFCCCA Convention 2018

COMMITMENT TO THE
PROCESS!!!

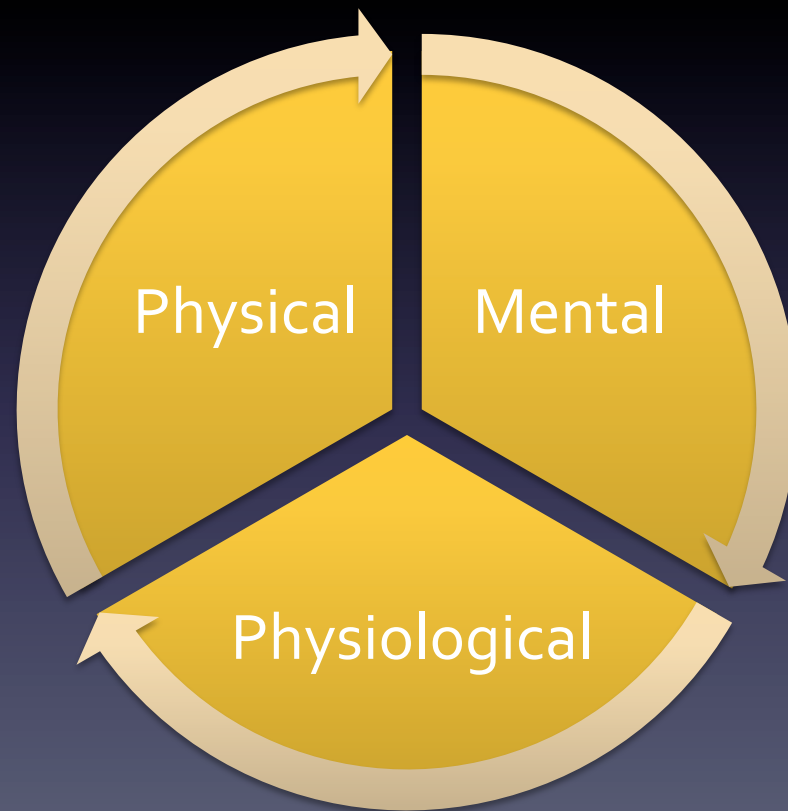
Grade Yourself

- Personal Relationship
- Athletic Development
- Instilling T&F IQ
- Adaption/Adjustments
- Mental Preparation
- Championship Prep

Mental, Physical and Physiological Correlation

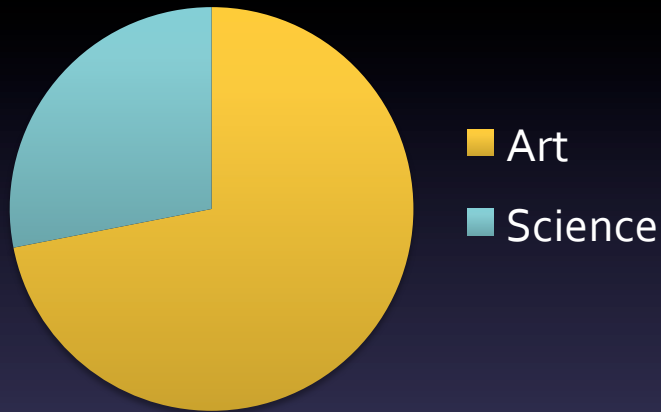
- *Getting mentally energized to achieve a goal creates physiological energy. That energy is reflected both in a change in blood pressure as well as an increased ability to perform a physical task. Perhaps it should not be so surprising that mental energy creates a physiological response. The brain controls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

Holistic Development on the Track

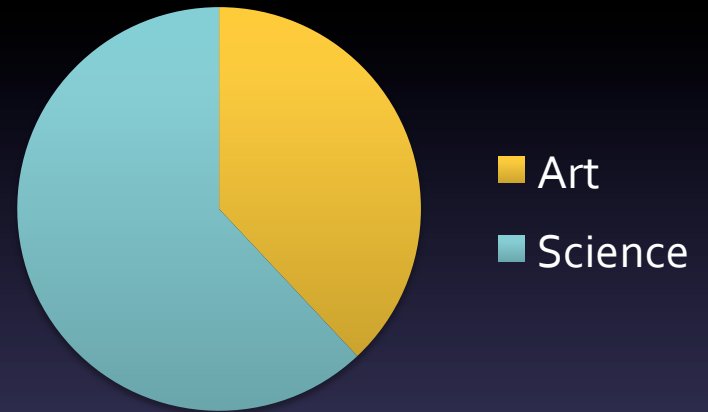


Art and Science of Coaching

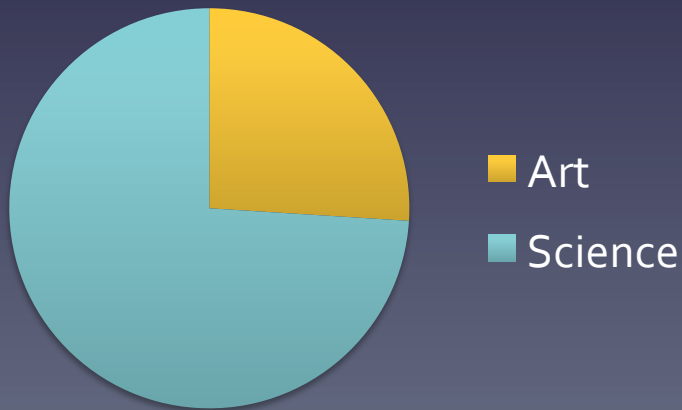
Youth



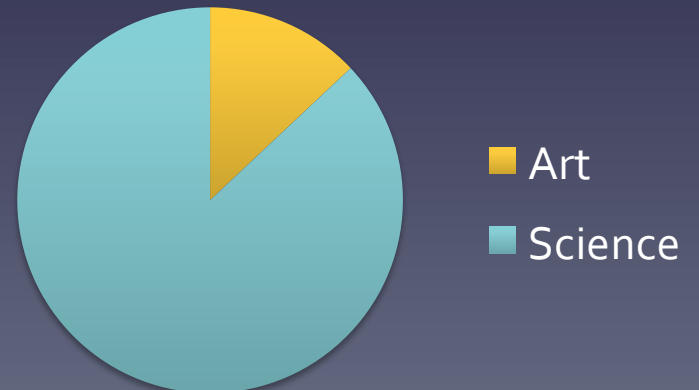
High School



Collegiate



Post Collegiate



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

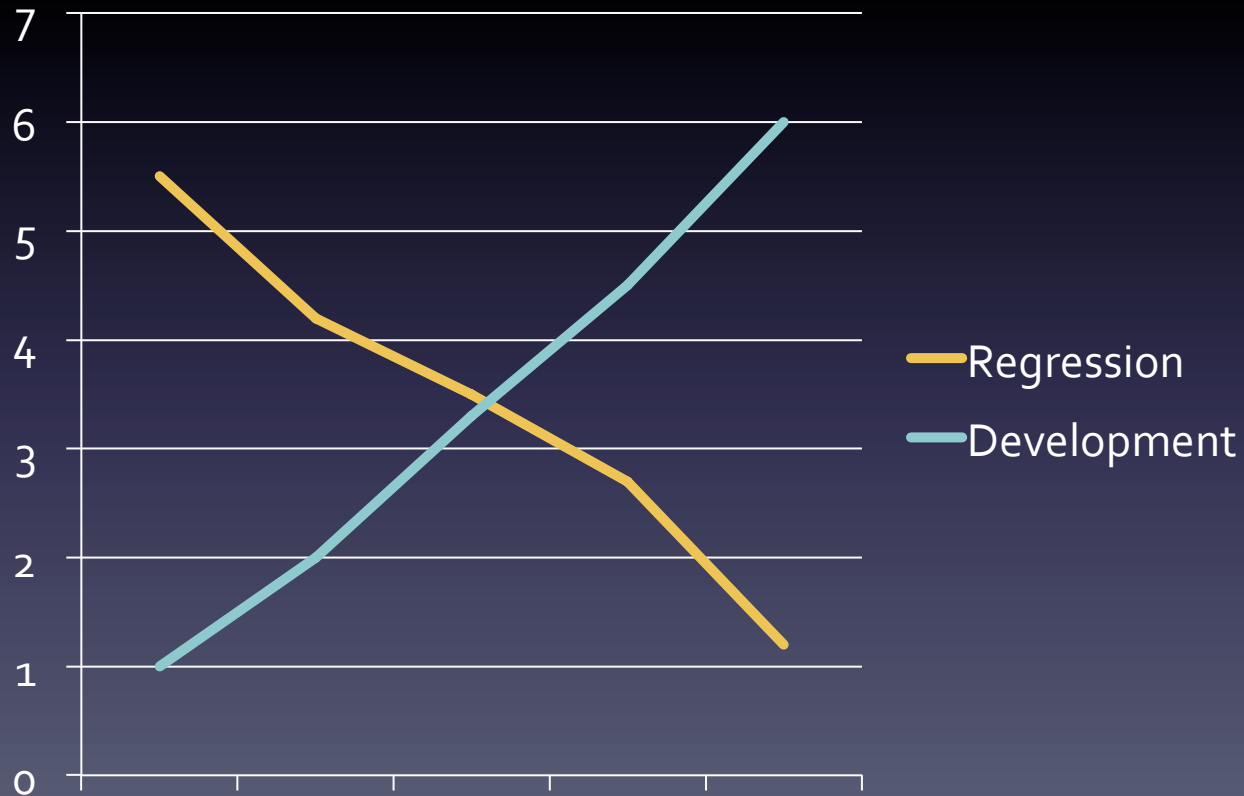
Holistic Development In action

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

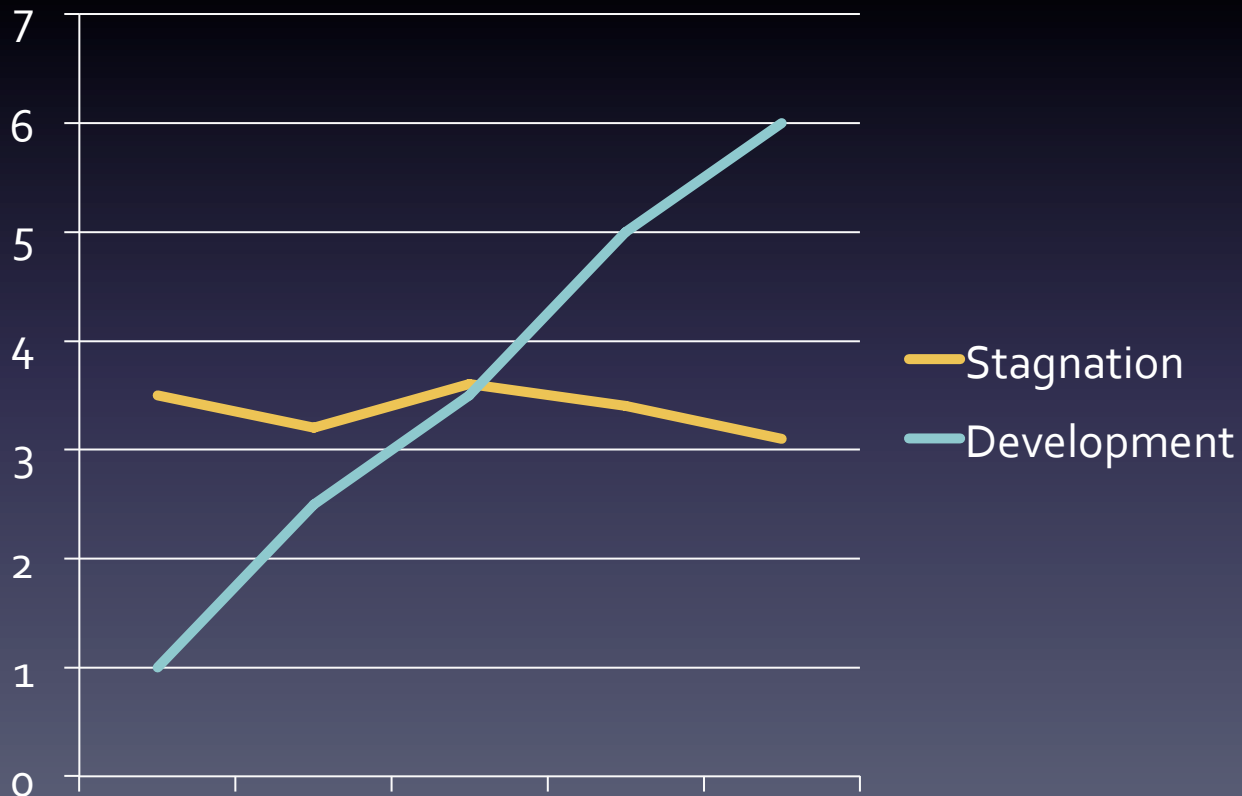
Oppositions of Development

Regression vs. Development



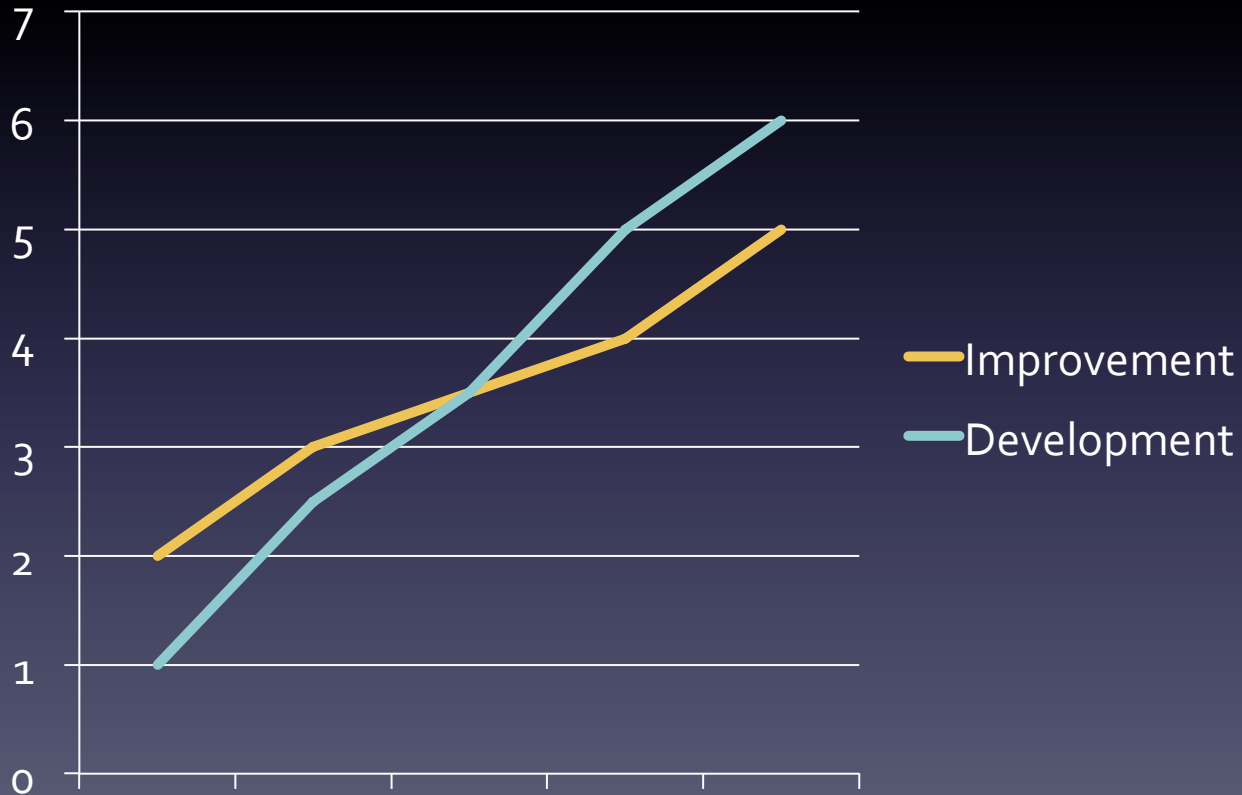
Oppositions of Development

Stagnation vs. 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

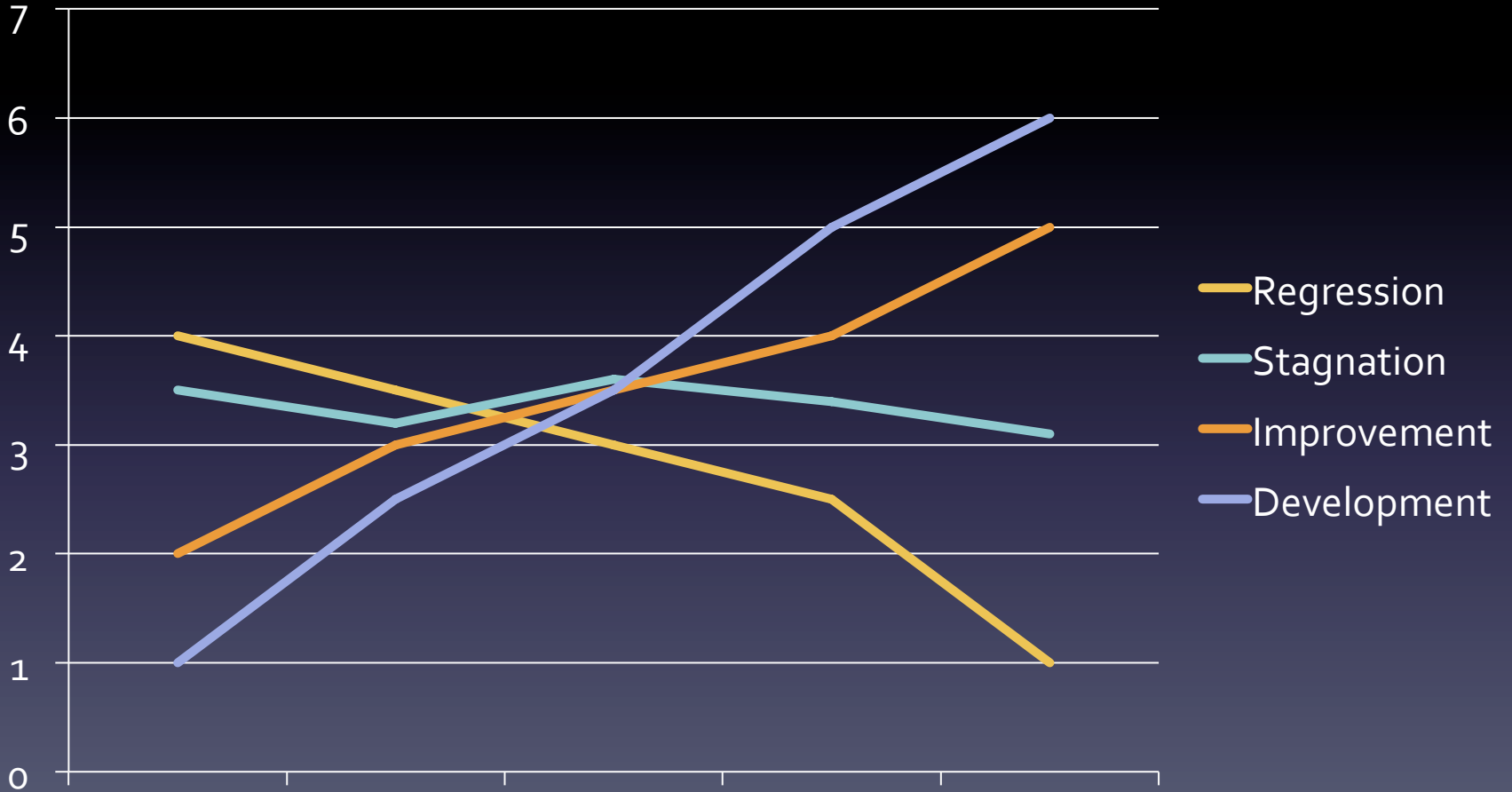
Oppositions of Development

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

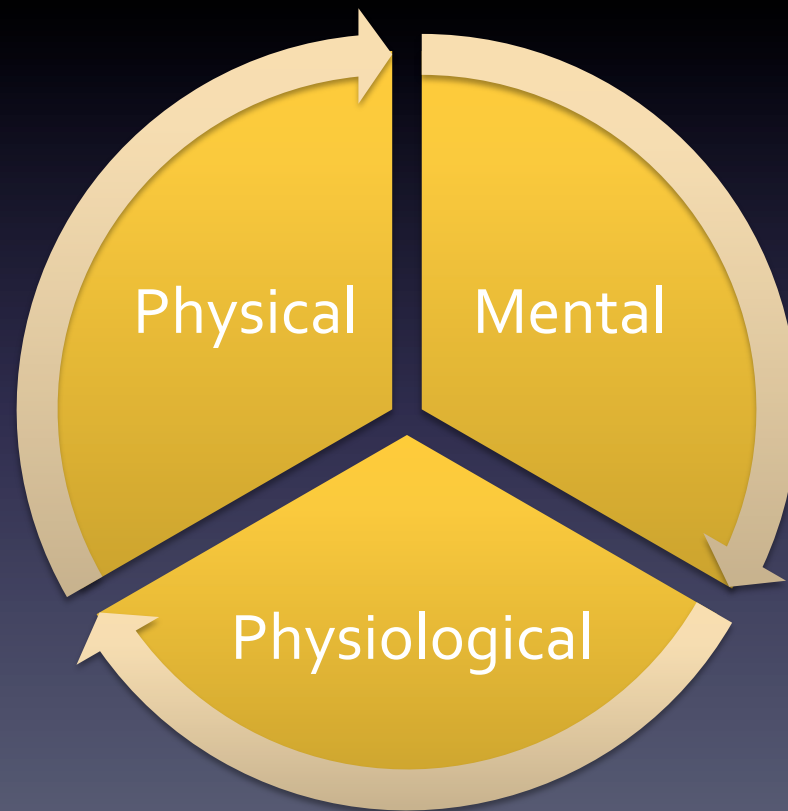
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COMMIT TO THE PROCESS!!!

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



Mental, Physical and Physiological Correlation

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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!!!

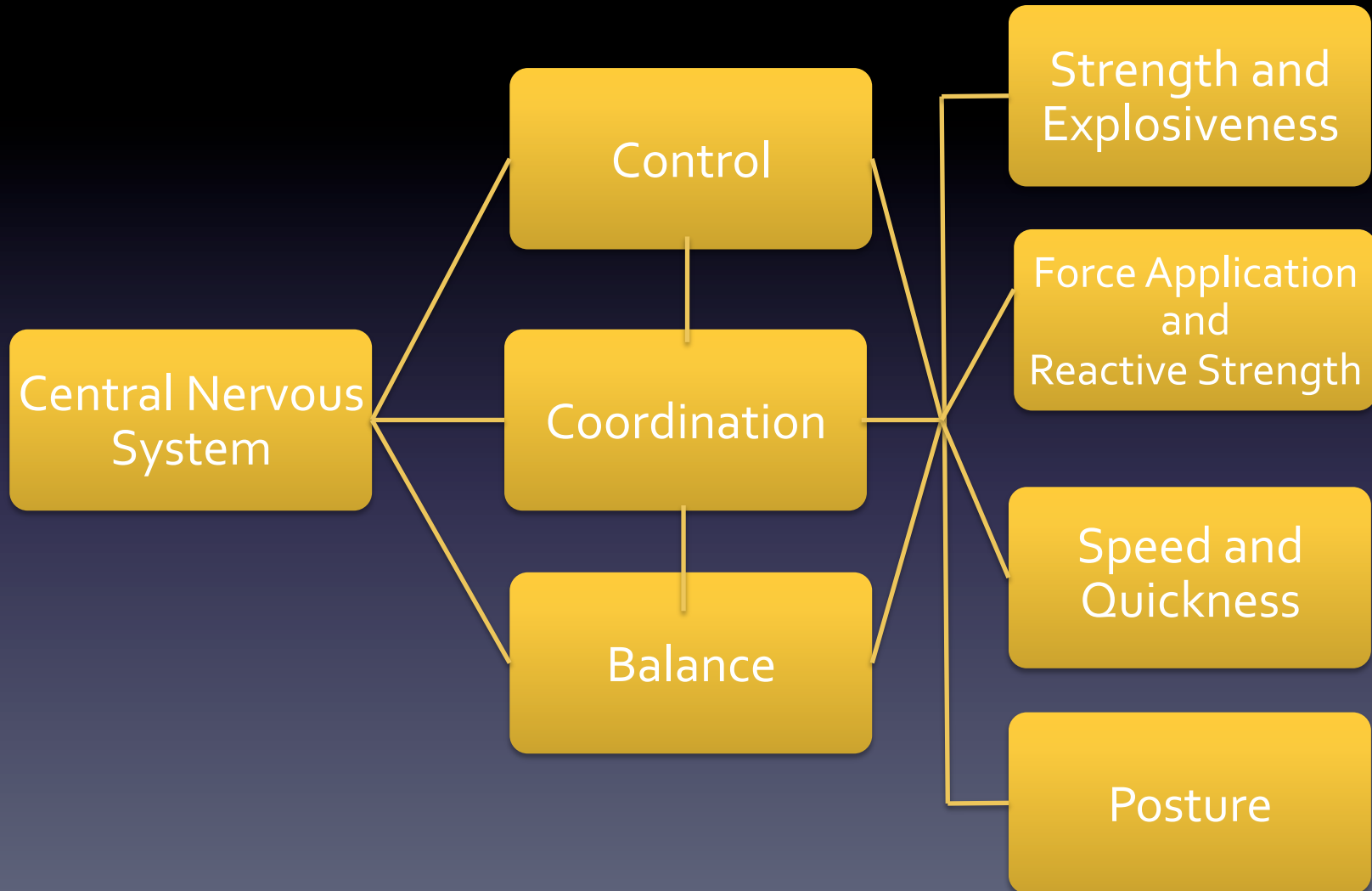
Why Can't/Won't The Athlete...

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 possess the biomechanical capacity to perform the task
4. ~~ASSHOLE~~ JERK

Holistic Athletic Development



Application

SPRINT

FAST
QUICK
STRONG
EXPLOSIVE
POSITIONING
APPLY FORCE
ABSORB FORCE

HURDLE

JUMP

THROW

COMMITMENT TO THE
PROCESS!!!

Special Thanks

- Vince Anderson- *Texas A&M, TX*
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- Steve Lewis- *RIP, Heaven*
- Willie Johnson, *WKU, KY*
- My Family

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