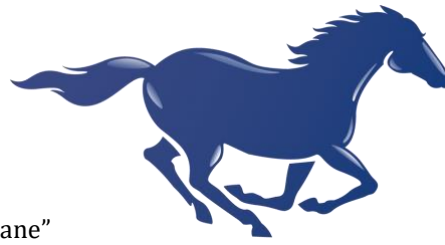


Better Block Starts



Up next in line to start

- ✓ Take a deep breath, let it out slowly
- ✓ Recall your focus word/thought
- ✓ Concentrate on your own race – “own your lane”
- ✓ Walk on side of block, do a quick stretch or jump; don’t rush

On Your Mark

- ✓ Sprinters have “power” leg on front block
- ✓ Hurdlers have their trail leg on front block
- ✓ Front toe with 1+ inch on track; back toe just touching
- ✓ Weight evenly distributed between 2 hands, back knee, and front hip
- ✓ Back slightly rounded
- ✓ Head in natural alignment with spine: eyes looking down
- ✓ Hands in bridge
- ✓ Shoulders directly over hands
- ✓ Gentle breathing, listen for starter’s voice

Set

- ✓ Raise the hips and both knees in unison
- ✓ Hips go up significantly higher than shoulders
- ✓ Bulk of weight is felt in front hip, not the hands
- ✓ Lightly put the back block heel down (don’t push into block yet)
- ✓ Back still rounded and head remains in natural alignment with spine
- ✓ Eyes focus shifts back as body rises to set
- ✓ Hold breath

Bang

- ✓ Controlled exhale
- ✓ Push into front foot on block, extending the hips, knee and the ankle
- ✓ Don’t be quick here – keep pushing to get full force application
- ✓ Project the body at a 45 degree angle for both horizontal and vertical force
- ✓ Sweep the back arm long and low at the gun
- ✓ Back arm opens significantly at the elbow
- ✓ Front arm strokes forward and up with the hand high and well in from of head
- ✓ Do NOT pull the back foot off the block
- ✓ The path of the back foot will be low and piston like – not cycling forward towards butt