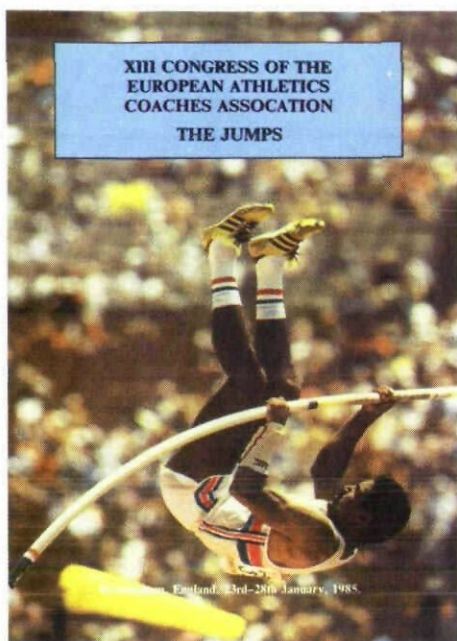


BOOK REVIEWS



THE JUMPS

Report of the XIII Congress of the European Coaches Association

This is a word for word account of the 8 papers presented at the Congress held in Birmingham on the 23rd to 28th January, 1985: 2 on High Jump, 2 on the Pole Vault, 2 on the Long Jump, 1 on the Triple Jump and 1 on the Jumps in the Combined Events.

In High Jump Patrick Reid (Can) discussed important aspects of modern technique, with special emphasis on the technical differences between the Speed and the Power Flop, while Dragan Tancic (FRG) concentrated on the

organisation of High Jump Training, with a detailed analysis of "what is demanded of a High Jump Champion", the sort of training plan required to satisfy these demands, with divisions into Technique, Running, Jumping and Strength Work and a thorough description of the type of work included in the various training cycles.

The two Pole Vault papers are of special interest since they represent the French and the Russian schools of vaulting. Vitaly Petrov (URS) who was accompanied by Sergey Bubka, confined his paper to Technical Aspects as characterized by the Russian school. Maurice Houvion's (FRA) paper is entitled "Perfecting Pole Vault Technique" but, in fact, he covers, in great detail, the sort of work carried out by the French vaulters to develop the strength, explosive force, drive and co-ordination required by a world class vaulter.

The Technical Aspects of the Triple Jump are covered by Malcolm Arnold (GBR). He divides Triple Jumpers into 4 main types and gives many examples of world class jumpers in each category. He goes on to make many important points about changes that occur in the approach run – of posture, speed and arm action. Regarding the first take-off, he gives an interesting side light on the variations practised by Keith Connor (and possibly copied by Mike Conley), and gives firm recommendations on his view of the most effective technique.

Professor Adrian Samungi (ROM) presents a paper on "The training of Women Long Jumpers of World Class" in which he details the training programme of Anisoara Cusmir-Stanciu and Vali Ionescu, and Igor Ter Ovanesyanyan (URS) gives his views on "Long Jump Fundamentals". Lastly, Frank Dick (GBR), President of the European Athletic Coaches Association, discusses "Jumps and the Combined Events". Taking the fact that the Jumps are statistically the highest scorers in both Decathlon and Heptathlon as his premise, he outlines

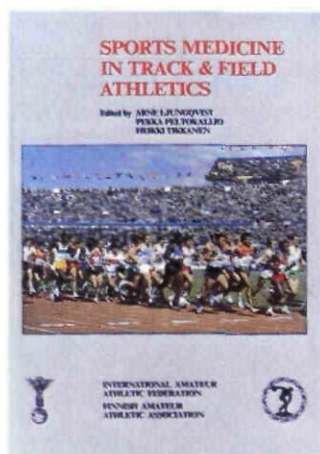
a training plan to improve the qualities of Strength, Endurance, Speed, Technique and Mobility over all for the combined event athlete but with the Jumps taken as the "core events".

All in all, this book gives a very good cross-section of the ideas of the top European Coaches in the Jumps disciplines.

This book is available from the Publications Department of the IAAF priced £ 3.50 (inc p & p).

J.W. Alford

Development Programme Co-ordinator



"SPORTS MEDICINE IN TRACK AND FIELD ATHLETICS" - PROCEEDINGS OF THE FIRST IAAF MEDICAL CONGRESS, ESPOO, FINLAND, 1983

As an introduction to this report, Dr Arne Ljungqvist writes: "The field of sports medicine has a variable struc-

ture, internationally. In some countries it is a specialist subject, whereas, in other countries, sports-related medical problems are dealt with by experts in various fields, such as orthopaedic surgeons, general surgeons, specialists in various subdisciplines of internal medicine, general practitioners, etc. Furthermore, some countries have developed an educational programme for doctors of sports medicine. In general, however, the increased awareness of the physical and mental benefits of mass sport, as well as the continuous development of competitive sports has increased, worldwide, the need for doctors to be specially trained in sports medicine.

Currently, the uneven international distribution of knowledge and experience in sports medicine requires the International Sports Federations to take a position of special responsibility. Many Federations have, therefore, created their own Medical Committees composed of specialists in various