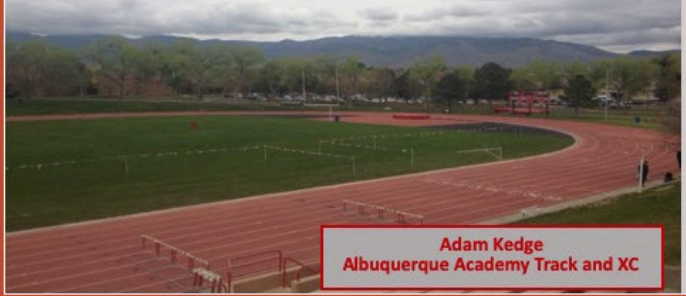


# The State Track Meet A Step-by-step Plan for Success



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A successful Program has a Core Philosophy

## Albuquerque Academy Track and XC Our guiding principles - -

- |                      |                            |
|----------------------|----------------------------|
| <b>Health</b>        | <b>Safety</b>              |
| <b>Participation</b> | <b>Improvement</b>         |
| <b>Goal setting</b>  | <b>Age appropriateness</b> |
| <b>Teamwork</b>      | <b>Sportsmanship</b>       |

**SCHOOL - ATHLETICS - FAMILY**

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### Step 1: Know who you are.

#### Pros

- Large campus, trails, elevation
- Large staff - 9 assistants
- Nice facility track, fields, sectors
- Great weight room

#### Cons

- No well developed football program
- Lack of strength training mentality
- Not many big kids
- Student body ~ 650 (compete up 1 class)
- No track class or sports PE



## Albuquerque Academy Track and XC

We're a normal school w/ a normal team

- practice 2 hours / day
- work to get better / trying our best
- kids come for academics / can't recruit
- have homework / commitments
- No robots

### Our (current) areas of strength

Distance / M/D			
800 meters			
mark	Name	Year	
1:55.20	Aric Kedge	17	
2:156.66	Julian Garcia	18	
3:158.34	Jason Worthington	17	
4:158.51	AJ Kedge	18	
5:158.51	Skyler Forman	19	
All marks set at 5000+ ft elevation (or +0.70 sec)			
1600 meters			
mark	Name	Year	
4:29.08	Jordan Lecarose	17	
4:26.56	AJ Kedge	17	
4:27.67	Justin Hickey	19	
4:27.89	Julian Garcia	19	
5:430.29	Skyler Forman	19	
All marks set at 5000+ ft elevation (or +6.20 sec)			
3200 meters			
Mark	Name	Year	
1:9:16.85	Jordan Lecarose	17	
2:9:47.22	AJ Kedge	17	
3:9:48.10	Justin Hickey	19	
4:9:50.11	Skyler Forman	18	
5:9:53.34	Mark Harrington	17	

Throws			
Shot Put			
mark	Name	Year	
1:18.4	Jackson Morris	17	
2:14.2	Toqun Glenn	19	
3:13.9	Tyler Leon	19	
4:42.8	Herces Aspid	18	
5:42.9	John Chappell	15	

Jumps (Horizontal)			
Long Jump			
mark	Name	Year	
1:23-1.75	Lucas Jepson	18	
2:22-7.75	Nick Slade	15	
3:21-5.75	Matt Blumenschein	16	
4:21-1.75	Lucas Aspen-All-Stier	19	
5:21-0.25	Sean Maer	18	

Triple Jump			
mark	Name	Year	
1:44-2	Lucas Jepson	17	
2:44-7.75	Nick Slade	15	
3:44-7.5	Lucas Aspen-All-Stier	19	
4:42-5	Matt Blumenschein	15	
5:40-11.5	Kare Demers	19	

Javelin			
mark	Name	Year	
1:204.50	Jackson Morris	17	
2:397.1	Toqun Glenn	19	
3:394.4	Zach Jaromilo	19	
4:359.6	Tyler Leon	18	
5:359.4	Herces Aspid	18	

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### Where we need to get better - -

Sprints			
100 meters			
Mark	Name	Year	
1:11.45	Lucas Jepson	19	
2:11.71	Cly Crosby	17	
3:23.25	Matt Blumenschein	16	
4:11.76	Sean Maer	18	
5:11.76	Henry Lou	16	

200 meters			
mark	Name	Year	
1:22.29	Lucas Jepson	19	
2:23.25	Eric Swiler	19	
3:23.45	Matt Blumenschein	16	
4:23.53	Tomas Lujan	18	
5:23.56	William Pliowarek	19	

400 meters			
mark	Name	Year	
1:49.30	Lucas Jepson	19	
2:50.41	Eric Swiler	18	
3:50.57	Aric Kedge	17	
4:50.66	William Pliowarek	18	

Jumps (Vertical)			
Pole Vault			
mark	Name	Year	
1:12-6	Zack Andrews	17	
2:12-6	Ruslan Bayliyev	16	
3:11-6	Mason Alley	19	
4:11-0	Zane Horton	18	
5:10-9	Gabe Remer	15	

High Jump			
mark	Name	Year	
1:6-0	Lucas Aspen-All-Stier	19	
2:6-0	Ross Hibbitt	17	
3:6-0	Sean Maer	18	
4:5-10	Nick Slade	15	

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### Top Relays

mark	Event	Year
45.19	4 x 100 m	17
1:32.28	4 x 200 m	19
3:21.20	4 x 400 m	19
3:35.99	Medley (2-2-4-8)	19
7:56.28	4 x 800 m	19

## STEP 2:

Be willing to adapt

2000's  
Academy  
vs.  
2010's  
Academy



## Step 6: Preseason & In-season

### PRESEASON

- Balance fitness and technique

### INSEASON

- Manage kids competition
- Mix up events
- Don't hunger for meet wins
- Find quality competition
- Travel, but not too much



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## Step 7: The STATE MEET

### Energy Exertion

- Time Schedule
- Greed
- The 3 H's



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## Scale of Energy Exertion

LOW EXERTION	MED EXERTION	HIGH EXERTION
Javelin	Long Jump (P/F)	800 m / 4x800 R
Discus	Pole Vault	Triple Jump (P/F)
100 HH / 110 HH	200 m / 200 R legs	3200 m
High Jump	300 IH (P/F)	1600 m
Shot Put	4x400 / 400 R legs	400 m (P/F)
100 m / 4x100 R		800 (if P/F)

Scale dependent upon ---

- Order of events
- Opening heights
- Preliminaries and Finals
- Difficulty of advancement

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## Step 7: The STATE MEET

Scrap for points - that 1/2 of a point  
Just ADVANCE in prelims  
Don't be greedy - 46.36 s

Watch for high risk event - the 3 H's  
Hamstrings, Handoffs & Hot weather



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STATE TITLES	
Team:	2019, 2018, 2017, 2016, 2015, 2012, 2010, 2009, 2007, 2006, 2005, 2004, 2003, 2002, 1999, 1996, 1991
100 m:	2005, 2004, 1999, 1995, 1994, 1989, 1970, 1969
200 m:	2009, 2007, 2006, 1991, 1988
400 m:	2009, 2007, 2005, 2004, 1988, 1977
800 m:	2019, 2017, 2010, 2005, 2004, 2003, 2000, 1983
1600 m:	2017, 2016, 2010, 2008, 2007, 2005, 2004, 2003, 2002, 1996
3200 m:	2017, 2016, 2015, 2007, 2006, 2005, 2004, 2003, 2002, 1996, 1980, 1979
110 HH:	2015, 2014, 2013, 2009, 2008, 2007, 2006, 2004, 2003, 1997
300 IH:	2009, 2008, 2007, 2006, 2004, 1997, 1993, 1992
Shot Put:	2019, 2017, 2016, 2015, 1990, 1977, 1971, 1968
Discus:	2017, 2016, 2015, 2012, 2011, 2009, 1991, 1977
Javelin:	2019, 2018, 2017, 2016, 2015, 1965
Long Jump:	2018, 2015, 2011, 2010, 2008, 2007, 2006, 2003
High Jump:	2013, 2009, 2008, 2007
Triple Jump:	2019, 2018, 2017, 2013, 2011, 2010, 2003
Pole Vault:	2013, 2012, 2010, 2009, 2006, 1996, 1977
4x100 Relay:	2006, 2005, 2004, 2002, 1999, 1994, 1990, 1989, 1988
4x200 Relay:	2005, 1994, 1989, 1988
Medley Relay:	2009, 2004, 2003, 2002, 1997
1600 Relay:	2018, 2005, 2004, 2002, 1997, 1982, 1981



Step 3 : Find the right people!

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## Step 4: Plan for the future

A year (even 2 yrs) in advance

Coach need to ---

- Go to JV meets
- Go to school events
- Stress improvement
- Have different standards for younger kids (time commitment, attendance, etc)

Kids need to ---

- Be multi-sport athletes
- Become multi-event
- Try new events
- Do pre-season
- Okay for kids to "get faster for..."

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## Step 5: Change your way of thinking

The "fastest kid in school" & the 100 m

- What are your pride events?
- 100m
  - 4x100 Relay
  - 4x400 Relay

The head coach's baby

Practice traps ---

- Gorilla 200's
- Squat-bench-clean



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## The NEBRASKA STATE MEET

Here's the points I'm after in **Class B** in 2020 - - -

### #1 Everything 800m

4x800m = 8:20 for 1<sup>st</sup>

Open 800m = 1:59.9 – 2:00.4 for 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup>

### #2 those 3" in the Long Jump

1<sup>st</sup> – 6<sup>th</sup> all within 3" (21'9 – 21'6)

### #3 that 3:27 for 1<sup>st</sup> in the 4x400m

2 800m guys, 1 pure 400m guy and a hurdler

### Class A

Yikes! The meet is deep and balanced! Not many holes

–  
Maybe HJ, LJ, TJ

B-112(1) A-65 (2)

## SUMMARY: The State Track Meet



**A winning plan should not just be about winning.**

**SCHOOL  
FAITH  
HARD WORK**

**FAMILY  
IMPROVEMENT  
OPPORTUNITY**

**FUN  
MEMORIES  
FRIENDS**

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Questions?

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