

# UNIVERSITY OF LYNCHBURG TRACK & FIELD CROSS COUNTRY

- 103 NCAA DIVISION III ALL AMERICANS
  - 104 ODAC TEAM TITLES



# THE ART OF TRAINING THE MULTI-EVENT LONG JUMPER (NOT THE COMBINED EVENT LONG JUMPER)

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# THANK YOU!

- LONG TIME LYNCHBURG COACH AND AD- DR. JACK M. TOMS- HALL OF FAME COACH
- JAKE REED- LYNCHBURG CROSS COUNTRY COACH AND CURRENT AND FORMER STAFF
- LYNCHBURG PRESIDENT- KEN GARREN (FORMER COLLEGE SPRINTER)
- NEW LYNCHBURG PRESIDENT- ALISON MORRISON-SHETLAR
- LYNCHBURG DIRECTOR OF ATHLETICS- JON WATERS (THE BEST IN THE BUSINESS!)
- LYNCHBURG SPORTS INFORMATION DIRECTOR- MARK ROBERTSON  
2020 USTFCCCA EXCELLENCE IN COMMUNICATION AWARD
- JOE HUTZLER- " THE VOICE OF THE HORNETS"
- THE LYNCHBURG TRACK IS THE CENTER PIECE OF OUR CAMPUS



# THANK YOU!

- COLLEGE COACHES (BALL STATE)
- STEVE COOKSEY- RETIRED HEAD MEN'S TRACK AND FIELD COACH NAVY  
- MENTOR
- JOE ROGERS- USATF COACHING MANUAL PROJECT COORNITATOR  
- PREDECESSOR



# THANK YOU!

- MENTORS (THE HEAD COACHES I HAD THE PRIVILEGE TO WORK FOR AND LEARN FROM)
- CLYDE HART: BAYLOR- HALL OF FAME/QUARTER MILER U/MICHAEL JOHNSON
- JOHN CREER: WAYLAND BAPTIST- TWO NAIA TITLES/SWEPT DRAKE RELAYS  
- TWO OLYMPIC MEDALIST
- GARY STANLEY: LOUISIANA TECH- GREAT INNOVATOR/TAUGHT ME HOW TO  
BUILD A DEVELOPMENTAL PROGRAM



# THANK YOU!

- COLLEGE EDUCATION: BALL STATE/BAYLOR
- COACHING EDUCATION: "THE SCIENCE"
- TAC- 1990 TAC NEW ORLEANS (STAYED WITH MIKE CORN)
- USATF- BOO SCHEXNAYDER
- USTFCCCA- BOO/TOMMY BADON/DAVE ANDERSON/SAM SEEMES



# THANK YOU!

- FAMILY
- WIFE: GWENANN- MARRIED 31 YEARS
- DAUGHTER: ALEX- GRANDDAUGHTER EVIE
- SON: TRACE- 2020 LYNCHBURG GRADUATE
- DAD: JIM SR.- BIGGEST SUPPORTER AND FAN
- MOM: UNCONDITIONAL LOVE



# COACH SPRECH'S TOP TEN LONG JUMPERS BY SECONDARY EVENTS

- MEN LONG JUMPERS/SPRINTERS:
- KENNY BROKENBURR: WAYLAND BAPTIST- LJ = 25-11.5 ( $100 = 10.34/200 = 20.74$ )  
NAIA CHAMPION AS A FRESHMAN/FUTURE GOLD MEDALIST SYDNEY OLYMPICS 4X100 RELAY
- JUSTIN PREVETTE: UNCW- LJ = 25-6.5 ( $100 = 10.50/200 = 21.13$ )  
UNCW RECORD HOLDER (TWO MEN OVER 25 FEET THAT SEASON)
- ALRICK MUNROE: WAYLAND BAPTIST- LJ = 25-4 ( $100 = 10.62/200 = 21.23$ )
- COREY ELOMS: BALL STATE- LJ = 24-5.5 ( $100 = 10.64$ )
- CHARLES POWELL: BAYLOR- LJ = 24-5.5 (HH = 13.71/IM = 50.12)  
BAYLOR/TEXAS/INDIANA TRIANGULAR (FIRST TIME LONG JUMPING SINCE HIGH SCHOOL)



# COACH SPRECH'S TOP TEN LONG JUMPERS BY SECONDARY EVENTS

- WOMEN LONG JUMPERS/SPRINTERS:
- COMFORT IGEH: WAYLAND BAPTIST- LJ = 20-8.75 (100 = 11.80/200 = 24.10)
- MALEENA REID: UNCW- LJ = 19-2.75 (100 = 11.59/200 = 23.92)  
PART TIME LONG JUMPER (BACK) SCHOOL RECORD HOLDER 100/200 54 SPLIT  
ON 4X400
- SHANELLE FOSTER: UNCW- LJ = 19-1.5 (100 = 11.93/200 = 24.56)



# COACH SPRECH'S TOP TEN LONG JUMPERS BY SECONDARY EVENTS

- MEN LONG JUMPERS/JUMPERS:
- AERIAL CHATMAN: UNCW- LJ = 24-9.25 (TJ = 50-2)  
365 LB. CLEAN
- TRAVIS MIDGETTE: UNCW- LJ = 24-9 (TJ = 49-11.5)
- CAMERON WALTON: UNCW- LJ = 24-7.25 (TJ = 49-9.25)  
RAN ON OUR SCHOOL RECORD 4X100 (40.29)
- FREDRICK KATELY: LOUISIANA TECH- LJ = 24-6 (HJ = 7-1.5/TJ = 51-5)  
RECRUITED AS A 5-8 TRIPLE JUMPER



# COACH SPRECH'S TOP TEN LONG JUMPERS BY SECONDARY EVENT

- WOMEN LONG JUMPERS/JUMPERS:
- SARA PORTEE: UNCW- LJ = 19-5.5 (TJ = 39-7.25)
- WHITNEY JORDAN: UNCW- LJ = 18-11.75 (TJ = 37-10)



# COACH SPRECH'S TOP TEN LONG JUMPERS BY SECONDARY EVENT

- WOMEN'S LONG JUMPERS/COMBINED EVENTS:
- DENISE WILLIAMS: WAYLAND BAPTIST- LJ = 20-3.5 (HH = 13.93/TJ = 39-9.75)
- ANNA RAYNOR: UNCW- LJ = 19-2.5 (HH = 14.06/HJ = 5-11.25/JT = 179-2  
HEP = 5222)

THREE TIME ALL AMERICAN JAVELIN/NATIONAL QUALIFIER HIGH JUMP

- AISHAJONES: UNCW- LJ = 19-0.5 (HH = 13.73/HJ = 5-8.75/TJ = 39-0.5)



# COACH SPRECH'S TOP TEN LONG JUMPERS BY SECONDARY EVENTS

- MEN'S LONG JUMP SPECIALISTS:
- BRANDYN MITCHELL: UNCW- LJ = 25-0
- WOMEN'S LONG JUMP SPECIALISTS:
- VICTORIA SMITH: UNCW- LJ = 20-0.5
- DEVON ARMSTRONG: UNCW- LJ = 19-4.25



# NOTES:

- UNCW SPONSORED 3 SCHOLARSHIPS ON THE MEN'S SIDE AND 4 FOR THE WOMEN
- AVERAGE MALE LONG JUMPER OUT OF HIGH SCHOOL 22-0
- AVERAGE FEMALE LONGJUMPER'S PR OUT OF HIGH SCHOOL 17-0
- NEW TRADITION:
- EVAN TRUMAN: LYNCHBURG- LJ ALL AMERICAN/ODAC SPRINT CHAMPION  
SCHOOL RECORD HOLDER (25-2)



# RISKS VS. REWARDS

- REWARDS (ADVANTAGES)
- WORK HORSE (RACE HORSE NOT PLOW HORSE)
- BOWERMAN AWARD WINNERS:
- GRANT HOLLOWAY: FLORIDA- LJ = 26-9.75 (200 = 20.66/HH = 13.93)
- JARION LAWSON: ARKANSAS- LJ = 28-1.75 (100 = 10.03/200 = 20.17)
- NGONI MAKUSHA: FLORIDA STATE- LJ = 27-6.75 (100 = 9.89)
- KETURAH ORJI: GEORGIA- LJ = 22-4.25 (TJ = 48-3.5)
- MARQUIS DENDY: FLORIDA- LJ = 27-7.7 (TJ = 57-5)
- ASHTON EATON: OREGON- LJ = 27-0 (100 = 10.21/400 = 45.00/HJ = 6-11)
- SCORING OPPORTUNITIES- 100/200/400/HH/IM/4X100/4X400/HJ/PV/LJ/TJ/DEC OR HEP (12 OUT OF 21 EVENTS)
- CONFERENCE AND OR NATIONAL CHAMPIONSHIPS



# RISKS VS. REWARDS

- RISKS (CHALLENGES)
- BOUNCE CONTROL (PLANNED) “SCIENCE”
- VOLUME VS. INTENSITY (LOAD WITH INTENSITY) AND BE AWARE OF DENSITY
- 90% NOT 110%
- TRAINING THEMES (TRAIN HARD BUT TRAIN SMART!)
- PRACTICE AND COMPETITION MANAGEMENT (THE POWER OF 2'S = TWO WEEK TRAINING BLOCKS AND NO MORE THAN TWO EVENTS PER MEET AND ONLY TWO JUMP PRACTICES PER WEEK)



# RISKS VS REWARDS

- RISKS (CONTINUED)
- OBSERVATION (EYES AND GUT) “ART”
- ENERGY LEVELS
- POP (IMPULSE)
- TRAINING ENVIRONMENT (WEATHER/FACILITIES)
- CONCENTRATION/FOCUS
- CHANGES IN PERSONALITY
- LIFE (ANXIETY AND STRESS)



# RISKS VS. REWARDS

- RISKS (CONTINUED)
- COACHING BY COMMITTEE
- JUMPS COACH
- SPRINTS COACH
- COMBINED EVENTS COACH
- STRENGTH COACH
- ATHLETIC TRAINER
- COMMUNICATION !!!!



# TRAINING PLAN FOR THE MULTI EVENT LONG JUMPER (THE “ART”)

- GENERAL PREPARATION:
- MONDAYS/THURSDAYS- SPEED/POWER TRAINING THEME
- TECHNICAL TRAINING- THROWS DRILLS (COMBINED EVENTS)
- RUN TRAINING:
  - MONDAYS- ACCELERATION- VARIED STARTS (ALL EVENTS)
  - THURSDAYS- ACCELERATION- RESISTED SPRINTS (ALL EVENTS)
- MULTI JUMPS- SHORT HORIZONTAL & VERTICAL BOUNDS (TRIPLE JUMPERS)



# TRAINING PROGRAM FOR THE MULTI EVENT LONG JUMPER (THE “ART”)

- GENERAL PREPARATION:
- TUESDAYS/FRIDAYS- EXTENSIVE TRAINING THEME
- TECHNICAL TRAINING:
- TUESDAYS- DRILLS (HIGH JUMPERS/POLE VAULTERS)
- FRIDAYS- DRILLS (POLE VAULTERS/LONG JUMPERS)
- RUN TRAINING:  
TUESDAYS: TEMPO RUNNING- EXTENSIVE TEMPO (ALL ATHLETES)  
FRIDAYS: TEMPO RUNNING- LACTIC ACID TOLERANCE (QUARTER MILERS)
- WEDNESDAYS – GENERAL TRAINING THEME
- ARE A SECONDARY TECHNICAL DAY (WILD CARD)



# TRAINING PROGRAM FOR THE MULTI EVENT LONG JUMPER (THE “ART”)

- SPECIFIC PREPARATION:
- MONDAYS/THURSDAYS- SPEED/POWER TRAINING THEME
- TECHNICAL TRAINING- THROWS REHEARSAL (COMBINED EVENTS)
- RUN TRAINING:
  - MONDAYS- ACCELERATION- BLOCK STARTS/HURDLE ACCELERATION  
(SPRINTERS/HURDLERS)
  - THURSDAYS- MAXIMUM SPEED- FLYING SPRINTS/BLOCK STARTS/HURDLE SPEED/VARIABLE  
SPEED (SPRINTERS/HURDLERS) OR
  - THURSDAYS- OPTIMAL SPEED- RELAY EXCHANGES/FULL APPROACHES (SPRINTERS/JUMPERS)
- MULTI JUMPS-MONDAYS- SHORT HORIZONTAL BOUNDS
  - THURSDAYS- EXTENDED BOUNDS OR DEPTH JUMPS (ADVANCED)



# TRAINING PROGRAM FOR THE MULTI EVENT LONG JUMPER (“THE ART”)

- SPECIFIC PREPARATION:
  - TUESDAYS/FRIDAYS- EXTENSIVE TRAINING THEME
  - TECHNICAL TRAINING:
  - TUESDAYS- REHEARSAL (HIGH JUMPERS/POLE VAULTERS/LONG JUMPERS)
  - FRIDAYS- REHEARSAL (POLEVAULTERS/TRIPLE JUMPERS)
  - RUN TRAINING:
  - TEMPO RUNNING- INTENSIVE TEMPO (QUARTER MILERS/INTERMEDIATE HURDLERS)
- 
- WEDNESDAYS AND SATURDAYS ARE TECHNICAL TRAINING (DRILLS)



# TRAINING PROGRAM FOR THE MULTI EVENT LONG JUMPER (“THE ART”)

- COMPETITION:
- MONDAY'S/THURSDAY'S- SPEED/POWER TRAINING THEME
- TECHNICAL TRAINING- THROWS DRILLS/REHEARSAL (COMBINED EVENTS)
- RUN TRAINING:
  - MONDAY'S- ACCELERATION- BLOCK STARTS/HURDLE ACCELERATION (SPRINTERS/HIGH HURDLERS)
  - THURSDAY'S- MAXIMUM SPEED- BLOCK STARTS/HURDLE SPEED (SPRINTERS/HIGH HURDLERS) OR
    - OPTIMAL SPEED- RELAY EXCHANGES/FULL APPROACHES (SPRINTERS/JUMPERS)
- NOTE: THIS SCHEDULE IS FOR A SATURDAY COMPETITION
  - IF MEET IS ON FRIDAY'S WE DO MAXIMUM SPEED ON MONDAY'S AND ACCELERATION ON THURSDAY'S (PRE-MEET)



# TRAINING PROGRAM FOR THE MULTI EVENT LONG JUMPER (“THE ART”)

- COMPETITION:
- TUESDAY’S- EXTENSIVE TRAINING THEME
- TECHNICAL TRAINING- DRILLS/REHEARSAL (ALL JUMPERS)
- RUN TRAINING:  
SPEED ENDURANCE (SPRINTERS) OR  
HURDLE ENDURANCE (HIGH HURDLERS) OR  
LACTIC ACID TOLERANCE (QUARTER MILERS/INTERMEDIATE HURDLERS)



# ADJUSTMENTS DURING COVID 19

- KEPT THEM HEALTHY/HAPPY/HUNGRY!
- KEPT INTENSITY HIGHER WHILE LOWERING THE VOLUME
- KEEP DAILY PRACTICE FROM 90 MINUTES TO TWO HOURS
- REDUCED TRAINING FROM 5-6 DAYS PER WEEK TO 4-5 DAYS PER WEEK
- TECHNICAL TRAINING- MORE REHEARSAL LESS DRILLS
- RUN TRAINING- SHORT TO LONG
- MORE POWER/ELASTIC STRENGTH/SPECIFIC STRENGTH
- LESS MAXIMUM STRENGTH/GENERAL STRENGTH
- KEEP IT COMPETITIVE (TRAINING/TESTING/COMPETITIONS)



# HAPPY HOLIDAYS!

## QUESTIONS?

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