

Presentatie in het kader van de Lotto Coach Academy:  
Women in sport 'High Performance Pathway'

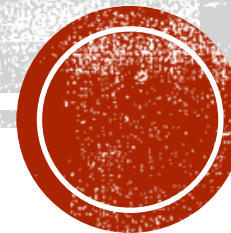
Tonja Buford Bailey





# HIGH PERFORMANCE PATHWAYS FOR FEMALE COACHES

Tonja Buford Bailey





# ATHLETE AT ALL LEVELS

- Age Group (started at age 8)
- Middle and High School
- College
- Professional



# TRANSITION FROM ATHLETE TO HIGH PERFORMANCE COACH

- Teaching to College to High Performance
- Been there, done that perspective.







# COACHING EDUCATION

- Mentors pushed me to learn (know your stuff!!!)
- Continue to learn (Seminars and talk with mentors regularly)







# ROLE AS HEAD COACH IN COLLEGE

- Learn the Business side and choose the right assistant coaches
- Managing Assistant Coaches (Delegating is a big key to success, especially for female coaches) Trust and confidence a must
- Managing Collegiate and High-performance athletes







# TBBTC

- Currently high-performance coach
- 5-year plan
- TBBTC
- One Woman Show



# HIGH PERFORMANCE STRATEGIES



Sustainable  
performances  
year after year



Coaching  
Philosophy



TRAINING  
SECRETS





# SUSTAINABLE PERFORMANCES

- **STICK TO PROGRAM ROUTINES:**

A. MONDAY-LACTIC

B. TU/TH- SPEED/POWER/WEIGHTS

C. WEDNESDAY- TEMPO

D. FRIDAY- SPEED ENDURANCE

E. WEEKENDS-OFF

- **ATHLETES UNDERSTAND TRAINING PROGRAM**
- **ATHLETES TRUST COACH AND STICKS WITH PLAN**
- **ALWAYS FRESH FOR COMPETITION**

## WARMUP: COMPETITION

PART I (in flats)

3 X 100m Turnarounds

4 X 50m Build ups

2 x 20 Neck Rotations L & R

2 x 20 Trunk Rotations L & R

Arm Swings

2 x 10 Eagles

4 x 10 Leg Swings

Hurdle Rollovers

Calf Stretches

1 x 20 Chinnies

1 x 20 V-Ups

2 x 50m Jog and Lunge each 10m

2 x 50m Jog and toe touch each 10m

2 x 40m Straight Leg Bounds

1 x 100m Buildup-50% effort

100m Buildups-75% effort..mechanics

2 x 30m Fast Leg

2 x 30m ShakeUps

2 x 50m Accelerations

2 x 40m Backward Runs

10 x 10m hard accelerations (walk back)

8 x Burpees

10 Inchworm

10 Crocodile

PART II (in spikes)

3 x 20m drive runs before blocks [3' rest]



# COACHING PHILOSOPHY

- "Athlete Centered"
- Effective Training Plan-prepared, individualized, focused on the process, weekly
- Training Rules- BE ON TIME!!, positive environment, professionalism, Coach must have same mindset.
- DISCIPLINE IS KEY- eliminate distractions during training sessions (social media)
- ATHLETES DON'T RESPOND WELL TO UNDISCIPLINED COACHES
- Setting Goals
- Coach must be COACHABLE!!







# TRAINING “SECRETS”

- Training secrets
- Training sessions are deliberate and structured- eliminate distractions during training sessions (social media)
- Coach should be present physically and emotionally to make sure Training Sessions are completed properly
- Goal setting





# GOAL SETTING

- **Intrinsic Motivation-** Strong interest in what you do, without coercion. Deriving pleasure from what you do. Motivated to train and compete.
- **Staying focused without distractions.** Able to identify an immediate distraction. Seeing the goals in front of you helps to eliminate anxiety and stress along with other mental health issues.
- **Determined to prove to yourself and others what you're capable of achieving.**
- **Success through accomplishments – competition results (top 10 chart)**

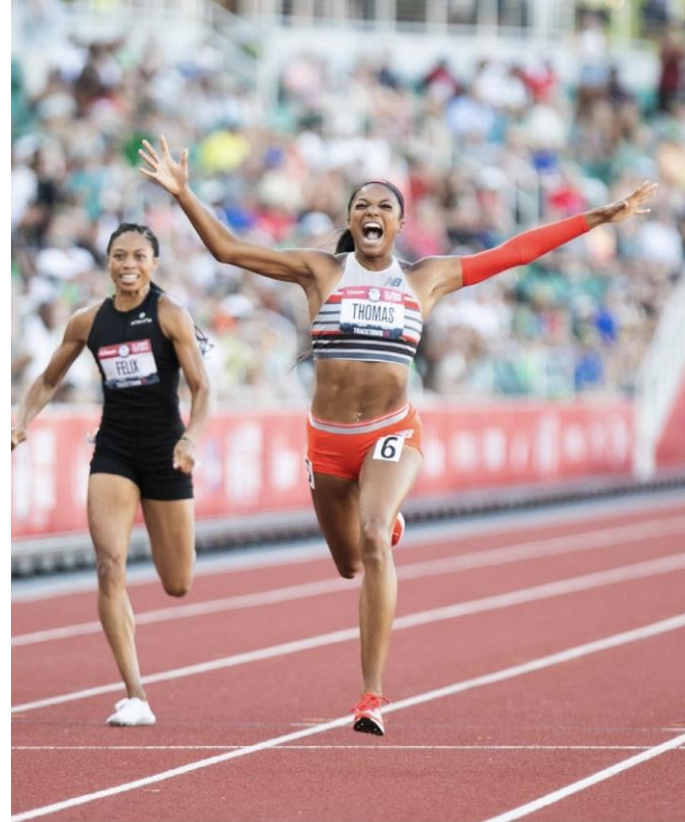




# TRAINING SESSIONS

## 5 Parts

- § *Warm Up*
- § *Drills*
- § *Workout (strict with recoveries)*
- § *Cool Down*
- § *Mobility*



400 400m jog  
4 x 30 ShakeUps  
50 Jump Rope  
4 x 50 SideStep Shuffle  
2 x 50 Easy acceleration  
• Leg Swings  
• Hurdle Rollovers  
50 Jump Rope  
2 x 40 Faster acceleration  
2 x 30 Carioca  
2 x 50 SideStep & Go  
2 x 50 Faster acceleration  
10 x 10 10m Accelerations with walk back  
10 x Inch Worm  
10 x Crocodile Walk  
Acceleration: Starting Skill  
2 x 10 Rollover Start  
2 x 10 Walking Start: walk hit mark and accelerate  
2 x 10 Dancing Start: feet moving in place accelerate  
2 x 10 SideStep & Go  
2 x 10 Crossover Step & Go  
2 x 10 Scramble Out: Start in prone position  
5 x 50m Stride Frequency 30m + 7 marks at 1.79  
ACAP: ASSE 3/60/80/100  
1 x 60 Accelerate at 85% effort [2']  
1 x 80 Accelerate at 88% effort [3']  
1 x 100 Accelerate at 90% effort [6']  
1 x 60 Accelerate at 85% effort [2']  
1 x 80 Accelerate at 88% effort [3']  
1 x 100 Accelerate at 90% effort [6']  
1 x 60 Accelerate at 85% effort [2']  
1 x 80 Accelerate at 90% effort [3']  
1 x 100 Accelerate at 93% effort [6']  
8 x 100 SPRINTERS COOLDOWN  
pace gets slower with each run  
MOBILITY: Hurdle Snake  
6 x 6 Snake under hurdles lined w/ cross bars  
3 x 10 Crocodile Walk with pause

# TRAINING SESSIONS

600m jog  
4 x 60 Strides  
1 min. JumpRope  
4 x 10 Leg Swings(2 on each leg)  
16 Hurdle Rollovers  
1 min. JumpRope  
2 x 50 Accelerations  
2 x 50 Side Step & Go  
2 x 40m: Turn 360 Left and 360 Right and run out...  
1 min. JumpRope  
2 x 40 backwards running for 10, turn and sprint  
4 x 30 3 point start and acceleration  
2 x 40 Sprint 20m, turn and backwards running  
10 x Inch Worm  
10 x Crocodile  
5 x 50m WICKETS starting at 5'9"

## Lactic Capacity

500 300m+ 60" rest +200m kick [100m walk]  
450 300m+ 60" rest +150m kick [100m walk]  
400 300m+ 60" rest +100m kick [100m walk]  
300 200m+ 60" rest +100m kick [100m walk]  
250 150m+ 60" rest +100m kick [100m walk]

8 x 100 SPRINTERS COOLDOWN  
pace gets slower with each run

## Hurdle Mobility II

3 x 8 Hurdle Walk-Overs  
3 x 8 Hurdle Bent Leg - middle of hurdle  
3 x 8 Hurdle Over-Unders  
3 x 16 x Hurdle In-Place Dual Trail legs  
3 x 10 Crocodile Walk with pause

## 5 Parts

- § Warm Up
- § Drills
- § Workout (strict with recoveries)
- § Cool Down
- § Mobility







# DRILLS

- Major part of technique development



Day 1 November 2		Day 2 November 5	
Stick Overhead Squat	1 x 6	KB Goblet Squat	1 x 6
Pull Ups	1 x 6	Chin-Ups (weighted)	1 x 6
MB Slam	1 x 10	V-Ups	1 x 20
Full Power Cleans	1 x 4	Step Ups	1 x 6
	1 x 4		1 x 6
	1 x 3		1 x 6
Medball OHB	3 x 12	Squat Jumps	3 x 10
(Hurdlers) Trail leg resistance (NO BOSU)	2 x 10 each leg	(Hurdlers) Trail leg resistance (NO BOSU)	2 x 10 each leg
Nordic (Hands on upper hamstrings)	3 x 8 reps	Hamstring Chain Hold	4 x 15 seconds
Sprinter's Band Hip Flexor	3 x 10	Reverse Lunge with Hip Flexion (band)	4 x 8 each
Back Squats (Down slow, up fast)	1 x 3	Hinge Dead Lifts	1 x 4
	1 x 3		1 x 4
	1 x 2		1 x 4



# WEIGHTS







# WHY IS IT HARD?

- Gender imbalance with high performance coaching
- Female coaches breaking into elite male sports. Not enough however
- Male-led coaching education. Womens leadership programs inspire and create more self-awareness.
- Female coaches need coaching education that present with confidence and leadership tools. Grow with like-minded individuals
- Gender role assumptions
- Difficulty connecting with other coaches in a “good old boys” network and culture



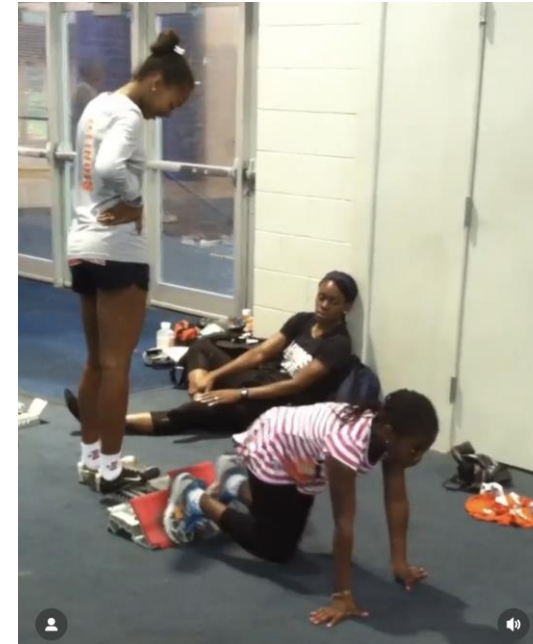
# CONNECTION WITH MALE ATHLETES



- Avoiding and conquering stereotypes
- Less demanding, not strong enough
- Gender discrimination







# JUGGLE FAMILY ROLE WITH PROFESSIONAL LIFE

Put family time on schedule

Include kids (they understand your role better)

Prioritize family events

Set boundaries for athletes away from sport

Spouse must be in a partnership



# QUESTIONS

