
2011 Jackson Electrodinamica Clasica WORK

our training program is very focused on the specific intent of improving sprinting speed. this is not necessarily the case in other sports. athletes in lacrosse tend to be good at other sports, like soccer. our program centers around running because we think running is the best way to improve sprint speed. it requires essentially no specific skill that would limit it to one sport. however, the athletes in the lacrosse team had to learn how to run because the fastest sprint speeds were required for lacrosse. as for not having the same team this year, it was beyond my control. the team that we recruited was smaller than the teams in the past and smaller is better because the smaller the team, the more intense the team, which is great for an experience program. if we were to take a team of our top three or four players, they would have received a lot of playing time and much more experience than any of our other athletes. the good news for me is that some of our kids will stay in our program for next year. having older kids gave us the opportunity to start the program earlier in the summer and build up to the start of the school year. the older kids have been role models for the younger kids by being friendly and helping them as peers. having older kids is also a positive for the kids because they get to know the coaches and people around the school better than the younger kids. they also have better swimming and biking ability and can take on the coaches with more confidence and knowledge of our philosophy. this is a great opportunity for the kids and they should take full advantage of the chance. it would be easier for me to teach a 10th grade running class if i could have my high school kids work with the kids in the class.

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