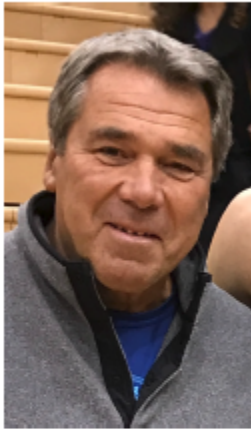


# **BUILDING CONSISTENCY IN YOUR HURDLE PROGRAM**

**BOB BRANDT**

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# PRESENTER



**Bob Brandt**  
Bishop Neumann High Hurdle Coach, Retired

Topic: Session 1 Developing the High School Hurdler  
Session 2 Building Consistency in your Hurdle Program

Bob has worked with young hurdlers from the Age-Group Jr. Olympic athlete through State Champions at the High School level. His basic level approach has kindled the young athlete's desire to "stay with it" and continue to learn the techniques of successful hurdling for girls and boys. Bob has coached various sports including Football, Basketball, Track, and Cross Country. Most of his career was at Bishop Neumann High School. He coached hurdles until he retired 2 years ago. Bishop Neumann has become synonymous with hurdling over the years. They have had at least one hurdler place at the State Track Meet for 19 consecutive years from 1999-2017. During that time, they have produced 15 State Champions (5 All-Class State Champions), 13 State Runner-ups and have won a total of 64 State Medals in the hurdle events. In addition, many other hurdlers not qualifying for State have improved their times and continued to enjoy the 'Hurdle Family'.

Neumann Hurdle Tradition - 20 Consecutive Years of State Medalists

	Event	BOYS	Place	Time		Event	GIRLS	Place	Time
1999	110 Highs	Matt Dailey	1st	14.44	43.85	100 Highs	Erin Dailey	6th	16.23
	300 Int.	Matt Dailey	3rd	39.63					
2000	110 Highs	Matt Dailey	2nd	14.84					
2001	300 Int.	Clinton Whiteley	5th	40.94					
2002						100 Highs	Krissy Turman	4th	15.69
		Olivia Sattlefield, 11	300H	4 <sup>th</sup> place	46.35	200 Highs	Erin Dailey	5th	15.92
		Sekiya Simmons, 10	100H	4 <sup>th</sup> place	15.05	300 Highs	Erin Dailey	5th	47.12
						300 Lows	Krissy Turman	6th	47.90
2003	110 Highs	Adam Brandt	5th	14.28	40.89	100 Highs	Bridget Meduna	1st	15.66
	300 Int.	Aaron Brandt	5th	40.63					
2004	110 Highs	Aaron Brandt	2nd	14.46		100 Highs	Bridget Meduna	4th	15.38
		Olivia Sattlefield, 10	2nd	14.01	16.49	300 Highs	Bridget Meduna	5th	46.67
2005	110 Highs	Aaron Brandt	2nd	14.44		100 Lows	Bridget Meduna	2nd	15.01
	300 Int.	Aaron Brandt	2nd	38.58	45.34c	300 Lows	Bridget Meduna	2nd	47.01
2006	110 Highs	Aaron Brandt	1st	14.26					
	110 Highs	Adam Dailey	5th	15.33					
2006	300 Int.	Aaron Brandt	1st*	37.29					
	300 Int.	Adam Dailey	3rd	39.08	38.85				
2007	110 Highs	Adam Dailey	1st	14.65		100 Highs	Lizzy Mach	4th	15.78
		Elijah Hawkins, 12	1st	14.65		300 Lows	McKenzie Fujan	1st	46.14
		Olivia Sattlefield, 9	300H	4 <sup>th</sup> place	46.60	300 Lows	Holly Fujan	7th	48.51
2008						100 Highs	Lizzy Mach	1st	15.38
2008						100 Highs	McKenzie Fujan	3rd	15.52
		Elijah Hawkins, 11	300H	7 <sup>th</sup> place	39.84	300 Lows	McKenzie Fujan	1st	46.17
						300 Lows	Holly Fujan	5th	47.87
2009		Elijah Hawkins, 11	110H	4 <sup>th</sup> place	14.83	100 Highs	McKenzie Fujan	3rd	15.35
						300 Lows	McKenzie Fujan	1st	45.52
2010	300 Int.	Conner Murday, 10	3rd	39.61	14.83	100 Highs	McKenzie Fujan	2nd	15.26
		Ciara Morehouse, 10	300H	3 <sup>rd</sup> place	45.75	100 Highs	Melanie Blum	5th	15.94
2010	300 Int.	Conner Murday, 10	2nd	38.61	15.38	100 Highs	Melanie Blum	3rd	15.62
2012		Chelsea Cotton, 12	100H	6 <sup>th</sup> place	15.97	100 Highs	Melanie Blum	6th	15.88
						300 Lows	Lauren Vasa	5th	46.57
2013	110 Highs	Austin Woita	5th	15.72		100 Highs	Morgan Vasa	6th	15.77
2014	110 Highs	Jordan Fujan	5th	15.18		100 Highs	Morgan Vasa	3rd	15.10
		Chelsea Cotton, 11	6th	15.90	15.78	300 Lows	Morgan Vasa	2nd	45.39
	300 Int.	Jordan Fujan	7th	41.44	48.25				
		Ciara Morehouse, 10	300H	7 <sup>th</sup> place	48.25				
2015	110 Highs	Jordan Fujan	4th	15.06		100 Highs	Morgan Vasa	1st*	14.94
2015	110 Highs	Noah Vedral	6th	15.58		300 Lows	Morgan Vasa	2nd	44.44
	300 Int.	Jordan Fujan	1st	39.44	14.65	300 Lows	Hannah Allfree	8th	49.18
	300 Int.	Noah Vedral	3rd	40.03					
2016	110 Highs	Jordan Fujan	1st	14.96	16.34				
		Chelsea Cotton, 10	100H	6 <sup>th</sup> place	16.34				
	110 Highs	Noah Vedral	2nd	14.96					
	300 Int.	Noah Vedral	1st	38.72	43.44				
		Rachel Bramhall, 12	300H	1 <sup>st</sup> place	43.44				
		Alice Williams, 10	300H	7 <sup>th</sup> place	47.38				
2017	110 Highs	Noah Vedral	5th	15.1		300 Lows	Molly Vasa	4th	47.4
2017	300 Int.	Noah Vedral	2nd	39.5					
2018	300 Int.	Tyler Pospisil	7th	41.47	15.39	300 Lows	Molly Vasa	5th	47.40
	300 Int.	David Lily	8th	42.27					
		Rachel Bramhall, 11	300H	1 <sup>st</sup> place	43.58				

# Denotes Class B State & State Meet Record Aaron Brandt 110 Highs 14.02 (Prelims) 2006  
 # Denotes Class B & All-Class State & State Meet Record Aaron Brandt 300 Int. 37.29 2006  
 Since 1999: 15 Champions, 5 All-Class Champions, 13 Runners-up & 67 total Hurdle medals

**Papillion-La Vista South Hurdles****State Medalist****2018**

Olivia Sattlefield, 11	300H	4 <sup>th</sup> place	46.35	
Sekiya Simmons, 10	100H	4 <sup>th</sup> place	15.05	5 <sup>th</sup> All-Class
Brian Clausen, 11	300H	8 <sup>th</sup> place	40.89	

**2017**

Olivia Sattlefield, 10	100H	8 <sup>th</sup> place	16.49	(ran 15.82 in pre-lims)
Olivia Sattlefield, 10	300H	4 <sup>th</sup> place	45.34c	(timing system down, manual start)
Quinn DeGroot, 12	300H	5 <sup>th</sup> place	45.34c	(timing system down, manual start)

**2016**

Elijah Hawkins, 12	300H	1 <sup>st</sup> place	38.85	2 <sup>nd</sup> All-Class
Elijah Hawkins, 12	110H	8 <sup>th</sup> place	15.77	
Olivia Sattlefield, 9	300H	4 <sup>th</sup> place	46.65	

**2015**

Elijah Hawkins, 11	300H	7 <sup>th</sup> place	39.84	
Elijah Hawkins, 11	110H	4 <sup>th</sup> place	14.83	
Conner Murphy, 10	110H	5 <sup>th</sup> place	14.83	
Ciara Morehouse, 10	300H	3 <sup>rd</sup> place	45.75	
Ciara Morehouse, 10	100H	3 <sup>rd</sup> place	15.38	
Chelsea Cotton, 12	100H	6 <sup>th</sup> place	15.97	

**2014**

Chelsea Cotton, 11	100H	7 <sup>th</sup> place	15.78	
Ciara Morehouse, 9	300H	7 <sup>th</sup> place	48.25	

**2013**

Rachel Bramhall, 12	100H	1 <sup>st</sup> place	14.65	All-Class Gold
Chelsea Cotton, 10	100H	6 <sup>th</sup> place	16.34	
Rachel Bramhall, 12	300H	1 <sup>st</sup> place	43.44	All-Class Gold
Auset Williams, 12	300H	7 <sup>th</sup> place	47.38	

**2012**

Rachel Bramhall, 11	100H	5 <sup>th</sup> place	15.39	
Rachel Bramhall, 11	300H	1 <sup>st</sup> place	43.58	All-Class Gold

# **LEADERSHIP**

**Be a leader-influence thoughts & actions of others**

**Natural qualities of a leader**

- Spirit of initiative (courage to act)**
  - Ability to risk (not afraid to fail)**
  - Sense of responsibility (response-able)**
  - Personal authenticity (truthful to oneself)**
  - Generosity ( give of ourselves)**
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# **LEADERSHIP**

## **Supernatural qualities of a leader**

- Living your faith**
  - Hope (believe and live it as reality)**
  - Love (give to others)**
  - Humility (freedom not to think of ourselves at all)**
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# **TRACK MEETS**

- **Video every hurdler**
  - **Time each touchdown @ every hurdle**
  - **Record & distribute to each athlete for Conference, District, State**
  - **Goal sheets based on actual times**
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100 Highs	1	2	3	4	5	6	7	8	9	10	Total
McKenzie <del>Sujan</del>											
Logan View	2.81	4.11	5.24	6.49	7.76		10.21	11.59	12.84	14.37	15.7
	2.66	4.04	5.19	6.3	7.69	8.98	10.33	11.79	13.07	14.28	15.83
Wahoo	2.76	3.97	5.32	6.58	7.84	9.1	10.39	11.74	13.05	14.38	16
	2.65	3.89	5.22	6.45	7.87	9.15	10.37	11.73	13.04	14.45	15.86
Centennial	2.72	4.02	5.32	6.58	7.9	9.22	10.45	11.86	13.2	14.64	16.1
	2.72	4	5.5	6.88	8.13	9.41	10.69	12.08	13.36	14.69	16.09
North Bend	2.81	4.06	5.32	6.62	7.91	9.2	10.46	11.82	13.02	14.38	16.1
Bergan	2.48	3.97	5.16	6.35	7.56	9	10.38	11.52	12.96	14.31	15.74
	2.73	3.42	5.15	6.4	7.65	8.95	10.42	11.64	12.98	14.3	15.73
Conference	2.58	3.92	5.09	6.24	7.42	8.87	10.25	11.41	12.78	14.14	15.66
	2.55	3.8	5.18	6.36	7.71	8.96	10.3	11.55	12.79	14.14	15.68
		1.25	1.38	1.18	1.35	1.25	1.34	1.25	1.24	1.35	
300 Lows	1	2	3	9	5	6	7	8	Total		
Logan View	7.37	12.56	17.79	23.15	28.78	34.32	40.1	45.77	47.5		
Wahoo	7.3	12.4	17.3	22.96	29.4	35.6	41.9	48.3	50		
Centennial	7.4	12.6	18.1	23.7	29.7	35.6	41.4	47.8	49.5		
North Bend	7.33	12.34	17.39	23.21	28.5	34.12	40.5	46.51	48.62		
Bergan	7.2	12.36	17.73	23.17	28.75	34.32	40.05	45.84	47.7		
Conference	7.09	11.9	17.05	22.44	27.78	33.25	39.05	45.15	46.92		
		4.81	5.15	5.39	5.34	5.47	5.80	6.10	6.11		



300 Lows	1	2	3	9	5	6	7	8	Total			
Logan View	7.37	12.56	17.79	23.15	28.78	34.32	40.1	45.77	47.5			
Wahoo	7.3	12.4	17.3	22.96	29.4	35.6	41.9	48.3	50			
Centennial	7.4	12.6	18.1	23.7	29.7	35.6	41.4	47.8	49.5			
North Bend	7.33	12.34	17.39	23.21	28.5	34.12	40.5	46.51	48.62			
Bergan	7.2	12.36	17.73	23.17	28.75	34.32	40.05	45.84	47.7			
Conference	7.09	11.9	17.05	22.44	27.78	33.25	39.05	45.15	46.92			
District	7.21	12.08	17.12	22.32	27.64	33.25	39.02	45.22	47.06			
State Meet	6.86	11.35	16.22	21.25	26.69	32.22	37.97	43.69	45.48	45.72 E		
State Final	6.84	11.3	16.12	21.08	26.61	32.08	37.66	43.53	45.28	45.52 E		

McKENZIE DISTRICTS

100 HIGHS

15.39

1	2	3	4	5	6	7	8	9	10	F	T
2.55*	1.25*	1.25*	1.26*	1.26*	1.27*	1.28	1.28*	1.29*	1.30	1.40	
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380*	505*	6.31*	7.57*	8.84*	10.12*	11.40*	12.69	13.99	15.39		15.39

300 LOWS

45.81

1	2	3	4	5	6	7	8	F	TOTAL
7.1*	4.81*	4.98	5.30	5.35*	5.47*	5.50	5.60	<del>5.70</del>	45.81
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71.91	16.89	22.19	27.51	33.01	38.51	44.11	45.81		

15    15    17    17    17    17    17

15.35 STATE CHAMPIONSHIPS MAY 22-23 2015

100 METER HIGHS

	1	2	3	4	5	6	7	8	9	10	TOTAL	PLACE
14.5 14.4 MORGAN <sup>III</sup>	264	386	498	623	744	858	984	1105	1225	1338	1514	14.9
LANE 4	260	378	488	614	731	844	962	1085	1217	1328	1493	14.7

STATE CHAMPION  
ALL-CLASS GOLD

110 METER HURDLES

	1	2	3	4	5	6	7	8	9	10	TOTAL	PLACE
14.8 14.6 JORDAN <sup>II</sup>	262	387	496	617	727	838	958	1087	1208	1336	1528	15.1
LANE 3	260	377	498	608	718	836	952	1061	1189	1299	1506	14.9
NOAH	259	383	496	623	742	870	992	1107	1245	1376	1570	15.5
14.8 14.7 NOAH <sup>II</sup>	251	384	496	614	744	870	993	1118	1245	1370	1558	15.5
LANE 1												

300 METER HURDLES

	1	2	3	4	5	6	7	8	TOTAL	PLACE	
44.8 44.2 MORGAN <sup>II</sup>	682	1126	1597	2089	2620	3157	3748	4354	45.57	PR	SCHOOL RECORD
LANE 5	682	1140	1616	2091	2602	3104	3640	4242	44.44	PR	2ND
48.4 25-17-17 HANNAH <sup>II</sup>	695	1166	1651	2175	2722	3292	3871	4476	46.98	PR	3RD
LANE 2	734	1234	1756	2297	2865	3458	4062	4707	49.18		8th

300 METER HURDLES

	1	2	3	4	5	6	7	8	TOTAL	PLACE	
39.8 38.4 JORDAN <sup>II</sup>	638	1066	1485	1916	2373	2843	3324	3825	39.92	PR	1ST
LANE 4	631	1051	1467	1890	2338	2801	3281	3818	39.44		STATE CHAMPION
40.3 39.6 NOAH <sup>II</sup>	676	1031	1465	1912	2396	2868	3369	3878	40.36	PR	3RD
LANE 5	619	1026	1459	1906	2353	2814	3309	3828	40.03	RR	39.8

# **TAKE THE NEXT STEP FOR YOUR PROGRAM**

- **Be a leader & develop leaders on your team**
  - **Treat every athlete with dignity & respect**
  - **Teach the steps from dependent to independent to interdependent (requires a 360 view)**
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# QUESTIONS