



# Wisconsin Track and Field Association

- Beginning Coaches Series – 2016
- Coaching the Sprint Relays
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# Develop Your Philosophy on Relays

- “Afterthought” – (not important – we’ll see)
- “Bonus” – (grooming young athletes – didn’t see that coming!)
- “True Focus” – (every year – consistent approach)
- What works at Park – experiment with specific goals
- Create win-wins using relays – early meets indoor & outdoor



# Where Do You Start?

- We start on Day 2
- How much time @ practice? “technique days”
- Use batons as often as possible (Continuous Relays)
- Try to practice handoffs “in traffic” as much as possible
- Early meets A/B/C relays – OK to fail!

# Identifying & Developing Athletes for Relays

- Inexperienced athletes (team sport background)
- Jack of all trades
- Jumpers & hurdlers? (love/hate)
- “Talk up” one relay from Day 1
- Competition for relay spots adds depth/motivation

# What Order?

- Depends on relay? Time of year? Competition?
- Four athletes of similar ability – experiment
- One stud.... Or 2.... Or 3? – experiment
- Developing trust – crucial to success!
- “Comfortable being uncomfortable”



# Black and White ... or Gray?

- Splits
- Open times
- Eye test
- Get to know your athletes!

# Race Sequencing

- Overload concerns – keep athletes physically/mentally fresh
- Other event concerns
- Order of events
- “Relay Meet” fallacy





# End of Season Considerations

- “Play the odds”
- Who is strong in your conference/regional/sectional?
- What time will typically get to State/to finals?
- Pick a meet one month out to model state series
- Evaluate all relays at that meet & make changes/adjustments as needed.

# Wrap Up

- 1 – 2 – 3 – 4 year plan
- JV development – particularly freshmen & sophomores
- Videos – 2014 400m Relay (State Champs – 41.63 in prelims) & 2015 800m Relay (State Champs 1:26.84 – STATE RECORD!!)

# Racine Park Boys' Relays

## State Meet 1997 – 2015

	<u>400m</u>	<u>800m</u>	<u>1600m</u>	<u>3200m</u>
1997*	2 <sup>nd</sup>		X	4 <sup>th</sup>
1998*	2 <sup>nd</sup>			13 <sup>th</sup>
1999				14 <sup>th</sup>
2000*			X+	
2001	X			1 <sup>st</sup>
2002	10 <sup>th</sup>	5 <sup>th</sup>		
2003		5 <sup>th</sup>		10 <sup>th</sup>
2004	4 <sup>th</sup>	5 <sup>th</sup>	DQ+	10 <sup>th</sup>
2005	11 <sup>th</sup>	DQ+	X	
2006	7 <sup>th</sup>	4 <sup>th</sup>	Sectional DQ	
2007	1 <sup>st</sup>	DQ+	2 <sup>nd</sup> 3:21.35	
2008	X		DQ+ sub 3:20	
2009				X
2010			X+	9 <sup>th</sup>
2011				X
2012				
2013	4 <sup>th</sup> 43.04			
2014	1 <sup>st</sup> 41.63	2 <sup>nd</sup>	X+	
2015		1 <sup>st</sup> 1:26.84 STATE RECORD!		

