

NOTES:

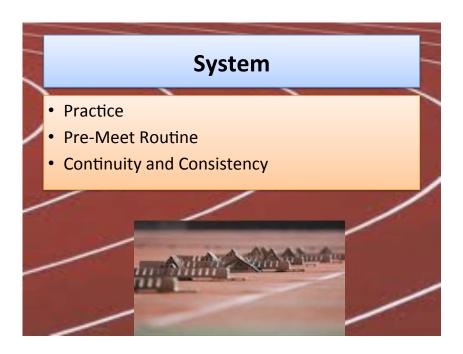
RELAY STATS- ANDREW VALMON

- 1988 Seoul Olympics, Gold Medal, 4x400m Relay
- 1992 Barcelona Olympics, Gold Medal, 4x400m Relay
- 1993 World Record, 4x400m relay (still stands today) – 2:54.29
- Biographical Data:
- Member of 13 National Teams
- US Olympic Committee Spokesperson
- Education: B.A. Marketing/ Minor Management, Seton Hall
- Head Coach, 2010 World Indoor Championships
- Assistant Coach, 2009 World Outdoor Championships
- Head Coach, 2012 Olympic Games
- Relay Coach, 2013 World Championships

Relay Pool Options (at least 6 in the pool) Chemistry Be prepared to make adjustments

NOTES:





NOTES:



4x100m Elite Preparation

- Maximize exchange zone
- Incoming + Outgoing
- Communication: Verbal and Non Verbal
- Correct Runners for each leg
- Trust

NOTES:

4x400m Elite Preparation

- Order
 - 1st leg steady (minimal mistakes)
 - 2nd leg- aggressive on stagger
 - 3rd leg- make up ground
 - 4th leg- closer

4x400m Elite Preparation

- Training
 - Don't Overanalyze
 - Touch the fundamentals and allow athletes to be in control of the race
 - Pulse
 - Take off position

NOTES:

