

How Not to Suck at Stat

And Other Nuggets for Discus Coaches



Snohomish Track and Field

During State Competition



Only Two Things You Should Say to Them

“Go Slow”

“Have Fun”



Rely on Their Routine

Sweats On and Off.

Like a Free Throw.

No Posing. No Puffing.

Rhythmic.



Snohomish Track and Field

During State Competition



Get Sweaty

Helps with Nerves.
Jump Rope and Towel.
Sweat on the Brow.
Muscles.



Don't Need a PR.

85%?
Let the Other Kids Beat Themselves.
"Throw Nice"



Snohomish Track and Field

Leagues and Districts



Mock Competitions

“Now Up!”

Entire Routine.

Mental Practice.

Send ‘em Home.



Repeatable, Repeatable, Repeatable.

Math, Cones, and Milkshakes.

Wilkins vs. Powell (more later).

First Turn (more later).



Leagues and Districts



Maintenance Mode.

Weights, Plyos, Agilities, and Sprints.
Count Reps.
Send 'em Home.



Have Fun.

Discus Golf.
Texas League.
Popsicle Relays.



Snohomish Track and Field

The First Turn



Wilkins vs. Powell.

Little Orange Book.

H.S. Experience.

Repeatable.



Cone Drills.

Parking Lot –Lines.

Bulkhead.

Left, Right, Left, Tap-tap.



Snohomish Track and Field

The First Turn



Knee.

Tape a Ruler.
Place a Towel.



Arms.

On a Plane.
Read the Watch.



Snohomish Track and Field

Random Nuggets



Hoggie Woggies.



“Inch by Inch It’s a Cinch”.



Beads.



Start to Start.



Every Kid Hears Things Differently.



Random Nuggets



One Thing at a Time. Bite Your Tongue.



Gender Equality.



Hog Jog.



Stations.



Chalk a 7.



Random Nuggets



Train Through Early Meets.



Towel and a Beanie.



Month Without an "R".



"Can I Pull Tape?"



Rainy Day Workouts.



Random Nuggets



P.R. Pills.



Hog Breakfasts and Dinners.



Discus Box.



Sign the Box.



Relay Meets.



Random Nuggets



Name Game.



Snohomish Track and Field