Bryan Roy

- 17 Years Coaching
- 15 Years High Jump - Level 3 HJ Coach
- Coached Senior British No1, Scottish No1
- European U23 Medallist.
- British U23/U20 No1/U17, Multi British/Scottish age group HJ/LJ/TJ champions/medallists
- Indoor Native Record holder
- Double age group record holder

Who I Am

- Driven
- Emotional
- Honest
- Supportive
- Hard working
- Never scared to ask
- Total belief in what and how I coach

My Beliefs

- You need to understand both the athlete and the discipline.
- Never plan to be 1st. Plan to be better.
- If you don't try to be the best then why should your athletes.
- Coaching is not a classroom sport.
- You can do C before B. Every athlete is an individual.
- Help people who want to be helped.
- Always be true to yourself.
- Hide nothing. Share everything.

Fun

Fresh evidence suggests chocolate is good for you

EATING a little chocolate every day can lower the risks of heart attacks and strokes, Scottish scientists have found.

But they also say there is no evidence to suggest that cutting out the sweet treat lowers the risk of cardiovascular disease.

The study by scientists at the University of Aberdeen and colleagues across the UK, is published in online journal, Heart.

Findings were based on 21,000 adults taking part in a study on the impact of diet on long-term health. Scientists also reviewed international evidence on links between chocolate and cardiovascular disease, involving more than 150,000 people.

They concluded that eating up to 100g of chocolate every day can lower heart disease and stroke risk. Prof Mynt, of the

By Greg Christison

and Dentistry, said: "Cumul
tive evidence suggests high
chocolate intake is associat
with a lower risk of future ca
ovascular events. We found that
chocolate was more frequ
eaten by participants in
study.

Prof Mynt added:
doesn't seem to be any ev
of moderate consumpt
chocolate increasing the
cardiovascular disease."

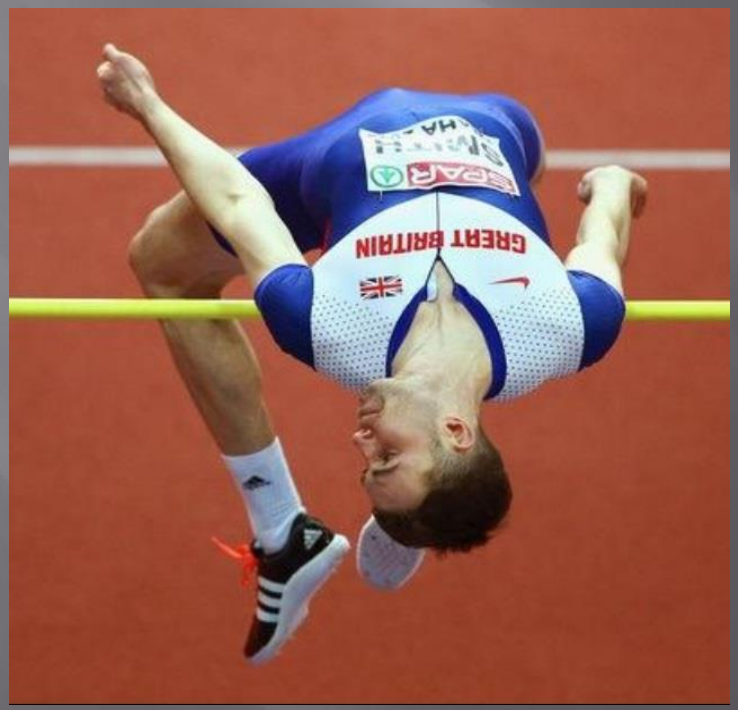
Participants were m
for an average of 12 yea
which 14 per cent ex
either fatal or non-fata
heart disease or strok

One-in-five did not
late but, among the c
consumption averag
some eating up to 1

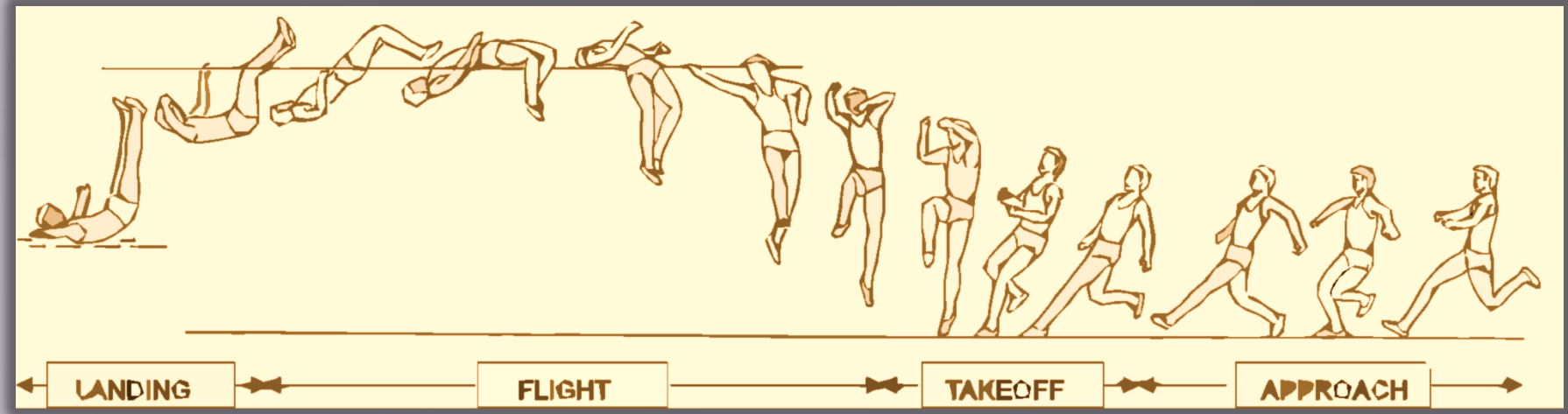
A smiling Queen during yesterday's traditional procession at Windsor

Real Fun

HIGH JUMP TECHNICAL MODEL



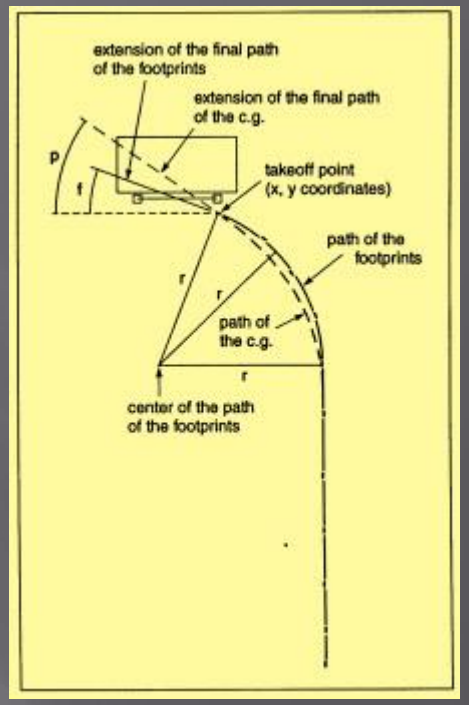
COMPLETE SEQUENCE



The high jump can be divided into the following four phases:

Approach (2 Parts)
Take off
Flight
Landing.

APPROACH PHASE



This phase is broken down into two connecting parts.

The Straight and the Curve.

Objectives

To generate optimum (not maximum) speed

Technical Characteristics

- Approach run is J-shaped - straight at first (3-6 strides) then curved (4-6 strides)
- Velocity is increased continuously throughout the full approach.

APPROACH PHASE PART 1

THE STRAIGHT (START)

The two starts

Running onto the mark or a standing start.

The body lean is moderately forward for the first strides.

Upright as quickly as possible.

Velocity is controlled throughout the approach.

Posture is upright/tall. Not sitting.

Always hit the last stride with the inside foot.

APPROACH PHASE PART 2

THE CURVE

Technical Characteristics

The stride frequency will increase.

Body leans into the curve.

Angle is dependent on speed/ability.

Centre of mass is lowered.

Preparing for the takeoff.

Remember all movement is forward.

The curve is many straight lines.

TAKE OFF PHASE

Objectives

To maximise vertical velocity and the necessary rotation for bar clearance.

Technical Characteristics

The foot plant is quick with a slight heal roll and active.

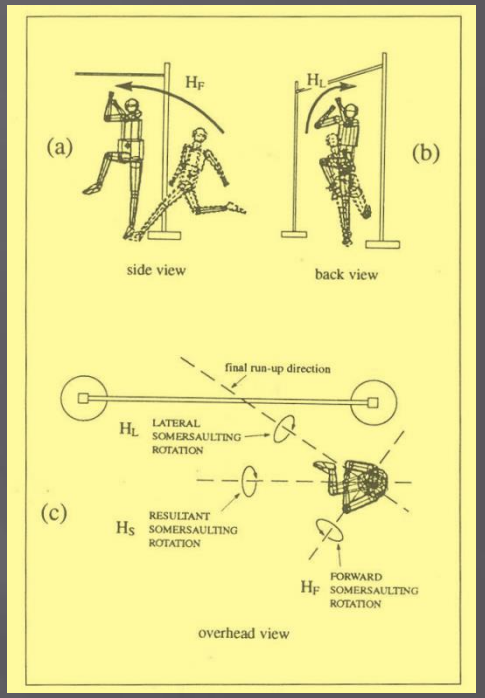
Longer forward foot plant causing lower CofM.

Time on the ground to be minimised.

Bending of the take off leg (should be minimised).

Knee of the free leg is driven vertical until parallel with ground.

No leaning into the bar. Take off is vertical.



Flight Phase

Objective

To clear the bar with the smallest amount of effort as possible.

Technical Characteristics

Knee drive up while staying tall.

The take off position to be held as the body gains height.

Leading arm (s) can either reach up and over the bar

or at 90% (shoulder-arm) with the floor and then back to the body.

Knees spread to facilitate the arching of the back.

Raising the hips with the shoulders back.

Holding (driving) the position over the bar.

Landing Phase

Objective

To land safely and avoid injuries.

Technical Characteristics

Once torso is over the bar, dropping the hips to aid lifting the legs.

Landing should be on the shoulders and back.

Knees are apart when hitting the mat.

Questions

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