

# North America, Central America and Caribbean Track & Field Coaches Association

Volume 2 - Number 2 (October 2003)

Contents: NACACTFCA Directors - 2003 Merida Congress Schedule - Sponsors - PV/LJ Approach Article - Membership Information

The NACACTFCA Bulletin is a semi-annual mailing which will include calendar events (including competitions and coaching education offerings), articles from NACACTFCA Congresses and region coaches, NACACTFCA Congress information, and other news of interest to the coaches in the NACAC region. Current NACACTFCA members will receive the NACACTFCA Bulletin. Any contributions of materials, news, articles, and calendar information would be greatly appreciated! This Bulletin is separate from the IAAF-NACAC Bulletin published by the RDC in San Juan. NACACTFCA is the official coaches organization of the IAAF-NACAC Region. Our website should be back up soon: email [rmercado@sjs.org](mailto:rmercado@sjs.org) for the location, or visit the new CAC site ([www.athlecac.org](http://www.athlecac.org)) or RDC - NACAC ([www.rdcسانjuan.org](http://www.rdcسانjuan.org)) and look for the link to the NACACTFCA site soon!

## NACAC Area Events / News

Following is a list of NACAC, NACACTFCA, CAC, CARIFTA and other events in our region, as well as US, Canadian, and international IAAF events. Please submit any major competitions, camps, seminars, or events to: [rmercado@sjs.org](mailto:rmercado@sjs.org) or [lopezwtr@ruf.rice.edu](mailto:lopezwtr@ruf.rice.edu)

\*\*\*13th NACACTFCA CONGRESS\*\*\*

**October 9-12, 2003**  
**Condado Plaza Hotel and Casino**  
**Merida, Mexico**

## CONGRESS GUEST SPEAKERS

Vince Anderson - USA - Sprint Events - One of the most respected sprint coaches in the USA. As the sprint coach at the University of Tennessee he has developed all the sprinters that have dominated the NCAA in the last three years. He is one of the world's most progressive minds in the training of sprinters.

Faustino Hernández - Cuba - 400 hurdles - One of the most outstanding coaches of the Cuban National Program. The personal coach of Daimí Pernia, 400 hurdles world champion in 1999. Hernandez is also the personal coach of Zulia Calatayud one of the top 800 meter runners in the world.

Luis de Oliveira - Brazil - Middle Distances - One of the great middle distance coaches in the hemisphere and the world; leading the Brazilians back into the middle distance picture internationally. Luis has presented at the NACACTFCA Congress once before.

Dioniso Quintana - Cuba - Javelin Throw - The personal coach of Oslédy Menéndez the world record holder, World and Olympic Champion. An outstanding javelin thrower himself when he was an active athlete. An outstanding coach who is well respected in the world.

Kyle Tellez - USA - Pole Vault - One of the most respected young coaches in the USA. An expert in the event with outstanding results at the world level. He is in charge of coaching the jump events at the University of Houston.

\* Brief special presentations by other top coaches, including Dr. Wilbour Kelsick

\*Simultaneous Translation will be provided\*

## CONGRESS PROGRAM

Thursday, October 10

All Day - Arrivals

1600 - 2200 - Registration

1900 - Welcome Reception

2200 - Board of Directors Meeting

Friday, October 10

0800 - 0900 - Registration

0900 - 0945 - Congress Inauguration

1000 - 1200 - Sprint Events - V. Anderson

1200 - 1400 - LUNCH

1400 - 1530 - Javelin - D. Quintana

1545 - 1645 - Brief Presentations

1700 - 1730 - Discussion Panel

Saturday, October 11

0900 - 1045 - Pole Vault - K. Tellez

1100 - 1200 - Brief Presentations

1200 - 1400 - LUNCH - Sponsored by

MONDO/AMERICA

1400 - 1530 - 400 Hurdles - F. Hernández

1545 - 1730 - Middle / Long Distances - L. de Oliveira

1730 - 1800 - Discussion Panel

1900 - 2200 - BANQUET AND CLOSING

Sunday, October 12

Sightseeing, Beach, and Departures

# NACACTFCA Board of Directors

## President:

Victor Lopez (PUR)

## VicePresident:

Irma Corral (Mexico)

## VicePresident:

Wendell Prince (CUR)

## Secretary:

Richie Mercado (USA)

## AtLarge:

Miriam Canul (MEX)

## AtLarge:

Frank Rahming (BAH)

## AtLarge:

Carmyn James (CAN)

## AtLarge:

Kenrick Williams (CAY)

## NACACTFCA Sponsors:

Some of the following will give a 10% discount on purchases to members - see contacts.

Athletics Canada

La Cruz Azul de Puerto Rico

MF Athletics (contact: Holly Kelly- Thompson)

MONDO/America

Nordic Sport

Pacer International

Track & Field News

IAAF - NACAC RDC in San Juan

CACAC

## NACACTFCA MEMBERSHIP

To become a member or renew membership print and mail this form to:  
Richie Mercado - 26 Alabama Ct.  
Houston, Tx 77027

Or, email the following information to:  
rmercado@sjs.org  
Name/Nombre: \_\_\_\_\_

Membership #: \_\_\_\_\_ Level/Nivel: \_\_\_\_

Address/Direccion: \_\_\_\_\_

City/Ciudad: \_\_\_\_\_

State/Province: \_\_\_\_\_

Country/Pais: \_\_\_\_\_

Zip Code/: \_\_\_\_\_

email: \_\_\_\_\_

Phone: (area code) (number)  
( ) --- \_\_\_\_\_

Membership Fee is \$20.00 US annually (please send cash, check from US bank, money order) for CAC, Canadian Coaches, and USA Track & Field Certified Coaches; Fee is \$30.00 US for non certified coaches.

\*\*\*Membership gets you a \$50.00 USD discount on the Congress fee!!!

**THE APPROACH RUN &&&&&&&THE KEY TO SUCCESS  
6 STRIDE MARK and CORRESPONDING GRIP**

By: David F. Johnston

e-mail [davidjohnston@aol.com](mailto:davidjohnston@aol.com) / phone 941-830-0848

<b>BAR HEIGHT</b>	<b>HAND GRIP</b>	<b>TAKE-OFF MARK</b>	<b>6 STRIDE MARK</b>	<b>TIME</b>	<b>MPS</b>	<b>STRIDE LENGTH</b>	<b>PENULT STRIDE</b>	<b>TAKE-OFF STRIDE</b>
8 0	9 10	6 8	33 -0	----	----	4 -5	4 -8	4 -2
8- 6	10-2	7-0	34-0	----	----	4-6	4-9	4-3
9-0	10-6	7-4	35-0	----	----	4-7	4-10	4-4
9-6	10-10	7-8	36-0	----	----	4-9	5-0	4-6
10-0	11-1	8-0	37-0	----	----	4-10	5-1	4-7
10-6	11-5	8-4	38-0	----	----	4-11	5-2	4-8
11-0	11-8	8-8	39-0	----	----	5-1	5-4	4-10
11-6	12-0	9-0	40-0	----	----	5-2	5-5	4-11
12-0	12-3	9-4	41-0	----	----	5-3	5-6	5-0
12-6	12-7	9-8	42-0	----	----	5-4	5-7	5-1
13-0	12-10	10-0	43-0	1.49	6.7	5-6	5-9	5-3
13-6	13-2	10-4	44-0	1.48	6.9	5-7	5-10	5-4
14-0	13-5	10-8	45-0	1.47	7.1	5-9	6-1	5-5
14-6	13-9	11-0	46-0	1.46	7.3	5-10	6-2	5-6
15-0	14-0	11-4	47-0	1.45	7.5	5-11	6-3	5-7
15-6	14-4	11-8	48-0	1.44	7.7	6-1	6-4	5-8
16-0	14-7	12-0	49-0	1.43	7.9	6-2	6-6	5-10
16--6	14-11	12-4	50-0	1.42	8.1	6-3	6-7	5-11
17-0	15-2	12-8	51-0	1.41	8.3	6-5	6-9	6-1
17-6	15-6	13-0	52-0	1.40	8.5	6-6	6-10	6-2
18-0	15-9	13-4	53-0	1.39	8.7	6-7	6-11	6-3
18-6	16-1	13-8	54-0	1.38	8.9	6-9	7-1	6-5
19-0	16-4	14-0	55-0	1.37	9.1	6-10	7-2	6-6
19-6	16-8	14-4	56-0	1.36	9.3	6-11	7-3	6-7
20-0	16-11	14-8	57-0	1.35	9.5	7-1	7-5	6-9
20-6	17-1	15-0	58-0	1.34	9.7	7-3	7-7	6-11
21-0	17-4	15-4	59-0	1.33	9.9	7-4	7-8	7-0
<b>(1)</b>		<b>(2)</b>			<b>(3)</b>			

## How to Get a Grip

Establishing a functional hand grip is the number one factor in safe and efficient Pole Vaulting. Most of us can argue successfully, and most of us have many times, that a correct pole plant/take-off makes a vault safe and a vaulter successful. But here is the real question, what comes first the chicken or the egg?

In the vaulters case it s the Approach Run.

A correct and efficient pole plant/take-off is accomplished as a result of the vaulter having the proper steps leading up to the plant/take-off. We look for a run that is fast but relaxed, one with increased tempo over the last four to six steps, one that is consistent and by all means accurate. Accuracy and consistency leads to safer vaults.

The way we as coaches and athletes have been checking the accuracy of the run has been by the take-off point. This is an error. The take-off point does not tell us that the run was correct. We need to abandon the take-off point as the true indicator that a vault should or should not be safe and successful.

We need to move our focus to the mid point, the 6 Stride Mark, not four but six. Why 6? As coaches we have found that jumpers (long, triple and pole vaulters) will adjust there steps between 4 and 6 steps from the take-off. A 4 step check point could be accurate but lack the proper speed and position causing the vaulter to come up short. There is less chance of error or change if the vaulter is on 6 strides out. A term that has been used is the vaulter can relax and attack. I see it as a confidence factor.

Why is this check point on the runway so important?

First Point: The correct grip is determined by the amount of horizontal force generated at take-off. For example a low grip and a great amount of force (speed/MPS) will result in a vaulter going too deep into the pit. A higher grip with a small amount of force (speed/MPS) will result in a vaulter coming up short of the pit. To pole vault higher we know that we not only need to improve our fundamental technique but our greatest improvements have come with increased speed on the runway.

Second Point: In sprinting stride length is determined by how fast the athlete is running. To be efficient and fast we need to run like sprinters instead of over striding or chopping.

Third Point: How fast you run determines stride length which in turn determines where the 6 Stride Mark should be which determines how high you can hold based on the speed that is generated on the runway!

**The above chart** has been tested, scrutinized and argued over from every view point for over 30 years & & these are the correct 6 Stride marks (2) translated into stride length and stride frequency and further translated into meters per second MPS (3) that all vaulters need to move the corresponding hand grip (1) to vertical.

For technically sound pole vaulting, the 6 Stride Mark and the hand grip should match on every vault attempt. If a vaulter can run a 6 Stride Mark of 48 feet with the proper MPS for that mid they are capable of gripping 14'4" and jumping 15'6". It does not matter how tall or short they are... man or woman. If they can not run those steps and frequencies they should move their grip down to the appropriate level until they are running faster. On a more positive side a vaulter that is running the steps and frequencies properly from a 45'6" Stride Mark but is gripping lower than 13'5" on the pole is obviously ready for a higher grip, improved plant technique and can expect to start jumping higher heights based on the horizontal velocity (MPS) being generated on the runway.

An example of how we have created poor plant/take-off technique in our vaulters by using the take-off point as a soul factor in determining the approach run start point is this: We commonly establish a mid-point based on personal physical stature, feel, or by thinking logically that the mid-mark we had on our best and fastest run has to be hit, on all vaults whether we are gripping high or low or running fast or slow, to vault successfully. What we do during our warm-up and practice by not adjusting our mid (6 Stride Mark) to the speed we are running and the grip we are holding is learning to over stride and stretch which destroys our ability to plant/take-off properly. Why??? The vaulter puts down a mid of 54 feet before they start to do their run through...because that was his mid on his best jump and when he was running his fastest.. But this vaulter is not going to hold 16' or be running as fast when they start... So what happens? They run through... hit 54 ... stretch their steps... and can't plant properly... take-off under because they stretched & & their coach has them move back because they took off under & & they stretch even more.. Take six practice runs... all wrong... can't figure out what they need to do... can't find a plant because they are running flat footed and reaching & & start the meet and no height.!

As coaches and athletes we must understand and accept that how fast the vaulter is running will determine where the 6 Stride Mark and the corresponding grip must be to promote safer and more successful pole vaulting. By the way, long jumpers do the same thing ... warm-up and learn to stretch for the board, mess up their take-off technique and foul when they start the meet & &. I was a long jumper and to foul a long jump is not as scary as missing a pole plant and being tossed 15 to 18 feet in the air with no soft stuff to land in & &

Coaches and vaulters - start using this chart, use the 6 Stride Mark all the time if you want to learn to coach and vault correctly, safely and efficiently. (The take-off point is not a true indicator of a proper run and should be used less because it is determined by physical statue and not by a fast efficient approach run)

Call or e-mail if you want to know how to do this & & or just to debate the issues & & I'll also do clinics for a minimal fee..this is very important to safe and successful pole vaulting.

**LONG JUMP SIX STRIDE CHECK MARK**

The same principle applies for the long jump. A certain stride length equates to a specific MPS of velocity and leads to a predictable jump length. The 6 stride Mid Mark can be used to smooth out the approach pattern, adjust during competitions, and avoid over-striding. Approach development work for both vault and long jump can be done on the track using marks corresponding to the stride length for a certain velocity, jump length, vault grip / height, etc. Speed can also be developed by learning to enhance the maximum sprint stride length without overstriding.

Richie Mercado

**Long Jump 6 Stride Chart**

<b><u>LJ JUMP DISTANCE</u></b>	<b><u>6 STRIDE MARK</u></b>	<b><u>STRIDE LENGTH</u></b>
12'0	32'0	5'4
12'6	32'6	5'5
13'0	33'0	5'6
13'6	33'6	5'7
14'0	34'0	5'8
14'6	34'6	5'9
15'0	35'0	5'10
15'6	35'6	5'11
16'0	36'0	6'0
16'6	36'6	6'1
17'0	37'0	6'2
17'6	37'6	6'3

<b><u>LJ JUMP DISTANCE</u></b>	<b><u>6 STRIDE MARK</u></b>	<b><u>STRIDE LENGTH</u></b>
18'0	38'0	6'4
18'6	38'6	6'5
19'0	39'0	6'6
19'6	39'6	6'7
20'0	40'0	7'8
20'6	40'6	6'9
21'0	41'0	6'10
21'6	41'6	6'11
22'0	42'0	7'0
22'6	42'6	7'1
23'0	43'0	7'2
23'6	43'6	7'3
24'0	44'0	7'4
24'6	44'6	7'5
25'0	45'0	7'6
25'6	45'6	7'7
26'0	46'0	7'8
26'6	46'6	7'9
27'0	47'0	7'1
27'6	47'6	7'11
28'0	48'0	8'0
28'6	48'6	8'1
29'0	49'0	8'2
29'6	49'6	8'3
30'0	50'0	8'4

**Region Focus - CAC Website:** On behalf of the Central American and Caribbean Athletics Confederation (the CAC), I would like to welcome our members and friends to our web page. In keeping up with the modern technology we have joined this new way of communication with you and with million of subscribers around the world. For me it is a very happy occasion since one of my promises when I became president of the CAC was to keep the a close and constant communication with our members and friends. With this new project we can communicate with our family and the whole world instantly.

We will try to include in our web page a variety of information plus we will have a link with our parent organization, the NACAC, and with the IAAF, our world governing body. Also, we will link with all our members and other related web pages and individuals. We will be concentrating our efforts on publishing results from all the competitions in the CAC region and to maintain past and current CAC rankings in all the different categories.

We have come a long way since, 1966 and right after the CAC Games that were held in San Juan, Puerto Rico, when a group of leaders from the CAC region decided to organize the CACAC. The following year in Xalapa, Mexico, the region held its first senior championship and constituted the CACAC. Now we hold five different championships, some of them very unique and the type of competition that can be use as a model for the rest of the world. As the rest of the world, the CACAC hold senior and junior championships and cross country championships, but we are perhaps the only region in the world that have an Age Group Championship and a Under 17 Championship. This series of championships has been the key of our athlete's step by step development. Moreover, the system of regional championships has been very important for the development of our youth athletics careers and also their social and cultural values.

We are proud of what we have accomplished in the last 35 years and we want to salute and express our most sincere words of appreciation to the founders of the CACAC and to the thousands of athletes, officials, directors and supporters who through the years had made us such a unique, strong and proud organization.

Enjoy our web page and feel free to communicate with us and send your recommendations and input. Remember this is your home page and the way of you staying in touch with us.

Sincerely yours,

Victor Lopez CACAC President

**Region Focus - CAC: dentro de cacac** Bienvenidos a AthleCAC, el nuevo sitio web de la Confederación Centroamericana y del Caribe (CACAC). Estamos intentando crear un ambiente agradable para ustedes, donde prime la información, que es nuestro principal objetivo. El sitio estará en completo funcionamiento para los inicios de la próxima temporada al aire libre, pero desde ya queremos que se vayan familiarizando con él. Por esa razón hemos incluido las Listas CAC del 2003, que sabemos son un material de consulta muy importante para todos los que acceden aquí.

Nuestro proyecto es ambicioso y poco a poco lo iremos mejorando. La ayuda de todas nuestras Federaciones Miembros, así como de colegas estadísticos, amantes del Atletismo y en general de todas aquellas personas que quieran colaborar, será bienvenida y muy valorada.

También queremos agradecer a los Patrocinadores Oficiales de CACAC, que nos dan la posibilidad de existir. Igualmente queremos hacerles saber a todas aquellas instituciones, compañías o personas que quieran promocionarse a través de nuestro sitio, que se contacten con la división de ventas de CACAC ([marketing@athlecac.org](mailto:marketing@athlecac.org)).

Los dejamos entonces con el nuevo sitio web de CACAC y esperamos que sea útil para la divulgación de nuestro deporte.

Muchas gracias,

Nestor Calixto