

Beach Sprinters Update - August 2010



A successful sprinters boot camp was held at Ocean Beach on Sunday 22nd (even the sun came out for us).

We had a good turn out 15 out of a possible 20 turned up. Thanks to Tim Burtin for helping me out and Pat for hiring a van.

Some very informative DVDs were shown and the sprinters learnt a lot about the theory behind the correct mechanics of sprinting.

New terminology and techniques were learnt including:

- Force application
- Check to check arm action
- Step over drive down
- Strength is critical to success
- Sled pushing is the perfect acceleration position
- Face to face and race are great for glutes
- Warm up is the life blood of sprinting
- You compete like you train
- Plyometrics are effective
- Drills for perfect mechanics
- Short hill running
- Quads and hamstring strengthening

We need to sprint like Justin Gatlin/Usain Bolt who demonstrate pure mechanics. Our aspiration for all sprinters is to improve by between .1 and .5 of a second over 100 metre this season. That relates to approx 4 to 6 metres in a relay provided perfect baton changes.

“You can become a champion, it’s your choice, you are what you think, you are what you eat so think right and eat right.”

Our summer sprint programme has now started:

- (1) Right now 3 times per week strength work in the gym or at home and Wednesday nights at the pool for aerobic and strength work.
- (2) Mid September we will introduce 2 nights on the track/up the hill plus above strength work continues. The 2 nights will be nights that the majority can attend.
- (3) At a later date we will include every second Sunday afternoon at Ocean Beach for a session on the sand.

I will do a third session on the track for those who can't make a sprint night or are just so keen want to do more.

Everyone at the boot camp took home a written programme of stretching and strength exercises to start on at home or in the gym.

My aspirations for the sprinters this season are:

- (1) To maintain 20 points on the sand at Nationals for OBK.
- (2) To get everyone to get faster than last year.
- (3) To have everyone come home from nationals with a medal.
- (4) To give the sprinter the tools and coaching to achieve the above.

Cheers
Greg