HANDLING JUMPERS – MEET DAY MANAGEMENT
Cue Systems -
Where Practice and Competition Meet

- Establishing Cue Systems
- Using Familiar Cue Systems
- Communication Rehearsal
- Cue Types
- Periodizing Cue Systems
The Meet Plan – The Checklist

- Task Specific Behavior
- Runway Management
- Cue Systems
- Communication
- Environmental Preparation
Understanding Competition Trends

- **Great Jumps**
  - Adequate Technique
  - Moderate Arousal

- **Average Jumps**
  - Mismatching Technique and Arousal

- **Poor Jumps**
  - Poor Technique
  - Improper (High/Low) Arousal
Applying Competition Trends to Coaching

- Working for Two
- Arousal Progression
- Minimizing Technical Regression
  - Horizontal Jump Applications
  - Vertical Jump Applications
The Meet Plan – Gross Issues

- Early Season
  - Runway Management
  - Becoming Accustomed to Meet Intensities

- Midseason
  - Preparation/Takeoff Management
  - Temporal/Spatial Cues

- Late Season
  - The Athlete’s Competition – Bowling Bumpers
  - Holistic Cues
  - Predicting Where Failure will Come
Communication

- Clarity
- Quantity
  - Limited Communication
  - Prioritization
- Insuring Comprehension
  - Mismatched Arousal Levels
  - Double Checking
- Questioning the Athlete
Feedback Strategies

- Qualitative Feedback
- Quantitative Feedback
- Fading
- Self-Selected
- Bandwidth
- Summary
Environmental Considerations

- Surfaces
- Winds
- Other Weather Factors
- Stadium Construction
Runway Management

- Anticipating Environmental Factors
- Moving the Checkmark
  - Having a Plan and a Reason
  - Let's See What Happens is not a Plan
- Handling Fouls and Misses
  - Real and Psychological Adjustments
  - Technical Issues
  - A Sense of Urgency
Managing Emotions

- Elevating and Dampening
- Reacting to Success
  - Expectations
  - When to Stop
- Reacting to Failure
  - Regrouping the Athlete
  - Technical Triage
  - Teaching Thought Control
Jumps by the Numbers

- The Horizontal Jumps
  - 1-2-3-4-5-6

- The Vertical Jumps
  - Low Bars
  - High Bars
  - 1-2-3