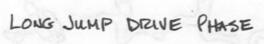
## check list for the horizontal jumps

Athlete name:	Meet:	Date:	Jump mark: wind:	
APPROACH: Drive P	Phase:			
		consistant with	previous optimal patterning	
Does the athlet				
postural angle/				
is there longer				
is there correct				
does the athlet				
		CHECK-HIAIK ALC	strides out?	
Continuation Phase				
is there a grad			sture?	
is there notice				
is there contin				
maintaining po				
hands cupped				
Dose the athlet		des from-the-bo	ard check-mark?	
TRANSITION: Penul				
Is there a conti				
Is there the cor		n mechanics? i.e	D.:	
Heal dorseflex	ed?			
flat contact?				
rolling towards				
is there a 'bridg				
	owering of the	centre of mass a	fter(in support) of the step?	
Take-off:				
Where does the				
The second secon			g out)ankle/lower leg?	
A CONTRACTOR OF THE PARTY OF TH	Ī.,	t progressive fas		
	or 'swing leg' mo	ove forward with	a big split, progressing up?	
THE JUMP: Flight:				
			oiding head back, back arched?	
The second secon	r begin to prepa	re for landing at	the highest arch of their jump?	
Landing:				
A TOTAL CONTRACTOR OF THE PARTY			motion into the sand past the hips?	
			uing to move forward or to the sid	le?
	walk out of the	front of the pit	and smile to the coach?	
Additional jump info:				





C. Ajunya (NGC)
96 GAHES



TIK G ,88 CMHE?

PENLITHATE STEP





TAKE OFF



LIKE '88 GAMES

PUSHOFF FROM THE BOATED

3/2

BAD PREMATURE FLIGHT LOOK FOR 90° ANGLE

G000