



TIPS ON SPRINTING



MY BACKGROUND

- Born and raised in Zimbabwe
- Attended Truman State University and Florida State University
- 2004 & 2008 Olympics
- 4th place in Beijing 200m dash
- 2003, 2005, 2007, 2009 World Championships
- Nike & Mizuno
- 9 years as a volunteer coach at Florida State

100% MY PERSONAL EXPERIENCES

TIP 1: PROGRESSION IS KEY

- Be faithful to the process
- 2 point stance, 3 point stance, sleds, blocks
-



TIP 2: TECHNIQUE VS SPEED

- Technique (form) always trumps speed
- Slow everything down
- The "zone"
- Relaxation, patience -----> execution



TIP 3: PACE

- Teach pace vs. using %
- Time is an absolute
- Provide athletes with a breakdown



TIP 4: SIMPLCITY

- 3 key things
- Conditioning
- Biomechanics/technique
- Attitude



TIP 5: MENTAL FORTITUDE

- Just a race
- Keep it fun ALWAYS
- '01, '04, '07, '08



HOW WE HELP?

- Help athletes prepare during the fall
- Technical sessions/clinics
- Video analysis
- Summer camps



THANK YOU

email: info@accelfoundry.com

website: www.accelfoundry.com