

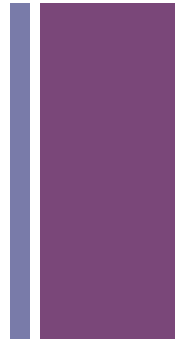
+ 7th European Pole Vault and High Jump Conference

Köln, Germany

November 11 - 13, 2016



+ Coaching Aspiring Elite Level High Jumpers



I. Philosophical Beliefs

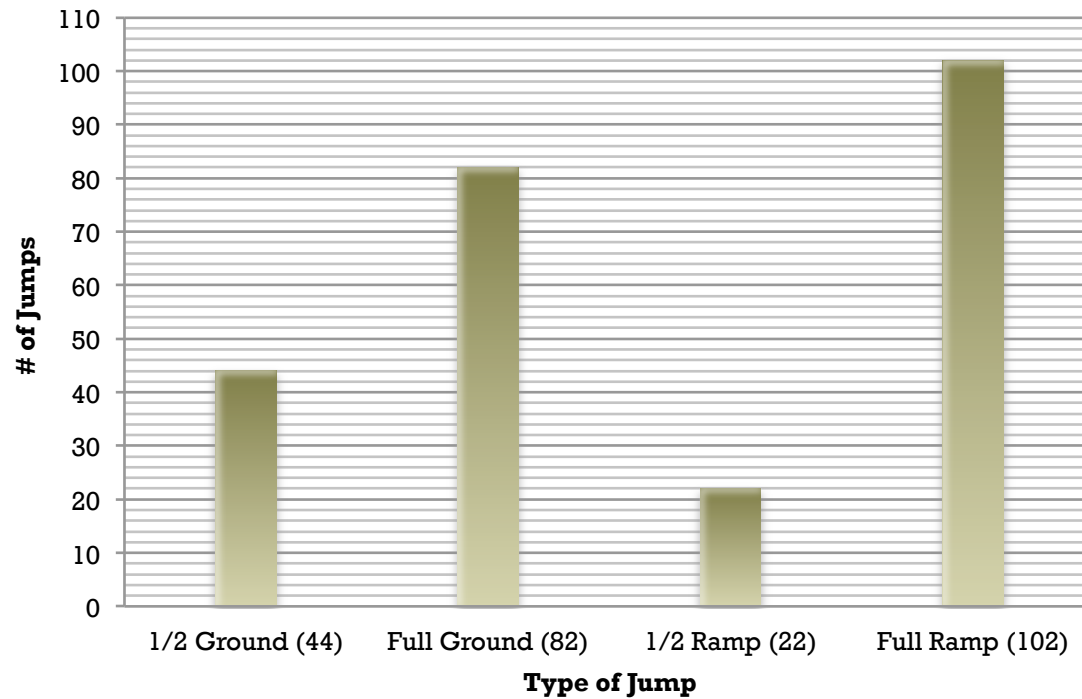
A. Coach the individual as opposed to the event

1. I coach 'athletes' who high jump

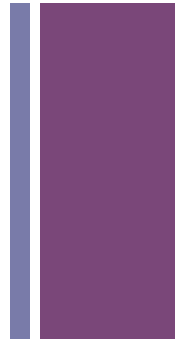
- | | | |
|----|---------------------|-------------------------------|
| a. | Erik Kynard | 2014-2015, 2015-2016 Practice |
| b. | Alyx Treasure | 2015-2016 Practice |
| c. | Kimberly Williamson | 2015-2016 Practice |
| d. | Akela Jones | 2015-2016 Practice |
| e. | Erik Kynard | Career Profile |



Erik Kynard Practice Jumps 2014 - 2015

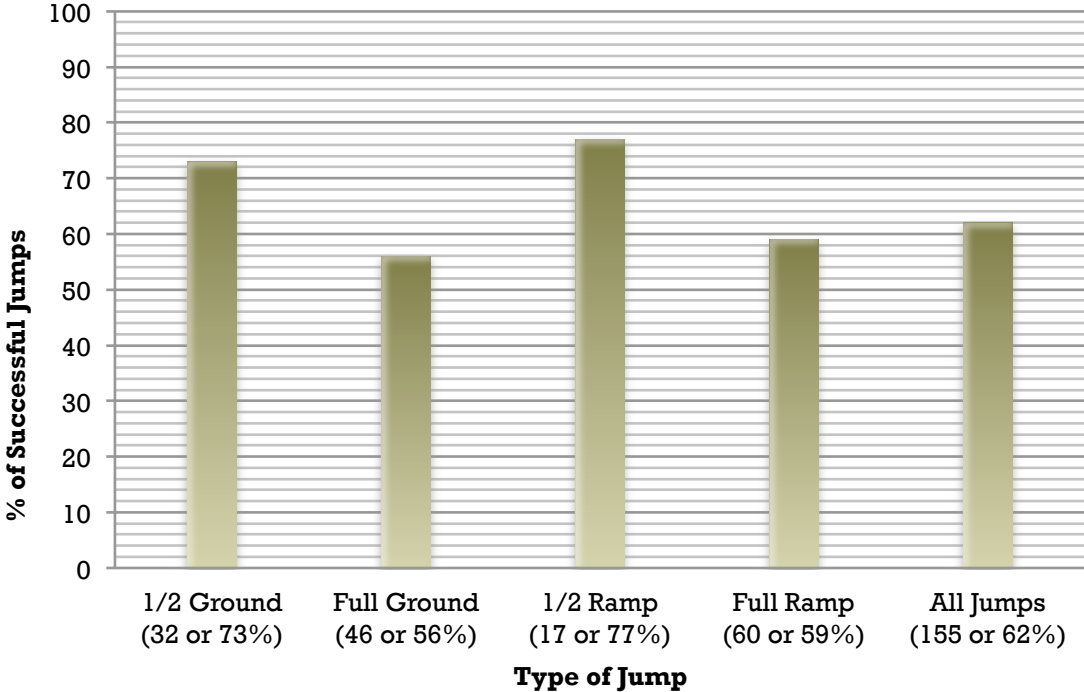


Total number of jump session = 22
Total number of jumps in practice = 250
Range of jumps per session = 6 - 22
Typical range of jumps per session = 6 - 12
Max jumps in a session = 22 (5/22)



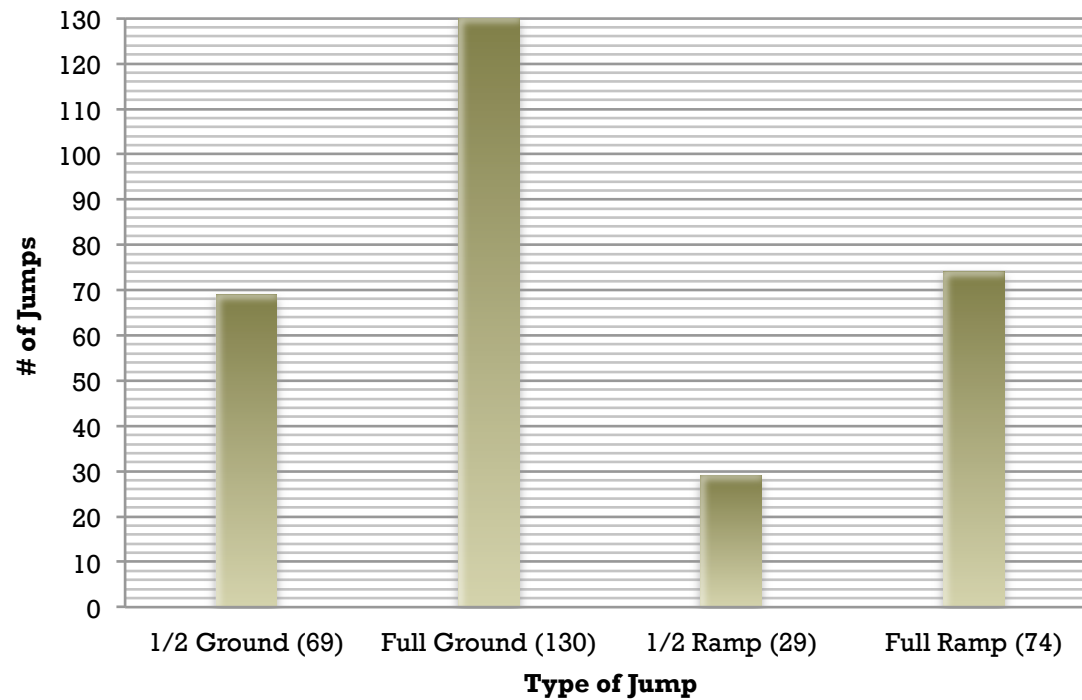


Erik Kynard Practice Jumps 2014 - 2015

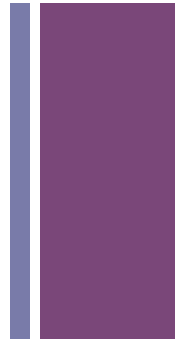




Erik Kynard Practice Jumps 2015 - 2016

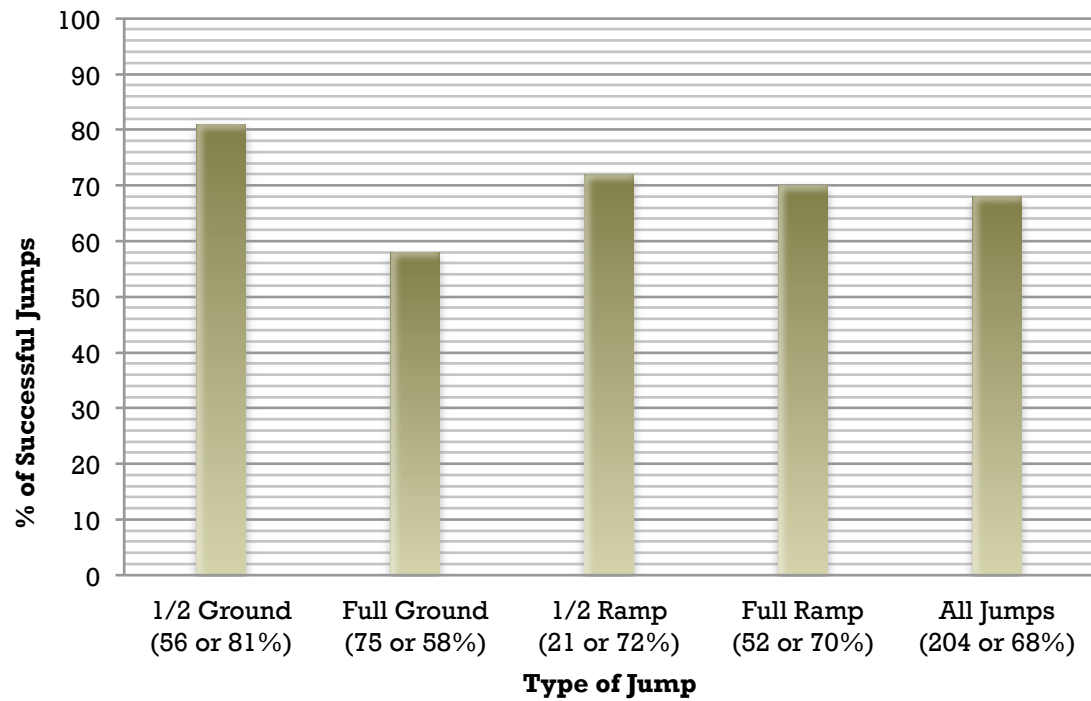
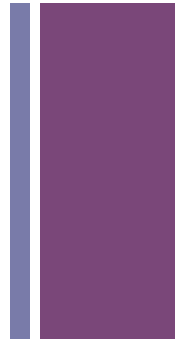


Total number of jump session = 29
Total number of jumps in practice = 302
Range of jumps per session = 2 - 19
Typical range of jumps per session = 8 - 12
Max jumps in a session = 2 with 19 (2/29, 4/18)



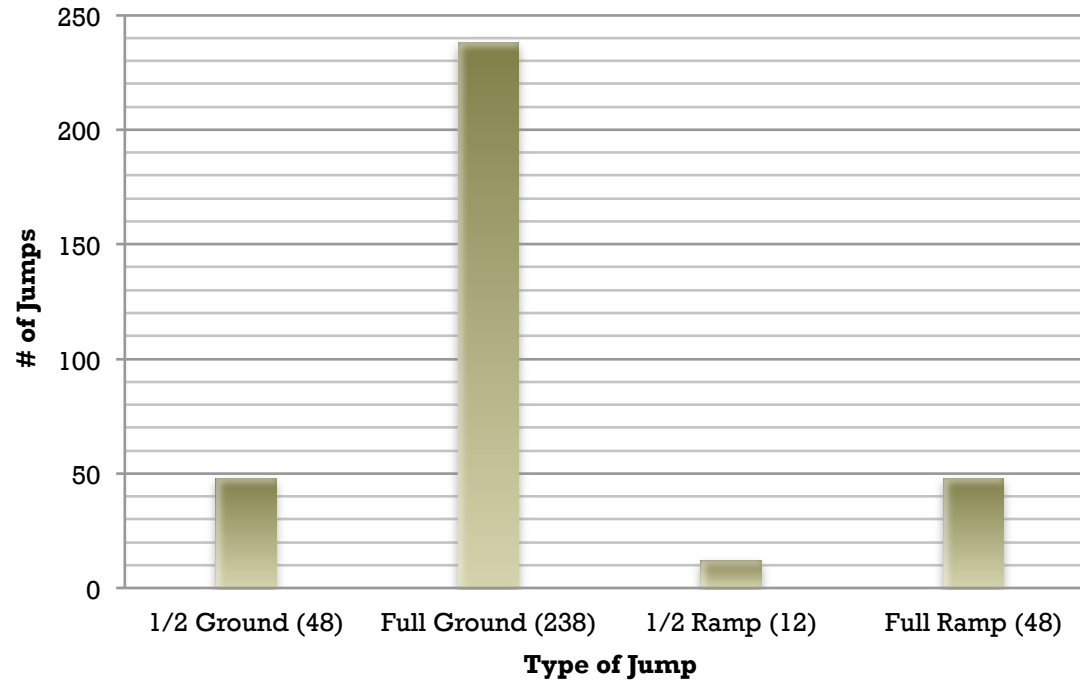


Erik Kynard Practice Jumps 2015 - 2016





Alyx Treasure Practice Jumps 2015 - 2016



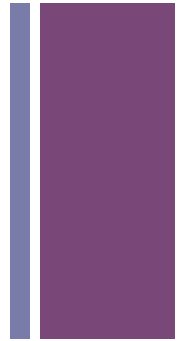
Total number of jump session = 34

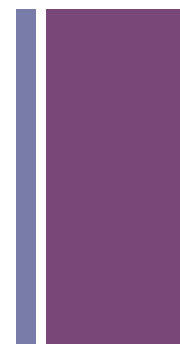
Total number of jumps in practice = 346

Range of jumps per session = 4 - 17

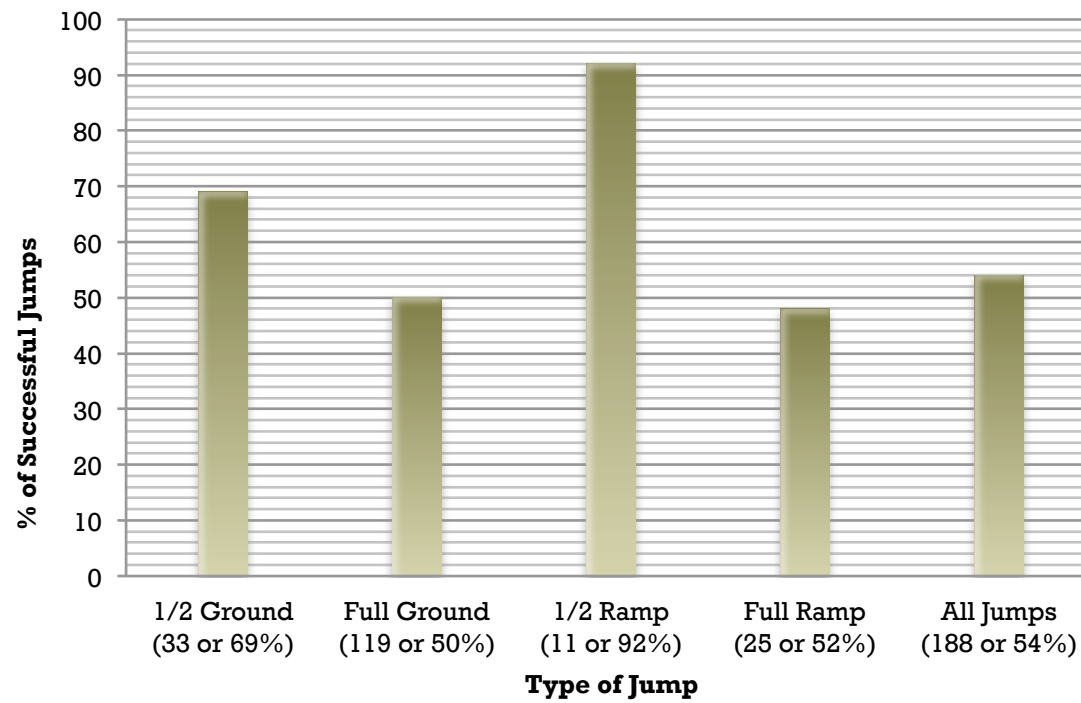
Typical range of jumps per session = 10 - 12

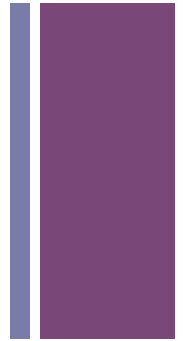
Max jumps in a session = 2 with 17 jumps (5/15, 7/18)



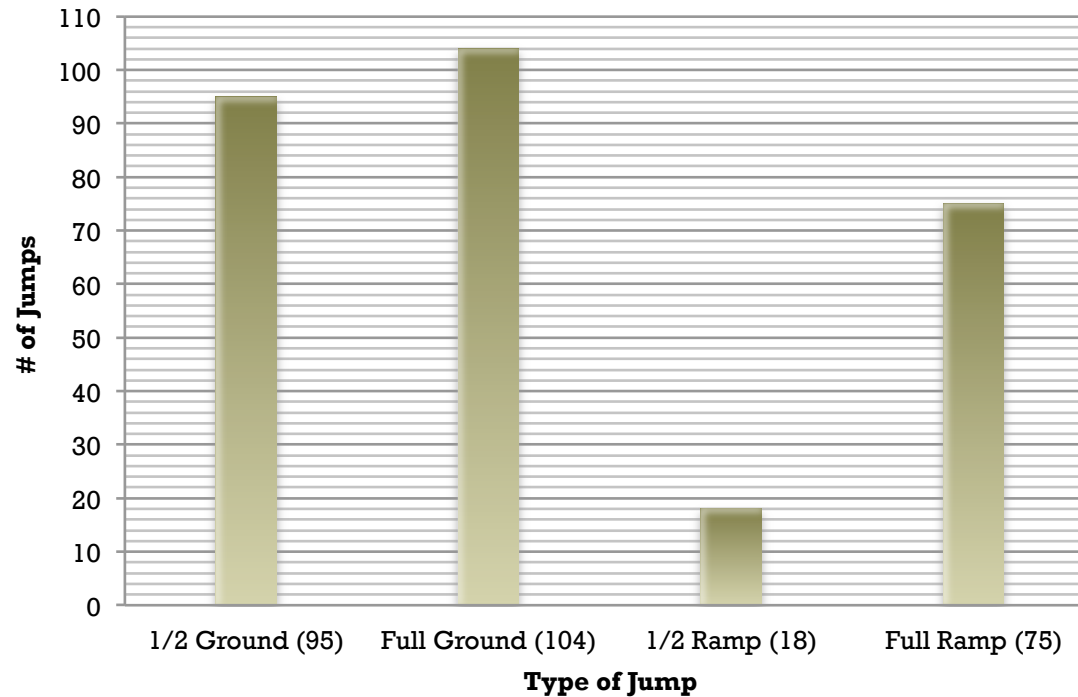


Alyx Treasure Practice Jumps 2015 - 2016





Kimberly Williamson Practice Jumps 2015 - 2016



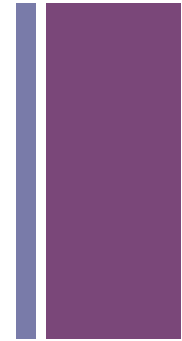
Total number of jump session = 28

Total number of jumps in practice = 292

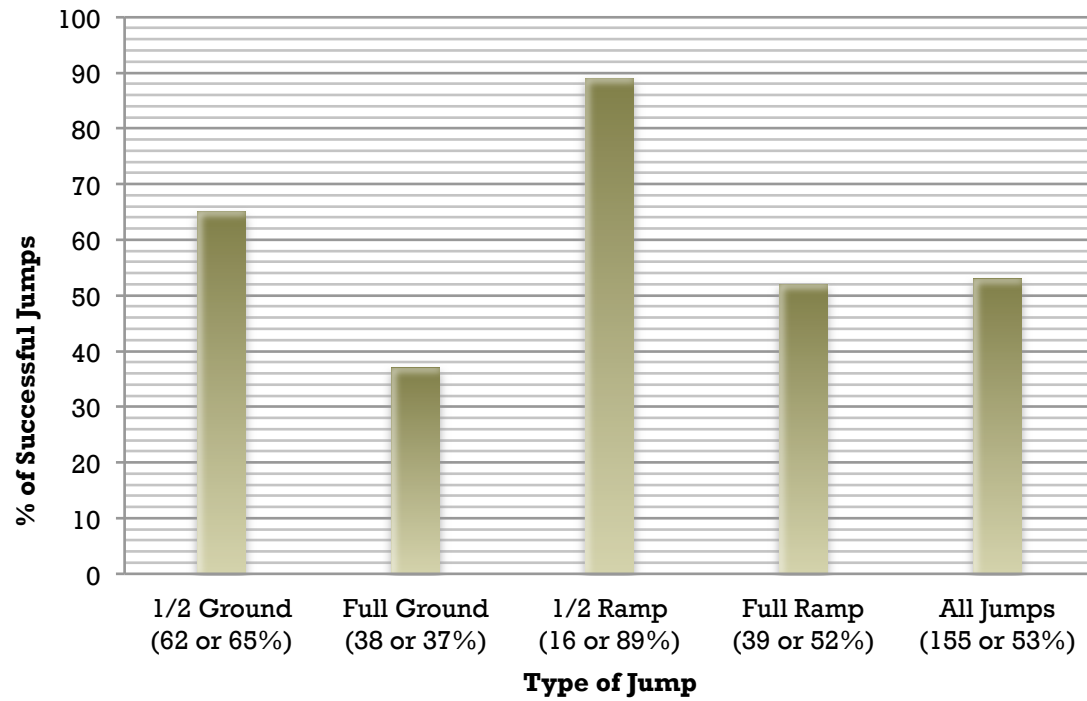
Range of jumps per session = 2 - 17

Typical range of jumps per session = 8 - 12

Max jumps in a session = 2 with 17 jumps (2/4, 2/18)

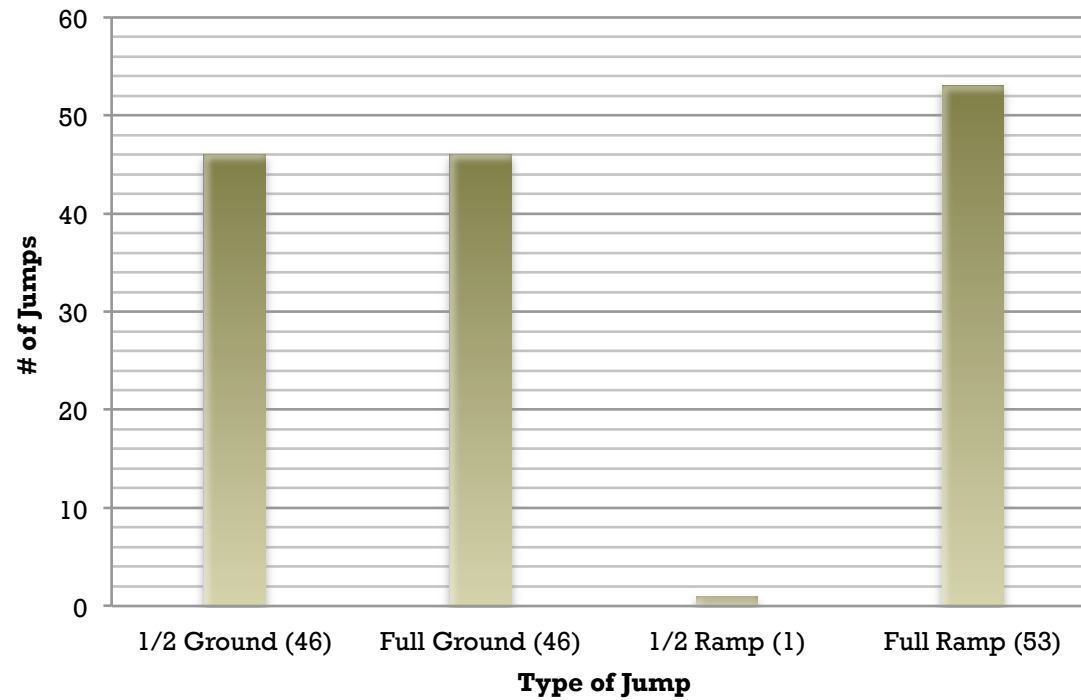
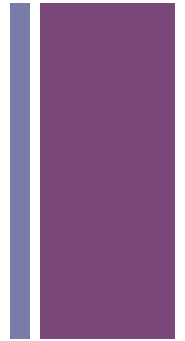


Kimberly Williamson Practice Jumps 2015 - 2016

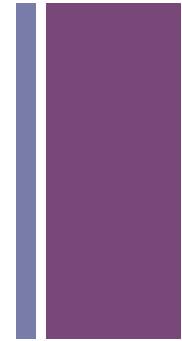




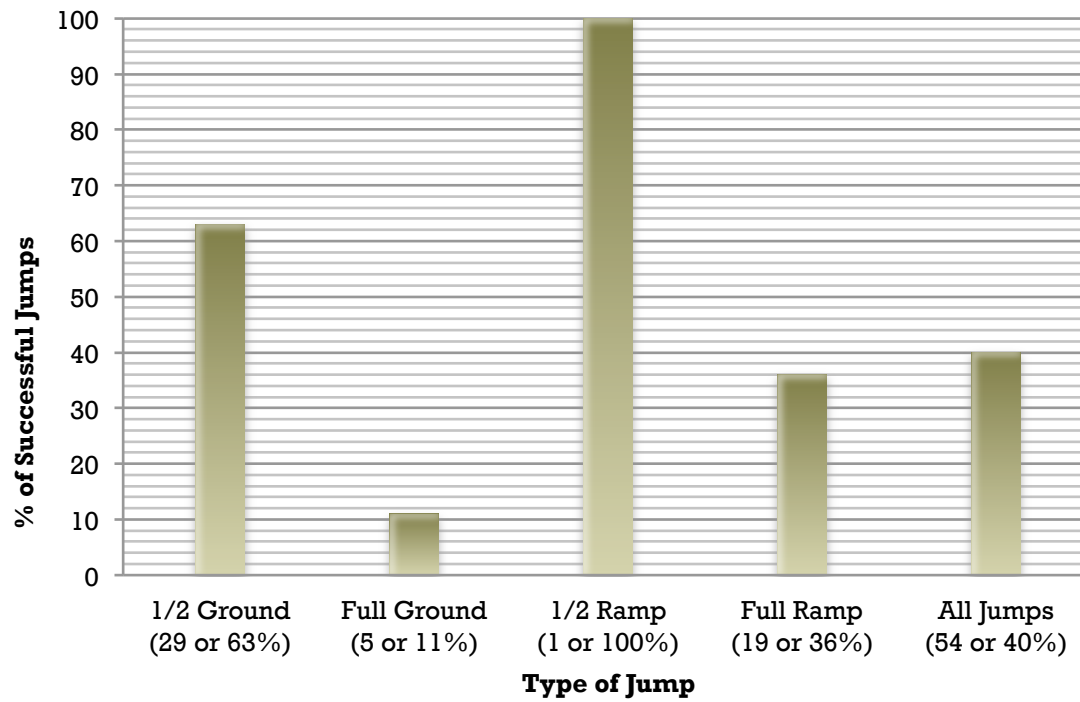
Akela Jones Practice Jumps 2015 - 2016



Total number of jump session = 16
Total number of jumps in practice = 146
Range of jumps per session = 3 - 15
Typical range of jumps per session = 8 - 12
Max jumps in a session = 15 (6/21)

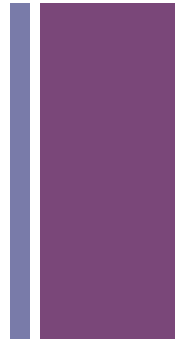


Akela Jones Practice Jumps 2015 - 2016

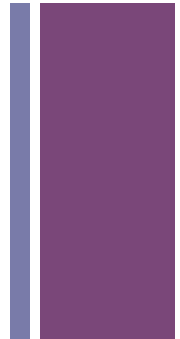




Erik Kynard Collegiate Profile – as of 1/1/14 2010 – 2013



	# of Competitions	Average	Average Place	USA Rank (T&FN)	World Rank (T&FN)
2010 ID	5	2.19 / 7' 2 ¼"	3.4	-	-
2010 OD	6	2.19 / 7' 2 ¼"	2.5	NR	-
2011 ID	6	2.26 / 7' 5"	1.3	-	-
2011 OD	9	2.26 / 7' 5"	4.0	3	-
2012 ID	5	2.27 / 7' 5 ¼"	1.6	-	-
2012 OD	10	2.26 / 7' 5"	1.7	2	6
2013 ID	6	2.29 / 7' 6"	1.3	-	-
2013 OD	11	2.32 / 7' 7 ¼"	1.9	1	4



Average Big 12 Indoor: 2.26 (2.23, 2.24, 2.27, 2.31) (2nd, 1st, 1st, 1st)

Average Big 12 Outdoor: 2.23 (2.14, 2.27, 2.21, 2.30) (2nd, 1st, 1st, 1st)

Average NCAA Indoor: 2.22 (2.14, 2.23, 2.20, 2.29) (11th, 3rd, T 4th, 3rd)

Average NCAA Outdoor: 2.28 (2.17, 2.29, 2.34, 2.31) (6th, 1st, 1st, 2nd)

Collegiate Competitions = 45

Won 34 or 76%

Career Competitions (Finals) = 55

< 2.14 / 7' 1/4" – 0

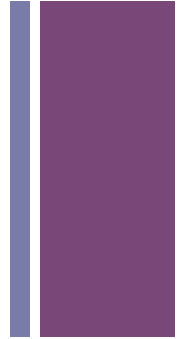
< 2.20 / 7' 2 1/2" – 8 (15%)

≥ 2.20 / 7' 2 1/2" – 47 (85%)

≥ 2.25 / 7' 4 1/2" – 36 (65%)

≥ 2.27 / 7' 5 1/4" – 32 (58%)

≥ 2.30 / 7' 6 1/2" – 17 (31%)



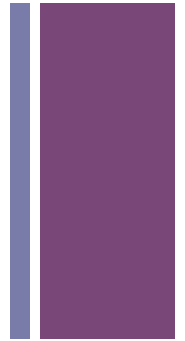
Average Starting Height Opening Height % 1st Attempt Make

2010 ID	2.09 / 6' 10 ¼''	5 meets – 80%
2010 OD	2.05 / 6' 8 ¾''	7 meets – 86%
2011 ID	2.11 / 6' 11''	6 meets – 100%
2011 OD	2.10 / 6' 10 ½''	11 meets – 100%
2012 ID	2.10 / 6' 10 ½''	5 meets – 80%
2012 OD	2.12 / 6' 11 ½''	10 meets – 100%
2013 ID	2.12 / 6' 11 ½''	6 meets – 83%
2013 OD	2.15 / 7' ½''	12 meets – 100%



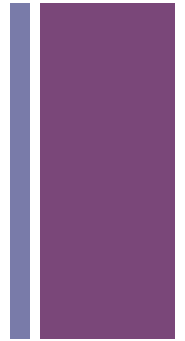
Success Rate Prior to Exiting Height

	<u># Jumps</u>	<u>Misses</u>	<u>Success Rate</u>
2010 ID	22	7	68%
2010 OD	34	5	85%
2011 ID	37	8	78%
2011 OD	58	10	83%
2012 ID	26	5	81%
2012 OD	51	8	84%
2013 ID	44	14	68%
2013 OD	80	14	85%

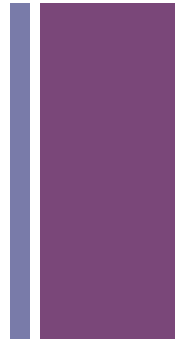




Erik Kynard Post Collegiate Profile – as of 9/19/16
2014 – 2016



	# of Competitions	Average	Average Place	USA Rank (T&FN)	World Rank (T&FN)
2014 ID	7	2.31	1.6	-	-
2014 OD	11	2.33	3.5	1	5
2015 ID	2	2.32	1.0	-	-
2015 OD	11	2.28	3.9	1	5
2016 ID	4	2.29	1.5	-	-
2016 OD	8	2.31	2.2	1	



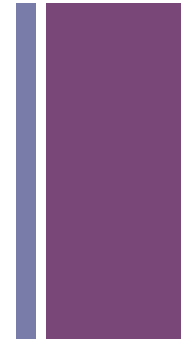
Post Collegiate Career Competitions = 43
Won 17 or 40%

Post Collegiate Career Competitions (Finals) = 42

13 < 2.30	31%
29 ≥ 2.30	69%
10 ≥ 2.34	24%

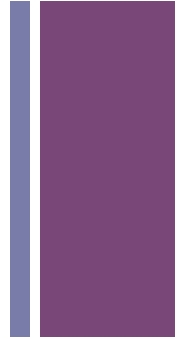
Average Starting Height Opening Height % 1st Attempt Make

2014 ID	2.16	7 meets – 100%
2014 OD	2.19	11 meets – 82%
2015 ID	2.13	2 meets – 100%
2015 OD	2.18	11 meets – 100%
2016 ID	2.16	4 meets – 100%
2016 OD	2.18	9 meets – 100%

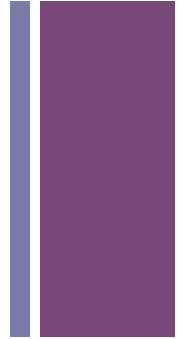


Success Rate Prior to Exiting Height

	<u># Jumps</u>	<u>Misses</u>	<u>Success Rate</u>
2014 ID	66	10	85%
2014 OD	75	25	67%
2015 ID	9	1	89%
2015 OD	51	11	76%
2016 ID	17	1	94%
2016 OD	52	11	79%



- B. Emphasize the athletes strengths and work over time to eliminate weaknesses
- C. Style versus Biomechanics
- D. Importance of environment
 1. Geography
 2. Climate
 3. Personality
 4. Supportive



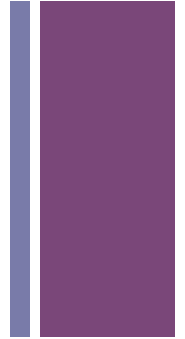
II. Have a Plan

- A. Long term development – I always attempt to do what I believe to be in the athlete’s long term best interests

- B. Foundation – In building anything of substance you first need to lay a foundation

- C. Base – On that foundation you build a sufficient base to support what is to follow

- D. I believe you must continually address the integrity of the foundation and the base
 - 1. Injury avoidance – can’t continually get better if you are often injured
 - 2. Allows for consistency of performance



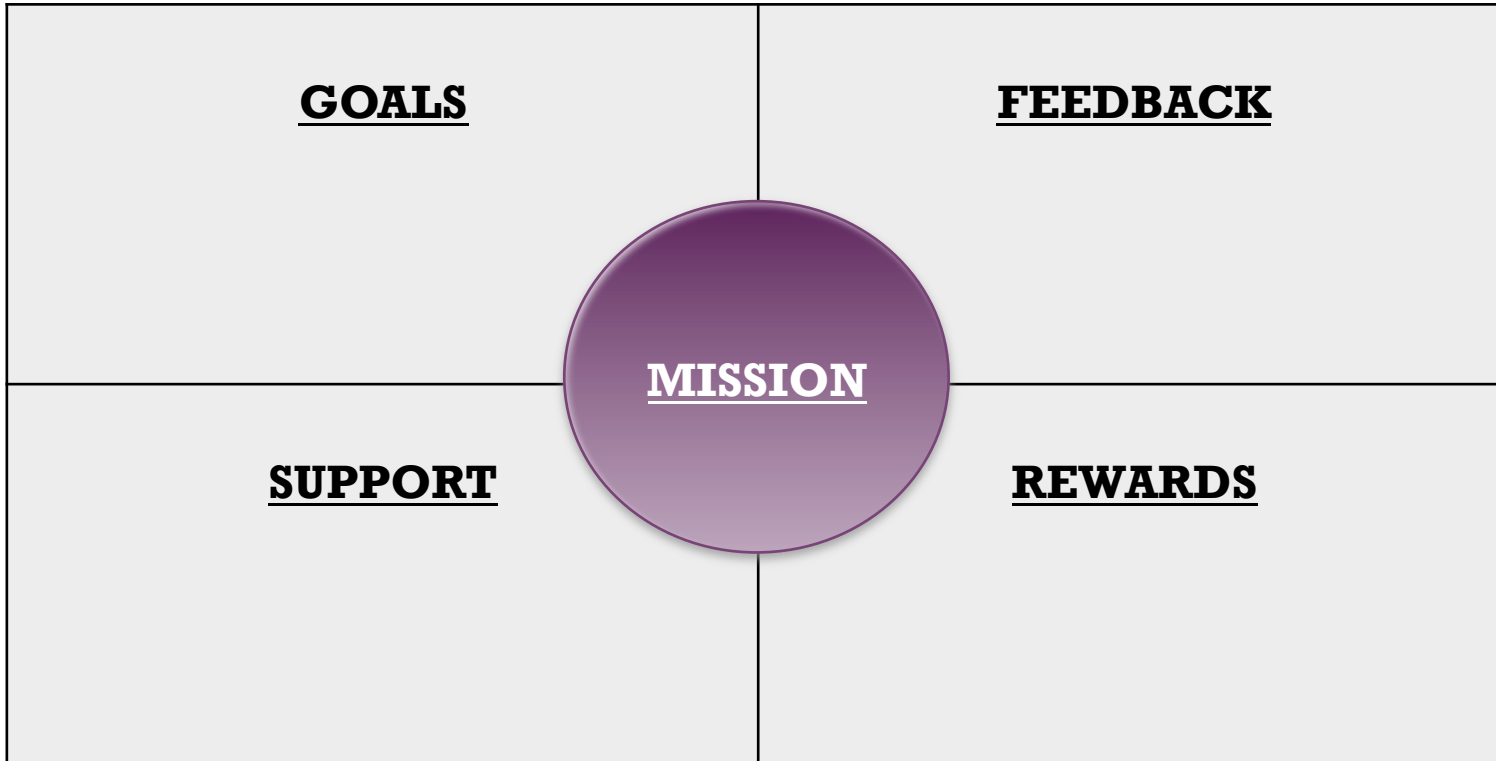
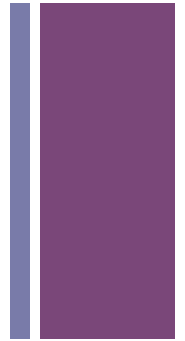
III. Coaching

A. Coaching = Teaching

1. Knowledge is important but the ability to communicate that information is even more important

B. Process Oriented

1. I am oriented that way
2. My goal is to get the athlete oriented the same
3. Mission = Level of aspiration
4. Goals = What needs to be accomplished
 - a. Personal - set by the athlete
 - b. Measurable
 - c. Time specific



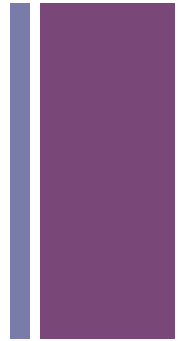


C. Breed Independence Not Dependence!

1. Athlete will not always have you as the coach with them
 - a. Practice
 - b. Competition
 - c. Career

D. Character Development

1. Work ethic
2. Patience
3. Honesty
4. Perseverance
5. Attitudes - habits



+ E. Dealing with the Gifted Athlete

1. Intimidation

- a. Teach
- b. Process

2. Patience

3. Outside Noise

- a. Media
- b. Experts?!

4. Athlete's ability to apply force efficiently does not necessarily equal their ability to produce force

- a. Mechanics
- b. Posture
- c. Connective tissue

5. Motor Geniuses

