

Integrating Speed into Your Classroom / Athletic Programs

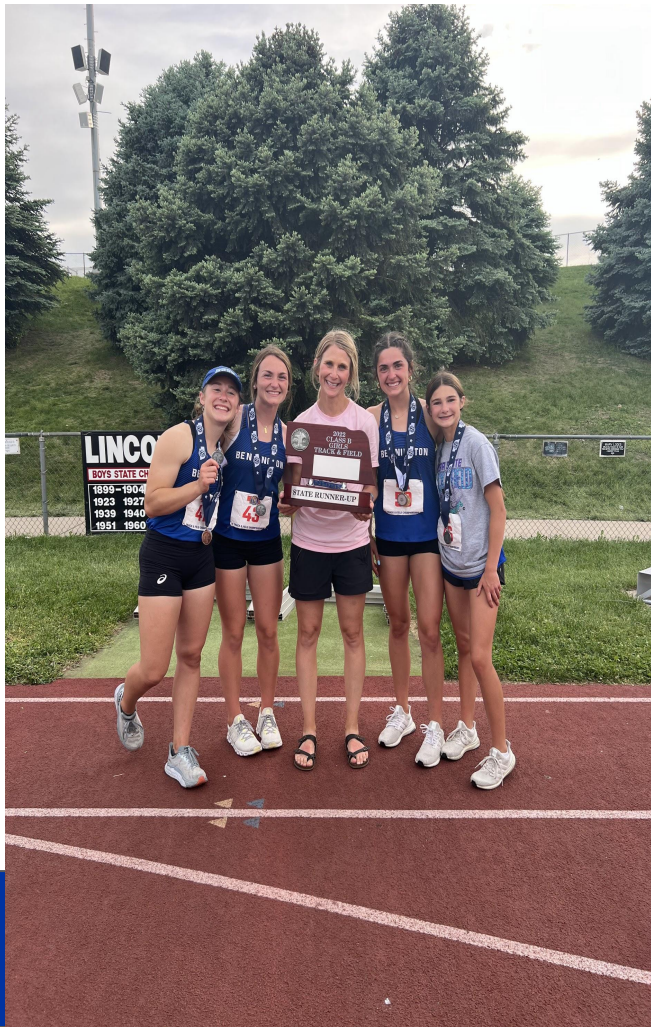


Bennington Strength and Speed



About Me

- 12 years of teaching PE & Asst. Track coach - Sprinters and PV Coach
 - All at BHS
- 3 years teaching Strength & Conditioning - C.S.C.S. Certified
- Originally from Northeast NE - Crofton & Hartington, NE
- Graduated from UNO in 2010 with a B.A., graduated from UNK in 2016 with a M.S. and currently pursuing M.A in school counseling
- Married for 9 years, with three kids
- Hobbies include exercising, golfing, reading, cheering for the St. Louis Cardinals & Huskers, and coaching/supporting my kids in their activities



Overview of Bennington High School



About the Bennington HS PE Department

Teachers/Coaches:

Jocelyn Suing: S&C Journey Started Spring 2019 - Loved Feed the Cats Concept - CSCS - Teaching S&C for 3 years

Brandon Mimick: Head Strength and Conditioning Coach, CSCS, 15 years

Justin Horner: PE Teacher, Track & Field Coach, retired collegiate track coach



Bennington S&C: 10 Years Ago

Lifting 4 days per week (M/T/Th/F)

- Minimal time spent on movement training/speed

Working/programming off of past experience

- “I’ve always done it this way”

No Speed Data

Zero speed incorporated into summer

Bennington S&C Concepts: 2019 - Now

Emphasize Speed Training 2x a week

- Technique, Max Velocity Sprints, Speed Testing
- Lifting in the weight room twice per week and once in the dynamic room

Quality Speed Data

- Freelap Timing System x 2: 34 chips
- Crock pot / scrape ceiling / access that special move

Speed / Movement Added to Summer Program

Bennington S&C: Why the Shift?

- Certification + Experience + Insight = Evolution
- Established buy-in and consistency but still coming up short...why?
 - Coaches/Student-Athlete input
- Injured/Overcooked athletes and students
 - Athletic Trainer input
- COVID
- Realization of residual rates:
 - Strength $\approx 30 \pm 5$ days
 - Speed $\approx 5 \pm 3$ days

About our S&C Course/Offerings

Class Sizes: Cap is 40 students per class

Avg. Class last year = 35

Class Length: 46 Minutes

Number of Classes Per Day: 8 periods

After School Session: provided as “*9th Period*” (*no credit*) or extension of class (two programming options)

Summer Offering: 6 daily sessions, 80 athlete cap

Bennington Speed: School Year & Summer

School Year Structure

Monday: Strength

Tuesday: Technical Speed Work

Wednesday: Explosive / Injury
Prevention / Hip Mobility / Recovery
/ Meditation

Thursday: Assessment of Speed

Friday: Strength

Summer Structure

Monday: Speed (Max Vel) / Strength

Tuesday: Jump Rope / Explosive /
Injury Prevention

Wednesday: Recovery (hurdles &
foam rollers) / Speed of the Bar

Thursday: Speed (assess) / Strength

Friday: Off



Bennington High School Speed Concepts



Sprint Technique / Speed Cues

1. Tall Posture - “Big Chest”
2. Dorsiflexed Toe - “Toe Up”
3. Hip Flexion - “High Knees” “Big in the front, short in the back”
4. Arms / Hands - “Cheek to Cheek” “Hammer the elbow back”
“Do not cross the midline”
5. Contact under COM - “Ball of your shoe makes contact first”
6. Stay Relaxed - “Let your cheeks shake up and down”

Speed Day Warm Ups

1. [Les Spellman influenced:
Technique Days](#)
2. Tony Holler: Use before
Assessment - Charge CNS
3. [Our Track Warm Up:
Technique Days / Summer](#)
4. [Hybrids of all three](#)

Exercises We Love

Pogos: SL and DL
High Knees
High Knee Butt Kicks
Switches / Boom Booms
Power Skips
Bounding
Prime Times

Speed Drills on the Track or Gym

1. Wickets: use a variety of spacing
2. Chaser / Chasee: 30m - 80m, use sprint data for matchups
3. Jump Ropes
4. Max Velocity Sprints (30-80m)
5. Timed 10m's, 40m's: We LOVE data



Speed Database

Period	First Name	Last Name			Average	2021/22 PR	2021/22 PR MPH	8/26/21	8/26/21	8/26/21	9/2/21	9/2/21
1	Kennedy	Wade	1.10	1.25	1.19	1.10	20.34	1.22	1.22		1.18	1.17
7	Hannah	Madden	1.12	1.35	1.25	1.12	19.97	1.30	1.25		1.27	1.25
5	Abi	Brown	1.14	1.35	1.26	1.14	19.62	1.31	1.31	1.36	1.30	1.22
5	Tatum	Dowding	1.15	1.32	1.22	1.15	19.45	1.19	1.15	1.27	1.15	1.16
8	Tori	Hunter	1.15	1.53	1.43	1.15	19.45	1.43	1.51			
	Katelyn	Langford	1.15	1.24	1.20	1.15	19.45	1.16	1.19		1.18	1.15
8	Darby	Ryan	1.17	1.37	1.36	1.17	19.12	1.32	1.34			
5	Emma	Anibal	1.18	1.37	1.28	1.18	18.96	1.27	1.26	1.25	1.21	1.30
1	Alison	Mack	1.19	1.44	1.32	1.19	18.80	1.35	1.37		1.32	1.31
2	Emma	Houser	1.19	1.37	1.24	1.19	18.80	1.38	1.33	1.28	1.24	1.27

Speed Drills in the Weight Room or Dynamic Room

1. Daily Warm Up: Rev CNS
2. Weighted Pogo's
3. Speed of the Bar Days
4. Hurdle Mobility: Take care of hips
5. Depth Drops / Jumps
6. Deceleration Exercises

What Works for Us

1. Our (Unified) Structure
2. Variety of drills / exercises
3. [Tracking Student's Speed](#)
4. Celebrating PR's
5. Using Gatorades as Incentives
6. Using the track / turf as our classroom
7. Open to New Ideas

What Hasn't

1. Some Technology
2. Expecting training to occur elsewhere/by someone else
3. Not doing it!



Questions? Demo Opportunities?



Contact Information

Email:

jusing@bennps.org

Twitter:

@Badger_Strength,
@BHSBadgersTrack,
@jocesuing22



Thanks for participating!

