



**“a platform for excellence –
for a young female sprinter”**

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Platform for excellence - Talented or not?

‘It’s not about recognizing talent whatever that is. First you work on fundamentals, and pretty soon you find out where things are going’

Robert Lansdorp

‘It’s difficult to say, when I teach I give everyone everything. What happens after that, who can know?’

Hans Jensen

Cultivating Excellence

Ignition

The Mathew effect. Robert Merton

Natural development

It is those who are successful who are most likely to be given the kinds of opportunities that lead to further success

Concerted cultivation

Mentor-coaching

Success is the result of accumulative advantage

Achievement = Talent + Preparation

Speed Skill curcuitry...Usain rewired

“Usain is an extremely gifted athlete. When I started working with him, one of the things that stood out like a sore thumb was his poor mechanics. We set about doing drills, took videos broke them down to show him exactly what he was doing. I would draw diagrams and show him the position that we are working to achieve. In Beijing he showed a mastery of the technique that we had been working on, but the transformation took two years”

Glen Mills

The UI-CI-CC-UC pathway to Excellence

The 10 000 hours pathway to Expertise

The Deep practice pathway to Efficiency

Speed Skill Myelin foundations

Human skill is created by chains of nerve fibres carrying a tiny electrical impulse

Myelin that insulates the fibres preventing signal leakage but allowing stronger and faster signals

Myelination increases the propagation velocity of action potentials

All skills are made up of living circuits of the indiscriminate myelin

Thus it is the right kind of practice that gets athletes more sprinting skills

Practice makes permanent

Every skill is a form of memory and the more one uses it the more one gets full myelination of the desired speed skill neural circuits

Nurturing the Neuromuscular system

Development of intramuscular
coordination

Increased motor unit recruiting
capability

Recruitment of less muscle fibres

Asynchronous to synchronous firing

Reduced premotor silence

Increased firing rate

Lower inhibitory mechanisms

Increased rate of force

High muscle/strength endurance

Good proprioceptive and reactive
ability.

Outcomes

Develop a high Speed base

High speed strength support

Dynamic whole body explosive ability
from a controlled base of support to
unstable base

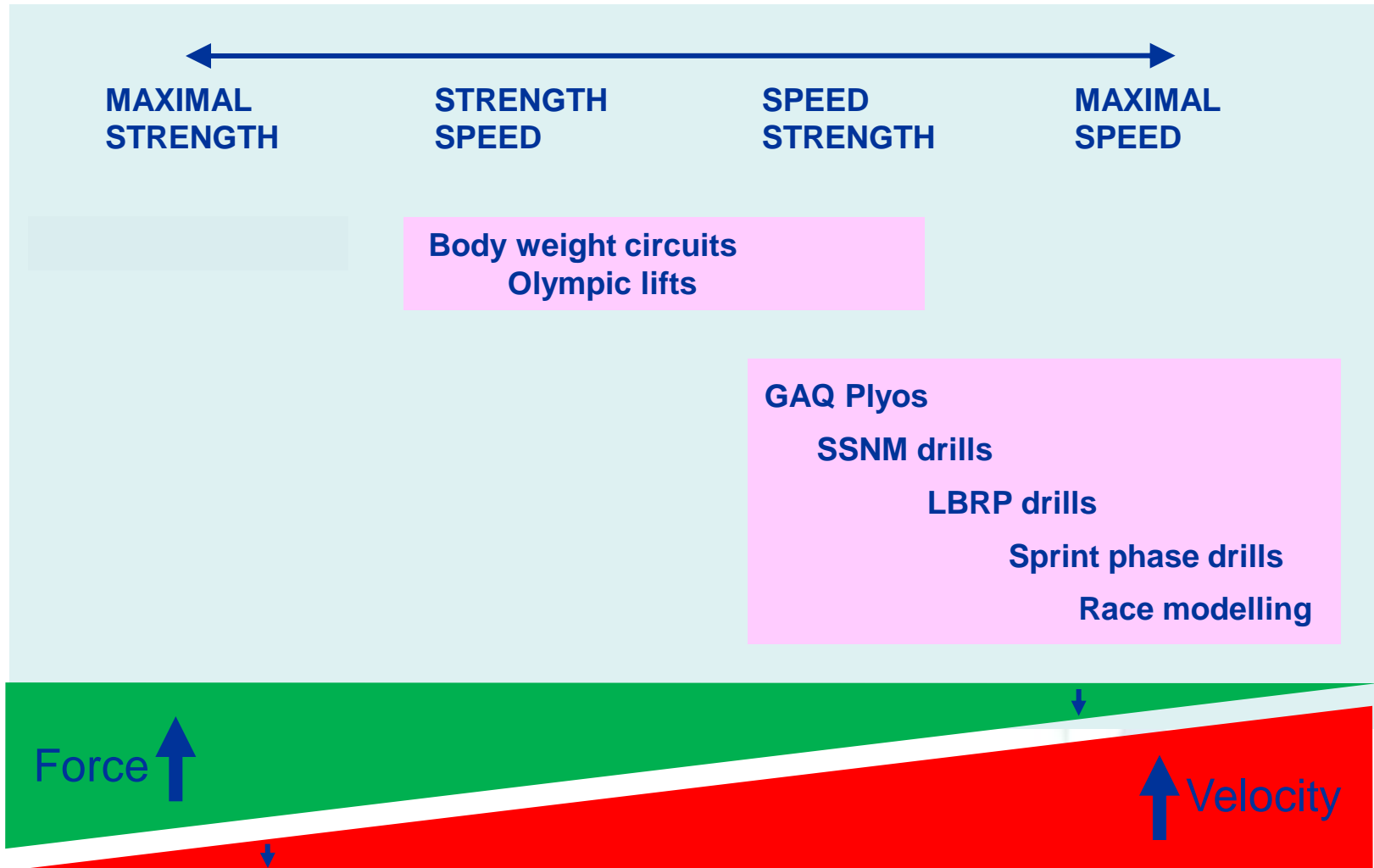
Speed skill automation

Mental perseverance

Emotional dexterity

The STRENGTH – SPEED CONTINUUM

$$\text{POWER} = \text{FORCE} \times \text{VELOCITY} \quad (P = F \times v)$$



Multi & Inter disciplinary provision: Vlocity vision

Speed excellence fundamentals

- To prehab for performance and recovery
- To develop and maintain technical excellence
- To develop and maintain specific bio-motor abilities
- To prepare for maximal performance at specific times and competitions

The Team

- Bio conditioning
- Speed Skill coaching
- Strength & Power conditioning
- Performance coaching

Impairment prevention

Biopsychosocial

The Female Triad

Eating habits

Amenorrhea

Osteoporosis

‘Child – Athlete’ status confusion

Velocity view

Lifestyle leadership & management

Health & wellbeing Nutrition

Sports Nutrition strategies

Expectations management

Self Family

Friends School

Club Nationals

Internationals

Media

"It is amazing what you can accomplish if you do not care who gets the credit."

Harry Truman