

# IN SEARCH OF THE PERFECT CURVE



## Jelena Rowe

2016 IHSA Runner-up

2016 New Balance Champion

2017 IHSA Champion w/Record

2017 USA #1 Under 20

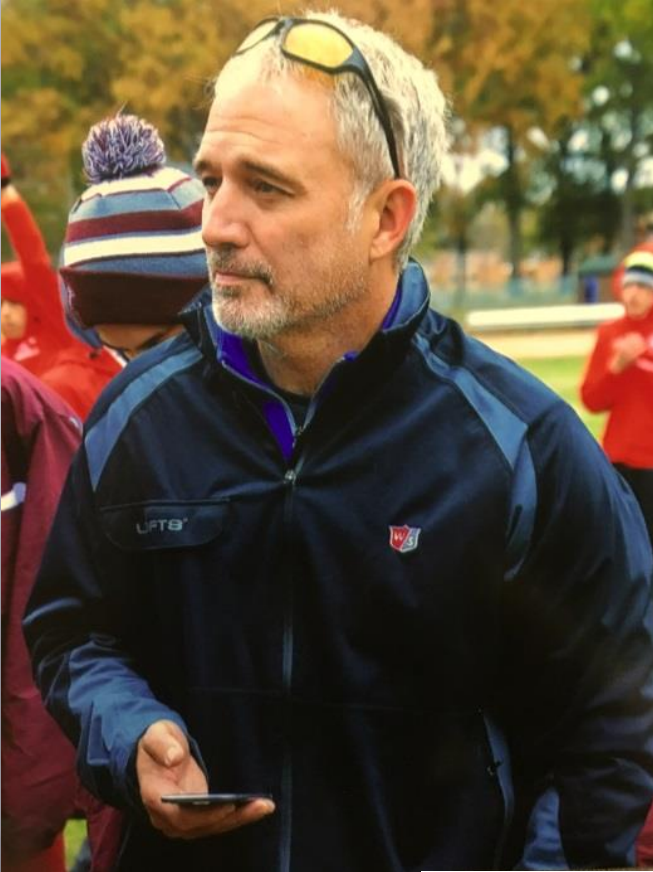
2017 USATF Junior Champion

2017 Silver Medal Junior Pan Am

Andrew Schmitt

Bloom Twp District 206

# How We Got Here



- Over the past decade, Bloom Township District 206 has proudly produced 3 IHSA State Champions and 4 Runner-up performances in the Jumps. Jelena Rowe's 2017 6 foot performance in the High Jump was a new IHSA Meet Record. Jelena also went on to be the 2017 USATF National Champion for all US Athletes under 20 years of age. In this presentation, Coach Schmitt will detail what he has learned as to how to recruit, condition, and drill technique in the High Jump. Through video analysis, he will show the importance of the curve and how to identify and correct common errors. Andrew Schmitt is certified as a Level 2 USATF Coach in both Jumps and Sprints/Hurdles and has been coaching high school athletes for nearly 20 years.



# It takes a Family



Our Job as Coaches are to create opportunities that athletes want to come back to and will work to get there. They know that they are not alone.



# Jelena Rowe's State Meet Record



With any good plan, start at the end and work your way back.

# High Jump for Beginners

- ▣ Straight (Big Displacement and must be Straight.)
- ▣ Transition (Cross-over step)
- ▣ Curve (maintain lean with inside shoulder lower than outside.)
- ▣ Take-off (Penultimate step, Heel-Toe, Hips up)
- ▣ The Flight (Curve takes care of rotation, heels together, look for opposite cross-bar)
- ▣ Landing (When hips are over bar, tuck chin)

## Dictionary

curve



# curve

/kərv/ 

*noun*

1. a line or outline that gradually deviates from being straight for some or all of its length.  
"the parapet wall sweeps down in a bold curve"

*verb*

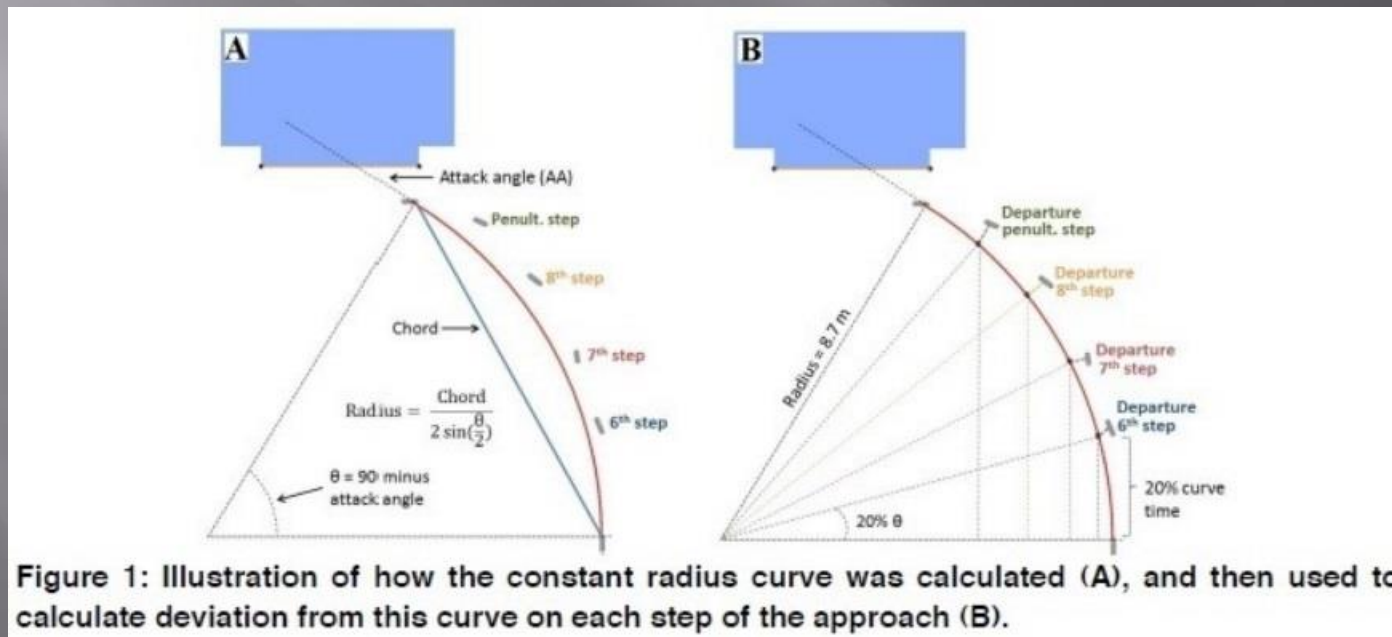
1. form or cause to form a curve.  
"her mouth curved in a smile"  
*synonyms:* bend, turn, loop, wind, meander, undulate, snake, spiral, twist, coil, curl; [More](#)



Translations, word origin, and more definitions

# What is the Purpose of the Curve

- Generate Speed
- Put yourself in position to Jump
- Use Physics to Release Athlete over Bar
- Helps with rotation over the bar





# Find your Happy Place

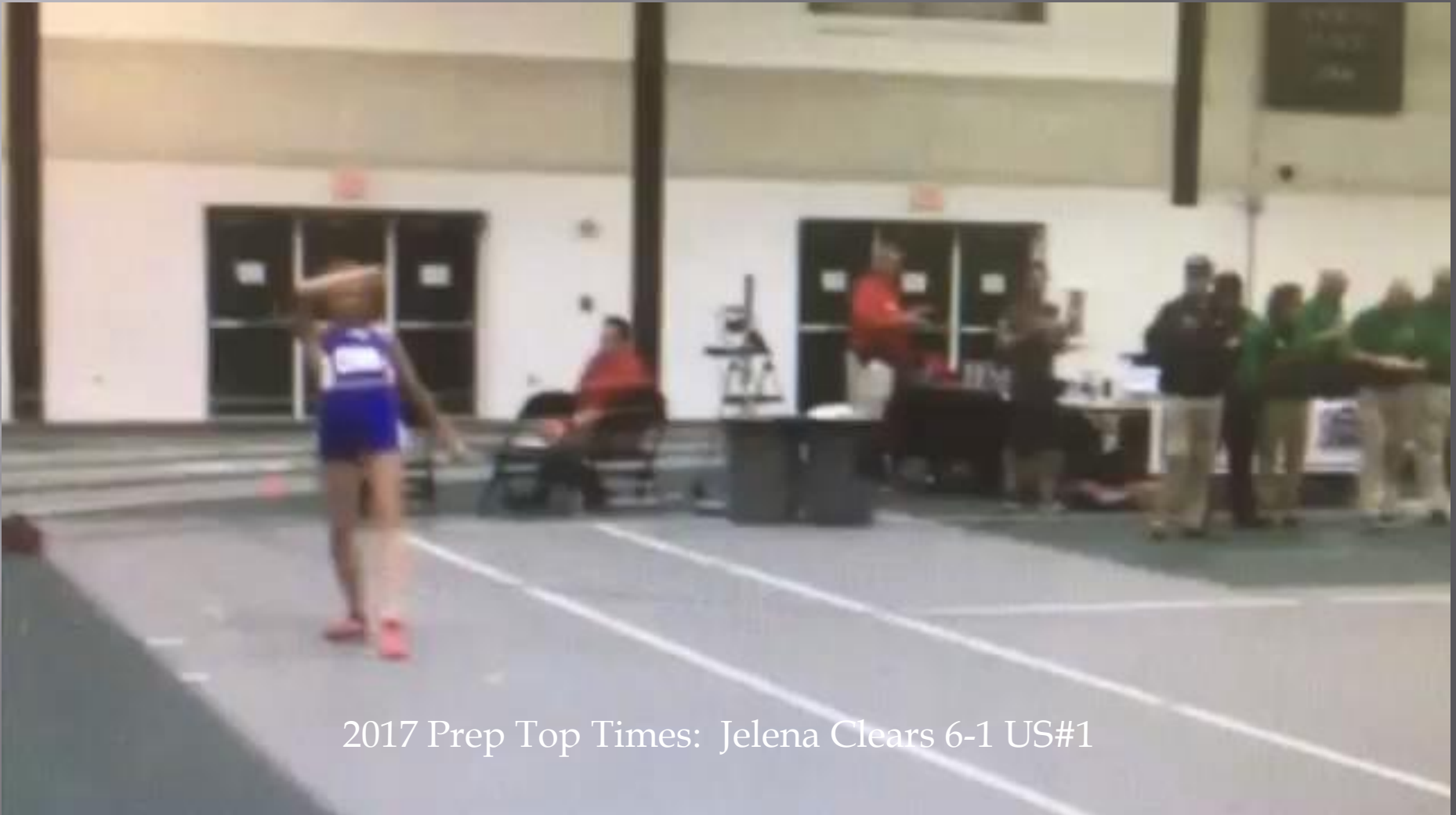




# Is it Physics or Magic?



# Jelena's Best Curve



2017 Prep Top Times: Jelena Clears 6-1 US#1

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# Breaking It Down





# Crazy Talent with No Curve



# What Do you see?

- ▣ Good Speed
- ▣ Great Athleticism
- ▣ No Curve
- ▣ Runs at bar and tries to jump over
- ▣ No energy from curve causes “seated” position
- ▣ Hits bar with back leg due to lack of rotation

# Example 2: Not enough Curve



Ok speed, First Step is very important

Does not run Straight veering Inside  
Inside Shoulder is Level Lower

Inside Shoulder Needs to be Lower

She is Level at take-off, therefore she has  
no choice but to jump into the bar

Strong, she has good rotation but not  
enough energy from the curve to take her  
over.

Wish I knew then what I know now.

# With and Without a Lean 1





# With a Lean & Without 2



# Figuring it Out

- ▣ Great Displacement
- ▣ Nice Transition
- ▣ Nice Curve
- ▣ Great Take-Off
- ▣ Finish with Style





# Will Jelena Clear this Height?



# You be the Judge?





# HOW DO WE GET THERE? BUILD AN ATHLETE

Testing  
Technique  
Strength Training  
Flexibility/Mobility  
Speed Training  
Mindfulness

# Testing: NFL Does It



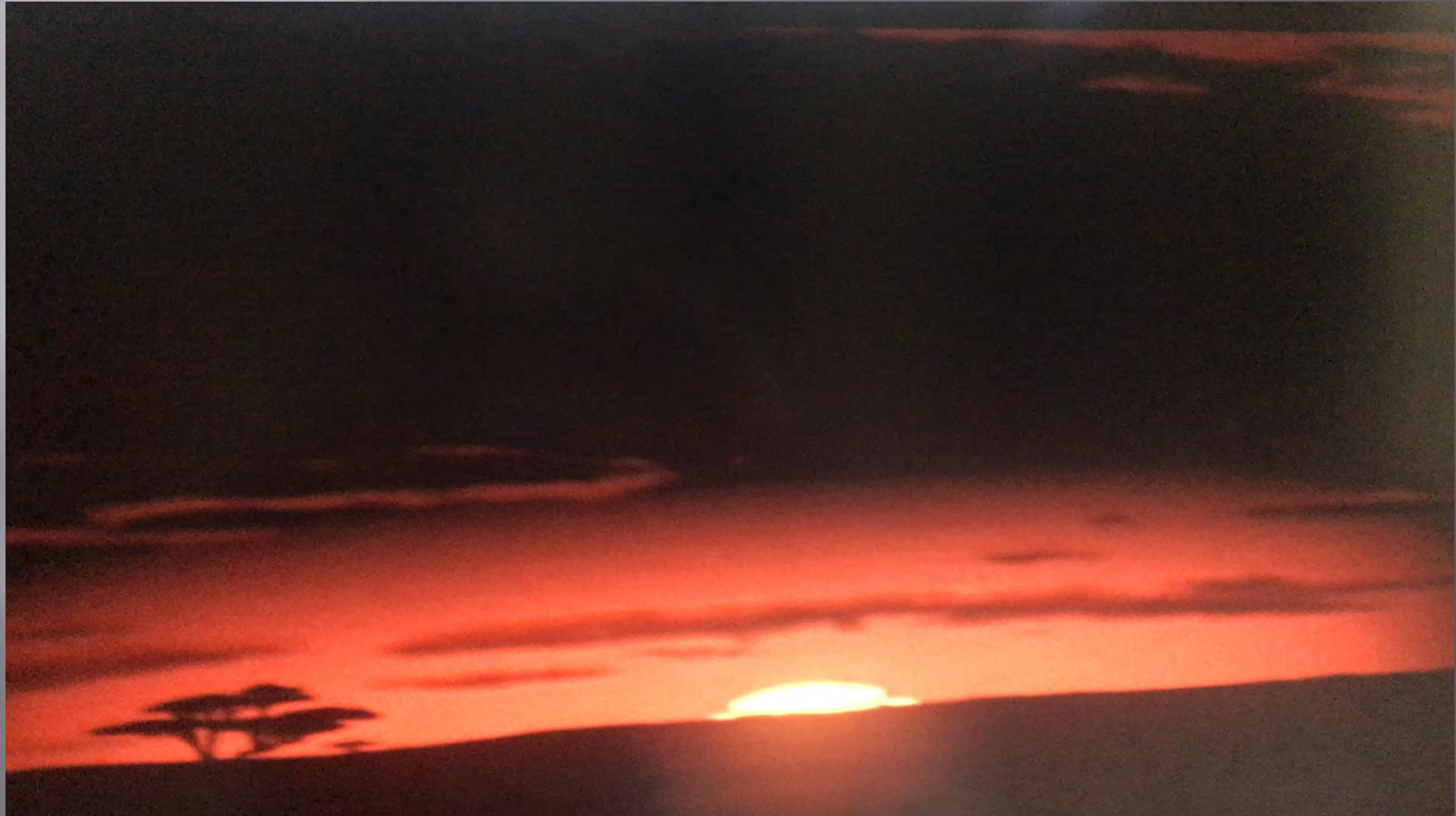
# Testing

- ▣ Standing Long Jump (Overall Explosiveness)
- ▣ 5 Step Bound (Single-Leg Strength)
- ▣ Medball Overhead Throw (Explosiveness)
- ▣ Verticle Jump (Hip Height)
- ▣ 30 meter dash (Speed)





# Technique: Circle of Life





# Technique on a Circle

- ▣ Run the Circle w/Lean
- ▣ Skip for Height
- ▣ Rocker Skip
- ▣ Pop-ups
- ▣ Scissor Jumps
- ▣ Run-Throughs
- ▣ 8 step Approaches



# More on the Circle



# 17 Foot Circle





# Technique on a J Curve

- ▣ Scissor Jumps
- ▣ Run-Throughs
- ▣ 4 step Approaches
- ▣ 8 step Approaches



# Run-Throughs Focusing on Lean

- ▣ Big Displacement on First Step
- ▣ Run Straight
- ▣ Cross-over with Big Lean



# Full Approach





# Landings



# BECOME A BETTER ATHLETE

Olympic Lifts

Plyos

General Strength

Speed Development

Hip Mobility

Flexibility

Medballs

# Acceleration Training



All Athletes

## Blazing Trojans

Saturday January 6, 2018

### Acceleration A Warmup

1 x	2	x	30 x Arm Swings W/Side Shuffle
1 x	2	x	30 x Easy Carioca (Big Twist in the Back)
1 x	2	x	30 x Skip, Skip, Lunge
1 x	2	x	30 x Skip, Skip, Warrior 3
1 x	2	x	30 x Marching A
1 x	2	x	30 x Bound for Height
1 x	2	x	30 x Quick Fire
1 x	2	x	30 x 4 Ballistic bounces w/ Push out
1 x	2	x	30 x 4 Drive Phase Steps with pause and accelerate
1 x	2	x	30 x Roll-over toes and accelerate

### Acceleration Med Ball Series

3 x	10	x	OHB Toss at 8lb
3 x			20 x Sprint
3 x	10	x	OHB Toss at 8lb
3 x			20 x Sprint
3 x	10	x	Med Ball Slams at 8lb
3 x			20 x Sprint
3 x	10	x	Prisoner Squats at BW

### Acceleration Dev 1

1 x	3	x	10 x Blocks or Runway or Hurdles
1 x	3	x	20 x Good Acceleration mechanics
1 x	3	x	30 x Good Acceleration mechanics

### Hurdle Mobility

2 x	6	x	Over/Over - Alt lead legs
4 x	6	x	Each leg leads 2 sets, and trails 2 sets
2 x	6	x	Over-Unders
2 x	6	x	Knee-up skips / outside of hurdles



# Accelerations



# Medballs and Multi-Jumps



All Athletes

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# Olympic Lifts & Plyos












# Yoga

- ▣ The mat is a safe place
- ▣ Time to be quiet
- ▣ Time to be with one's self (Look within)
- ▣ Metal
- ▣ No Cell Phones Allowed



# High Jumper Mentality

A dramatic seascape with a stormy sky and crashing waves. The sky is filled with dark, heavy clouds, with some light breaking through near the horizon. The ocean is turbulent, with white foam from the waves contrasting sharply with the dark blue water. The overall mood is one of power and intensity.

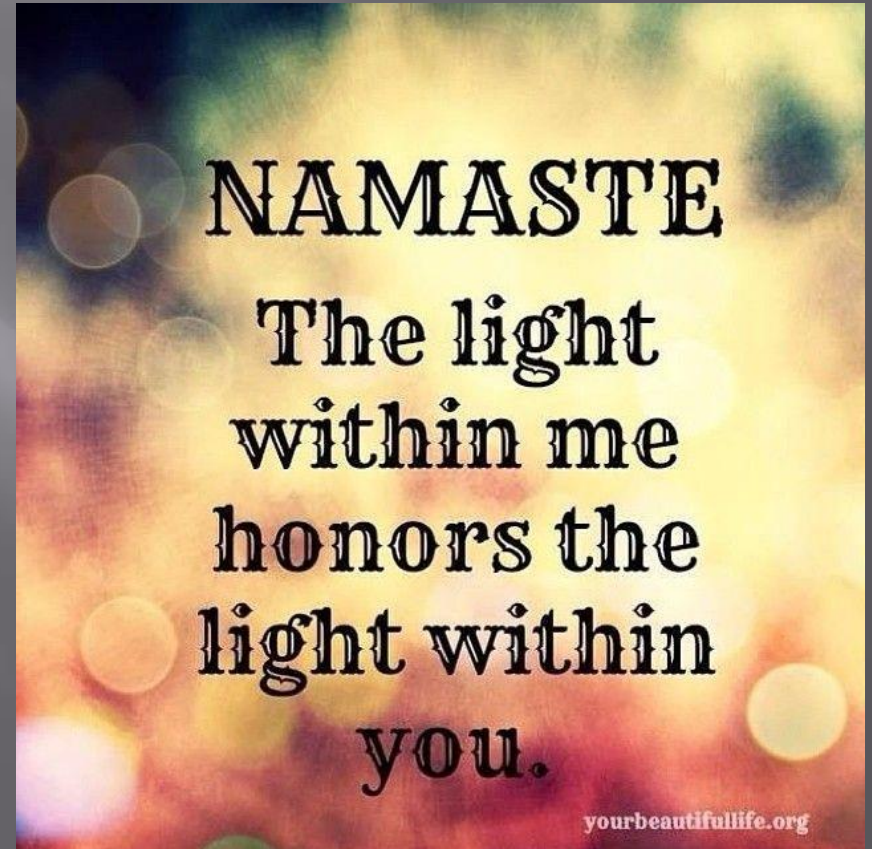
**Trying to tame  
a free spirit is  
like telling the  
wind to stop  
blowing.**

[www.facebook.com/  
thewildflowerclub](http://www.facebook.com/thewildflowerclub)



# Have a Great Season

- ▣ Educate yourself with USATF or USATFCCCA
- ▣ Youtube is a great resource
- ▣ Record your athletes: showing is better than telling.
- ▣ Enjoy the Journey
- ▣ All the Best:  
[aschmitt@sd206.org](mailto:aschmitt@sd206.org)



Take Survey Please:

<https://goo.gl/forms/sDF5RUXOZ3Qufexi2>