

**JUNIOR OLYMPIC
TRAINING MANUAL**

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Chin Ups

Student can use 3 different hand grips on the chin up bar.

1. Palms facing away from student.
2. Palms facing towards student.
3. One palm facing away and one palm facing towards student.

Using any of these grips, student hangs from horizontal bar so that the body is vertical and the extended toes are not touching the ground. By bending the elbows, the student raises his body until the chin is raised above the bar. Student then lowers his body until arms are fully extended before chinning the bar again. The student may switch between one of the three grips at any time as long as he does not touch the ground. Kicking with the legs or swinging with the body to chin student up is not permitted.

30 Second Jump Rope

Student uses individual rope, hanging from hands at the hips. The rope begins behind the student. On the signal, the student begins turning the rope forward jumping as many times as possible within the **30 seconds** time limit. Student may jump with both feet simultaneously or in a jogging fashion (alternating feet).

When the rope clears the feet, one jump is counted. If a student misses, a restart is accomplished with the rope behind the student and the count continuing from where it was at time of miss. The count continues until 30 seconds is up. One attempt is given, with the total number of jumps counted, regardless of the number of misses. This event will have **two** counters per jumper and a timer on the day of the Jr. Olympics. The official score will be the average of the scores of the two counters.

No jump ropes from home; jumpers use the ropes supplied at the event.

Note: Students may **double jump**, (the rope goes by the feet **twice** for every **one** jump). Therefore, at the day of the event, 3 counters are used per jumper, along with one timer. The official score recorded is the **average** of the 3 counters.

Double jumpers need to identify themselves before they jump, so three counters will be assigned to count their jumps.

Training tips for students:

1. Keep elbows close to side of body.
2. Turn the rope with wrists and fingers, not with arms and shoulders.
3. Jump high enough so feet clear rope.
4. Continue all the way through the 30 seconds.
5. Do not stop when you miss; quickly get started again.

Softball Throw

The softball is thrown from behind a line. The score is the distance measured from the line to the first mark made by the fall of the ball. An unlimited run up to the throwing line is permitted. The thrower must not cross the line when throwing. Two throws are given with the longest throw counted as the score. An 11- inch softball is used. Two practice throws are permitted.

Training tips for students:

1. Make sure students are throwing correctly.
 - A. **Right**-handed throwers should have **left** leg in front of them.
 - B. **Left**-handed throwers should have **right** leg in front of them.
2. Make sure the arm is coming far enough from behind the head.
3. Make sure the ball is releasing above and in front of the head.
4. Make sure the student is following through with the throw.
 - A. Bending back on release of ball.
 - B. Continuing forward motion with arm after throw.
5. Make sure the student is transferring weight from back foot to front foot.

Figure 28.2 Overhand Throw



A. Feet are on the ground



B. Arm raised above and bent



C. Follow-through

Standing Long Jump

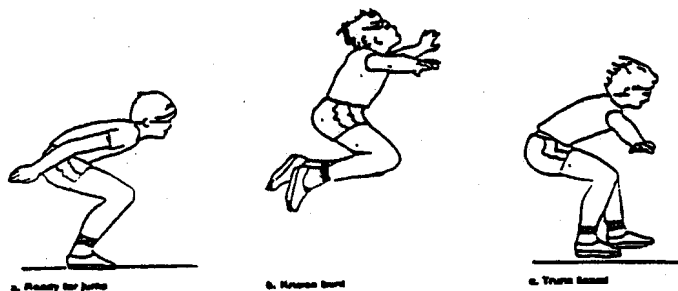
This is a standing not running long jump. The feet may be placed in any position up to, but not touching the line. The feet can only leave the mat once in making an attempt to jump. Rocking backward and forward; that is lifting the heels and toes alternately from the ground is permitted. However, both feet must leave the mat at the same time. Measurement is from the starting line to the closest heel mark made on the mat. However, if the jumper falls back on the mat, that body part closest to the starting line becomes the marking place.

Note: On the day of the event, judges will be checking for toes starting over the starting line. If jumper's toes are on or over the line, that jump will be disqualified. Only 2 jumps are granted. No retakes are allowed. So, make these 2 jumps count. A separate area will be provided for practice jumps on the day of the event.

Training tips for students:

1. Make sure toes are behind the line at take off.
2. Have students swing arms and rock back on heels and forth on toes to gain momentum before the jump.
3. Feet should be shoulder width apart at take off.
4. When taking off, extend knees and body forward and throw arms forward.
5. Land on both feet.
6. **Do not fall back.**
7. Keep feet on the mat until measurement is made.

Figure 25.7 Standing Long Jump

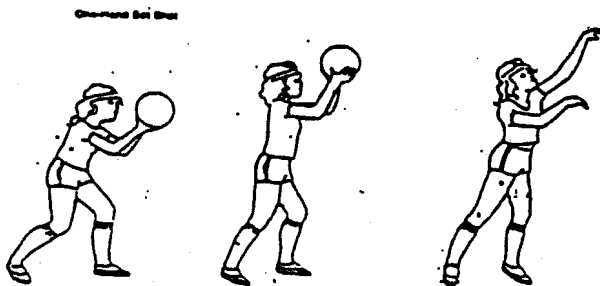


Basketball Free Throw

Score is counted by the number of baskets made in 12 attempts. 4th graders use the 12 -foot line and are allowed to jump over the line. The 5th graders use the 15 -foot line and can also jump over the line. The 6th graders use the 15 -foot line, but cannot jump over the line. Two practice throws are allowed at the Junior Olympics.

Training tips for students:

1. Keep eyes focused on the back of the rim.
2. Use your most dominant arm to shoot the ball. The other arm will balance the ball.
3. Bend your knees then straighten them when you shoot the ball. This will give more power to your shot.
4. When you release the ball put a high arc on it.
5. Extend elbows toward the basket when releasing the ball.
6. Follow through with your arms.

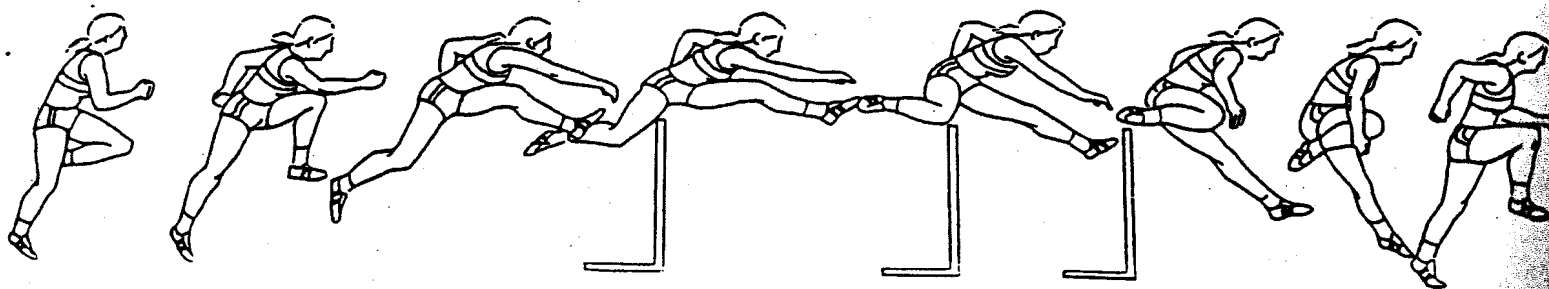


60 Yard Hurdles

Note: Three sets of 24 inch hurdles are spaced 15 yards apart with a 15 yard run to the finish line. All dash rules apply.

Training tips for students

1. The first leg over the hurdle should be the most coordinated leg. Normally, right handers use their right leg over the hurdle first and left handers their left leg. This is called the **lead leg**.
2. The lead leg should be **straight** when going over the hurdle.
3. Students should drive or throw the opposite arm over the hurdle with the lead leg.
4. The **back leg** or **trail leg** should be brought over on the **inside** part of the leg and returned to the ground quickly.
5. To help the student understand the position they should be in over the hurdle, place them on the ground in the hurdlers' stretch position.
6. The upper body should **bend forward** at the waist and **lean forward** into the hurdle when going over it.
7. Concentrate on staying **low** and **close** to the hurdle when going over it.
8. Keep eyes looking forward.
9. **Sprint** the whole way.
10. Stay in lanes and lean into the finish line.



75 yd Dash/Starting Techniques

1. No cleats, spikes, soccer shoes, bare feet or starting blocks.
2. Use a sprinters crouched position to start dash races.

Starting Line for 75 yd Dash and 60 yd Hurdles

1. Place right or left foot up to, but not touching the starting line.
2. Place other leg behind you.
3. If left leg is in front, put right arm in front.
If right leg is in front, put left arm in front.

Training tip: A. The student should feel comfortable at the starting line. Let them choose which leg they prefer in front or back.

B. If student needs help, the most coordinated and or strongest leg goes in the back.

4. On the First Starter's command: "Runners Take Your Marks

Training tip: A. Student bends knees slightly to get in a crouched Position.

B. Student should be looking Straight Ahead. Not at Starter.

C. Student should be leaning forward not backward.

D. Student must remain motionless.

5. On the Second Starter's command: "Set"

Training tip: A. Student remains motionless.

B. Looks straight ahead.

C. Remains leaning slightly forward.

D. Heels off the ground on the balls of feet.

6. On the starter's gun.

Training tips: A. Push hard with the front foot driving the back leg out in front.

B. Stay low for first 5-7 yds., then slowly straighten to Sprinting position.

Note: All dash participants should run with the following techniques.

1. High knee action.
2. Run on the balls of the feet.
3. Head straight, run in lane, don't look at other runners.
- 4.** Move arms fast and relax body.

1320 Yard Run

From a cross-country start outside the stadium, runners pace themselves into the stadium and run on the track to the finish line at the southwest end of the field. This completes 440 yards. The runners then run two (2) more laps on the track to complete the race. A single blast from the gun signals the final lap. Girls and boys run separate races. Starting command is "Runners to your Mark". Gun blast.

Risk of Disqualification:

All runners are to run in their own personal space without touching anyone at any time during the duration of the race. Distances races are not run in lanes. A runner's strategy should be to run in the first lane or closest to the inside curb as possible. A runner must be 2 yards or approximately 3 strides in front of another runner before he/she can make a move to the inside of the track. However, a runner cannot, at any time during the race, touch, block, impede, interfere or force another runner off the track or into an outside lane. Runners who use any of these tactics will risk disqualification. Passing a runner takes special tactics. To pass a runner, you have to move to the outside and turn on the speed without touching that runner or any other runners. The inside runner may speed up, but cannot touch and/or force the passing runner to the outside of the track without risking disqualification.

Training tips for students:

1. How important is it to get to the inside? For each quarter mile you run, you save from four to six yards by running in the inside lane instead of the one next to it. Considering that a matter of inches often decides races, four to six yards is a heavy burden to assume.
2. Pass another runner on the straightaway. Passing on the turn gives you a disadvantage because you have more ground to cover. However, many experienced runners prefer to pass other runners as they come off the turn and onto the straightaway.
3. Develop a sense of pace. If you plan your race right and run it properly, you should have a kick left, a burst of speed that will carry you over the finish line. You will probably start your kick some 100 to 200 yards from the finish. Your final effort may not carry you to the head of the pack, but whether you win or not you should enjoy the personal satisfaction of knowing that you tried your hardest.