

### Simplified, key notes for our Long Jump philosophy

1. This is a speed event. How far you can jump is directly proportionate to your ability to use your optimum speed down the runway and convert that into a proper takeoff. If you were trying to jump a motorcycle a long way, you would have to have a ramp. Once you set the ramp at the correct angle, you would then hit the ramp with as much speed as possible. We have to create our own “ramp” via the synchronization of the last two steps. Speed + proper takeoff is at least 90% of the jump distance. Landing can only benefit or reduce the distance by a little bit.
2. Because of #1, we will spend a huge amount of time on the approach and the takeoff. This is not gymnastics--the best landing is the one that is “farthest in the pit” ☺ People who don’t understand the event properly talk a lot about in-air technique and landing. In fact, proper takeoff will always produce a decent landing by itself.
3. We will learn to run through and off the board, NOT to the board. In actuality the takeoff leg does not flex that much so it stops the speed and momentum of the run and propels you off the board more so than “jumps” you off the board.
4. To hit the takeoff position you cannot change your run until the last two steps. Keep the speed coming! The penultimate step will be slightly longer and you will land almost flat footed on that foot which will slightly lower the center of mass which is needed to create our “ramp”. When you land on the penultimate step you cannot stick there—it must be a QUICK push onto a shorter last step. This gets the hips quickly on top of the takeoff leg. It also brings the free leg through really quick. On all good jumps the free knee will be close to parallel with the takeoff knee at touchdown. This is a two-step synchronized movement. The back leg/knee are coming through quickly while the takeoff leg is being put down “under” the body, stopping the horizontal speed and creating a vertical impulse. When you hit the takeoff position you should be tall with a “proud” chest and the free knee should drive through to slightly past parallel.
5. When done right there is a blast off where you just go up-and-out. The landing cannot become a consideration until the middle of the parabola. Too many people start “landing” as soon as they takeoff.
6. Once you have hit the takeoff and rode it to the top of the parabola, you then need to have long arms and tucked feet under the butt to delay forward rotation. Running in the air or hang are both good and are up to what works for the individual.
7. In the hang style which most of you use, once you are long over head with arms and have legs tucked under the butt, you initiate the landing by pulling the knees to the chest as the arms swing past your hips. You do NOT initiate the landing with your feet—they stay tucked and you pull/rotate forward with the knees or hip flexor. Only then do the feet extend and you land. You can slide or you can collapse over the bent knees, whichever is easier for you.
8. I want a “natural” athlete coming down the runway fast and jumping similar to the Zen philosophy---the Zen philosophy teaches you to be IN THE MOMENT, allowing action to flow without the mind interfering. Don’t over-think it. It is fun to run and jump in the sand!! And even more fun to step up and stand among the medal winners!!