

The colour of the plasticine indicator board in the horizontal jumps

Linthorne, N.

Track Coach (2005), 171, pp. 5466-5468

While the white color of the takeoff board in the horizontal jumps is prescribed by the competition rules, there are no regulations

for the colour of the plasticine used to detect fouls. In the author's opinion, it is very difficult for the jumper to target the takeoff board if the plasticine is the same colour. He proves his statement by the number of foul attempts in cases where both the board and plasticine were white and recommends that the colour of the plasticine should be different.

Creating a Kosmin test for 2:00+ 800m runners

Kemp, T.

Track Coach (2005), 170, S. 5437-5438

From the early 1970s, the test developed by Kosmin and Ovitschinnokov has been used to determine the potential of 800 and 1500m runners. The test exists in two ver-

sions. 1) 4x60sec with 3, 2 and 1 min rest after each run and 2) 2x60sec with 3 min rest. In each the athlete tries to maximise the distance covered, which is totalled and applied to a formula for performance prediction. The problem with the test is that it is less meaningful for runners slower than 2:00 in the 800m. The author describes a version applicable for this group of athletes, which he has developed.

Stretching for performance: An osteopathic perspective

Ogden, G.

Modern Athlete and Coach 43 (2005), 3, pp. 17-23

The goal of this article is to change the application of stretching as a means for the improvement of performance. The author cites recent research findings that prove static stretching 1) does not necessarily prevent injuries, 2) reduces speed and strength, 3) reduces the neuromuscular

coordination and stretching reflex activity, 4) disrupts the blood circulation of nerves and muscles and 5) has a sedative effect on the central nervous system. Apart from positive effects on the improvement of flexibility, static stretching causes a temporary lowering of performance and should therefore not be used within the warm-up programme. Warm-up exercises should be very close to the event specific movements. Dynamic stretching should be performed slowly and gradually increase in intensity and volume.

The IAAF Coaching Academy - An Australian coach's experience

Hansen, R.

Modern Athlete and Coach 43 (2005), 4, pp. 10-11

The role of the IAAF Academy is to provide education, co-ordination and quality control in coach education and promote the coaching profession. These aims will be achieved by 1) products and services that are build on existing coaches education systems as well as the programmes of the Area coaches associations, 2) awarding international coaching licenses within a top level education programme and 3) representing of coaches on issues of academic

and professional position. The author reports on his participation at a pilot course for elite coaches at the IAAF Academy, which was organised at the University of Loughborough (England). The Elite Coaches Course he attended is divided into three parts: 1) pre-course studies, 2) a residential course and 3) a mentoring programme after the residential course. The author concentrates on his impressions of the residential course at Loughborough University and comes to various positive conclusions. The estimation of the educational programme was positive, particularly because of the guidance on self-analysis and his following improvement of quality of the own work as a coach. From this the author expects a great impact on his work with athletes.

The importance of success in sport for the post career of athletes and cycling athletes

Ziesel, B.; Conzelmann, A.; Gabler, H.; Nagel, S.

Leistungssport 36 (2006), 1, pp 16-20

The different courses of the post-sport careers of performers with greater and less-

er success were examined. A methodical approach of cohort-analytical longitudinal design was chosen. Data concerning the sporting and professional careers was collected retrospectively by means of questionnaire. In addition, subjective judgements of possible effects of the athletic career on the professional career and selected personality characteristics were recorded.



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