

ITCCCA Clinic 2010: Notes for beginning coaches
12 COMPETITIVE TIPS FOR LONG AND TRIPLE JUMPERS
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The long and triple jumps pose a special problem to the athlete. Whereas a runner has to psych himself up for one supreme effort, a jumper has to psych himself up for anywhere from three to six. It takes an extremely organized, composed, and stable individual to attack a sixth effort as strongly as a first.

The following suggestions can help every jumper organize himself for three to six maximum-potential efforts:

1. Begin your warm-up well enough in advance to allow for three or four approach run-throughs **WITHOUT** sweats and **WITH** spikes on. This will allow you to make any needed adjustments in your approach **BEFORE THE COMPETITION BEGINS**. Knowing your approach is "on" will, in turn, enhance your confidence.
2. If jumping in a lower flight, always do a full warm-up before the competition begins. You must then remain loose and warm until your flight is called. **NEVER WAIT UNTIL THE LAST MINUTE TO WARM UP**, as you won't have enough time between flights to adequately check and adjust your approach.
3. **ALWAYS PUT YOUR SWEATS BACK ON AFTER EACH JUMP** in order to maintain the proper body temperature. The easiest way to pull a muscle is to warm up, leave the sweats off for a while to cool off, and then attempt a full-effort jump. **KEEP YOUR SWEATS ON UNTIL THE LAST POSSIBLE MOMENT AND THEN REPLACE THEM AS SOON AFTER THE JUMP AS POSSIBLE**.
4. Always be prepared to jump when your name is called. **NEVER HOLD UP THE COMPETITION**. Make all your mental preparation ahead of time so that when your name is called you are ready to come down the runway.
5. It is essential to have a mental routine to key on before each competitive effort. Without the proper mental preparation, no one can do his best.
6. In an event like the long or triple jump, mental control is particularly important because of the (possible) six jumps involved. You must learn to take three jumps and then wait for all the other flights to be completed before taking your final three jumps in the final. Only through experience and actual psychological preparation can you turn your competitive juices on and off at will.
7. After the competition is over, it's necessary to review what happened on each jump. In order to improve, you must learn from every competitive effort. Was there something that you did that day or the day before that may have caused either a good or bad performance? **SHARE YOUR THOUGHTS WITH YOUR COACH**.

8. **BE PREPARED TO PRODUCE YOUR BEST EFFORT EARLY IN THE COMPETITION**, i.e. on your **FIRST JUMP**. (You'll never be as fresh as you are on your first jump.) There's nothing more demoralizing to the field than to have someone put the contest out of reach on the first jump. An excellent example was Bob Beamon's **FIRST EFFORT** at Mexico City in 1968. After his monstrous 29-4 ½ jump, everyone else was jumping for Silver and they **KNEW** it!
9. As the season progresses, it's usually wise to take all your jumps. Why? You never know when you'll need that fifth or sixth jump to win a competition. (Mike Powell won the 1991 World Championships by beating Carl Lewis and setting the new world record of 29-4 ½-- on his fifth jump.) If you're not used to taking all six, you may not be able to handle the situation when it arises.
10. Like every good jumper, always jump against yourself or the tape measure. Shut everything and **EVERYONE** out of your mind and just concentrate on the job at hand—to jump as well as you can that day. If it is good enough to win, fine. If not, then you must evaluate your efforts and training to find a way to remedy your technique problems/flaws.
11. **SPORTSMANSHIP IS JUST AS IMPORTANT AS COMPETING**. You should never allow yourself to get caught up in verbal psych games where you're attempting to psych out your opponents or letting the opponents psych you out. You should be courteous to the other competitors and judges at all times and, especially, **THANK THE JUDGES AT THE END OF EVERY COMPETITION**.
12. Proper equipment is, obviously, vital. You must be prepared for any eventuality. Essential items of equipment: an extra pair of spikes (if you can afford them) in case of rain; extra socks for the same reason as above **AND** for comfort when sand gets into the shoes; extra shoelaces in case one breaks; extra spikes and a spike wrench; a rain suit for inclement weather; a water bottle filled with water. These items are, of course, in addition to the equipment the school has issued you.