

Coaches Horizontal Jumps Clinic

When: Saturday (Long Jump) December 18 and Sunday (Triple Jump) December 19

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 18. Triple Jump Clinic from 9am to 3pm on Sunday December 19.

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 \$175 for two clinic days.

Instructor: Tom Kaberna has been a coach at Lake Park for the last fifteen. 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 Tom has coached fifteen all state horizontal jump athletes including nine top three finishes in that time span. For three years Tom coached in the girls program. During that time every girl's school record was broken and he had 8 state qualifiers in the horizontal jumps including a 3rd place finish for his athlete in triple jump in his last year coaching the girls. Three years ago he rejoined the boys program and last year his junior triple jumper finished 2nd in state.

Registration: Signup online at www.dupagetrackclub.org and follow the directions. Deadline for signing up will be Friday December 3.

Filming: Anything outside of the classroom can be filmed

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 Google Form – 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 – 2:50
12. Feedback from Google Form – 10 minutes – 2:50-3