

## TFS HS Track & Field Meet Warm Up Sprints, Hurdles, Relays, Jumps 1/27/23

### Meet Preparation:

Check shoes/shoelaces/spike plate/spikes, socks (always bring an extra pair!), uniform (shorts, singlet), team tee shirts, bag, tights, warm up pants, running pants, Boathouse warm ups, and black hoodie/pants top. IF you have them, bring extra shoes in case grass is wet! Check all these the night before AND before we leave. Do NOT wait till the end to replace spikes. Ensure uniform is legal. Do NOT wait until right before the competition. All undergarments need to be black.

**Before the Trip** - Put water, ice, water bottles, meet bag (w/ med kit), towels, ice bucket, team flags, AED, tent(s), tents, banner, tarp bag on the bus.

**On the Trip** - Study, listen to music quietly, read, relax. Drink water. Do homework. Seek to learn the info, not just do it. NO videos or video games. Music volume low enough with earphones only you can hear. No vulgar or explicit lyrics.

### When we arrive.

Set up "camp." Coach will get the meet packet/heat sheets/etc.. Those in a jumping FE, take a tape measure and tape/chalk/and marker to get your marks right away. Make sure to measure the takeoff board you want to use.

- Equipment needed: spikes, tape measurer, relay tape/chalk/duct, jumps marker, towel, extra socks
- Survey the surroundings/details of the facility, especially start & finish lines, relay exchanges, hurdle markings, type of blocks used, wet grass, warm up area, check-in area, special rules for this meet/facility. Start this process upon arrival to the facility.

Team WU Goal = increase muscle temperature & muscle/joint range of motion. Enhance team focus. 20 yds x dn/ in 7-8 Lines

EVERYONE: Apx 5 min

- ✓ Jog fwd w/ arm press out/in (arm circles)
- ✓ Jog backward w/ press OH/pull down
- ✓ Side shuffle w/ clock arms
- ✓ Skip w/ huggies
- ✓ Back skip w/ push out/pull
- ✓ Carioka w/ mobile hips
- ✓ Gallop Left leg w/ press arms out/pull in
- ✓ Gallop bk w/ side arm rotations
- ✓ Side scissors

Mobility in formation x 3 each - apx 5min

- ✓ Leg swings (bent is ok) fw/bk, side/sid
- ✓ Scale alt L-R
- ✓ Stand "C" Trail Leg Circles R, L Fwd, Bk
- ✓ (Rev) Iron Cross (stand or ground)
- ✓ Shake it out
- ✓ Tribe Dances (3-5) LOUD & PROUD!
- ✓ EggCycles (toe under knee!) 2 x 20 yds
- ✓ 2 x 20 yd acceleration
- Team Chant

TEAM WORD then ALL GROUPS GO TO THEIR GROUP WARM UP/Preparation. SIP WATER or PowerAde OFTEN!

Hurdlers – Do LL and TL drills and practice starts BEFORE you hurdle: Skip &/or run lead leg (LL) over side, 3-5 step trail leg (TL) over side

DISTANCE: Before you run your event, go through the general TWU portion, choose 3-5 of the specific WU, and acc.

THROWS - MB Jump ups x 3-5, MB Rotations x 3-5 ea, MB Throw Downs x 3-5, then work on footwork and warm up throws. Axis, Balance, Longer Longer, Block, Sternum laser to the tree tops

LJ, TJ, PV = MARK ALL APPROACH MEASUREMENTS (mark both if you have two) .

Go through 2-3 approaches w/ teammate or Coach observing where the takeoff foot is in relation to the board. Remember, this is NOT for you to figure out. Do NOT make changes until consulting w/ Coach. Do 1-3 short approach pop up drills and possibly landing drills (toes up! Shoe your spikes!)

PV approaches w/ poles progression: swing through, rock back/coil, turns, vault w/ no bar clearances

Relays (work together as much as possible!)

Standing handoffs > jogging > full approaches (any handoffs using the exchange zones are full speed!) Work #s 1&2 and 3&4, then 2&3 Do as few as possible to be "on," but no more than 3 at each station

Rest 5-10' preferably in shade - Tighten the focus. Concentrate on the goals and plans for today. What will be your focus cue? Inspiration? Don't let your teammates down!

Starts Goal = Think DYNAMITE or FIRECRACKER! JUMP" out of the blocks! Arms split. Head down. Look with your eyes.

Starting Line Routine

- ✓ Blocks 2&3 feet from line. 1-3 x w/o blocks x 10-20m, preferably with starter's gun at least once
- ✓ Take off warm ups and give them to a team member. Do not leave them alone. Help each other out. We are a team!
- ✓ Get 1-2 starts out of blocks
- ✓ At "Runners to your marks" command, take 2 quick tuck jumps OR slap thighs or some other neural/quick movement
- ✓ Come up controlled while holding a very deep breath on "Set"
- ✓ EXPLODE out on the gun (breathe only through inflated body; do NOT blow out; instead force/suck air like an increasingly pitched grunt-)

**IT'S TIME TO ACHIEVE YOUR DREAMS! Remember to record your marks on the clipboard**