



RELAYS

Presentation by: Andrew Valmon



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

NOTES:

Relay Pool

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



NOTES:

Develop Fundamentals

- Passing a stick
- Carrying a stick



NOTES:

System

- Practice
- Pre-Meet Routine
- Continuity and Consistency



NOTES:

Share the Lane

- Point of contact
- Incoming and Outgoing Runners



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

NOTES:

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:

QUESTIONS



NOTES: