

Coaches Horizontal Jumps Clinic

When: Saturday (Long Jump) December 15 and Sunday (Triple Jump) December 16

Where: Lake Park High School West Campus. 500 West Bryn Mawr Avenue, Roselle, IL 60172. We will meet in the front entranceway.

What: Long Jump Clinic from 9am to 3pm on Saturday December 15. Triple Jump Clinic from 9am to 3pm on Sunday December 16.

Who: This clinic is for any coach that would like to learn more about the horizontal jumps to get ready for the upcoming season. We will be using an athlete to model what we show in the classroom.

Tentative Schedule:

9am – 10am Classroom Presentation
10:10am-10:40am Modeling in Field House
10:40am-11:40am Classroom Presentation
11:50am-12:20pm Modeling in Field House
12:30pm-1:15pm Lunch Provided
1:20pm-2:20pm Classroom Presentation
2:20pm-2:50 Modeling in Field House
2:50-3:00pm Closing/Survey



Cost: \$95 for one day or \$160 for both clinic days.

Instructor: Tom Kaberna has been a coach at Lake Park for the last thirteen years. In that time his horizontal jumpers have rewritten every school record and have been an integral part of four state championships and a runner-up finish for the team. Specifically, in the last seven years coach Tom has coached fourteen all state horizontal jump athletes including eight top three finishes in that time span. Three years ago Tom started coaching the girls program. During that time every girl's school record has been broken and he has 8 state qualifiers in the horizontal jumps including a 3rd place finish for his athlete in triple jump last year.

Registration: Signup online at www.dupagetrackclub.org and follow the directions. Deadline for signing up will be Friday December 7.

Filming: No filming of the clinic will be allowed.

Lunch: Will be catered and provided.

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Time Schedule from previous years:

Long Jump

1. Introduction and Improving as a coach. 20 minutes - 9-9:20
2. Acceleration/Max V Mechanics – 60 minutes – 9:20-10:20
3. Test on Acceleration/Max V Mechanics – 15 minutes – 10:35
4. Approach – 30 minutes – 10:35 – 11:00
5. Test on Approach – 10 Minutes – 11-11:10
6. Building an Approach in FH – 30 Minutes – 11:10 – 11:40
7. Last 4 steps – include penultimate – 50 minutes – 11:40-12:30
- Lunch Break – 30 Minutes – 12:30-1
8. Penultimate Pit Work Drills – 1-1:30
9. Flight and landing – 30 minutes – 1:30-2
10. Test on Flight and Landing and pit work if time permitted – 30 minutes – 2-2:30
11. Question session – 20 minutes – 2:30-2:50
12. Feedback from Quia – 10 minutes – 2:50-3

Triple Jump

1. Introduction and Improving as a coach. 15 minutes - 9-9:15
2. Last 4 steps and first phase – 30 minutes – 9:15-9:45
3. Test on last 4 steps and first phase – 15 minutes – 9:45 – 10
4. Pit Work on last 4 steps and first phase – 30 minutes – 10-10:30
5. Second phase and last phase – 30 minutes – 10:30 – 11
6. Test on second and last phase – 15 minutes – 11:00 – 11:15
7. Second and last phase pit work – 30 minutes – 11:15 – 11:45
8. Injuries – Break down into common injuries and what I do for them – 30 minutes – 11:45-12:15
- Lunch Break – 30 minutes – 12:15 – 12:45
9. Things I have learned – 30 minutes – 12:45 – 1:15
10. Training – Including Peaking and Practice Setup and differences on high and low days – 60 minutes – 1:15 – 2:15
11. Questions – 20 minutes – 2:15 – 2:35
12. Feedback from Quia – 10 minutes – 2:45-3