

SUGGESTED METHODS IN COACHING GIRLS' TRACK

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CHAPTER I

INTRODUCTION

For many years track and field has been considered a controversial activity for the American girl. Perhaps one of the most obvious reasons why this point of view has prevailed is that few women in physical education have had the training or experience to teach girls the finer techniques of running, jumping, and throwing necessary for interscholastic competition.

Times are changing, and an era of growing interest in track and field for girls and women is emerging. Old prejudices are giving way to new understandings of the nature of the female and her role in our contemporary society.

There are several factors which may be linked to the recent upsurge of interest and activity in girls' and women's track and field. One factor may be the recognition of the latent values for fitness of running, jumping, and throwing--common activities in a track and field program. A second factor may be that the excellence of skilled women performers is becoming more appreciated and admired by both sexes. It is no longer considered unfeminine to compete in highly active and competitive sports. Another factor is the enthusiastic promotional efforts for physical activity by federal, state, and local representatives of associations, agencies, and clubs. Last, but not least, is the fact that girls are no longer willing to play the traditional role of cheerleader and spectator; they want to get involved in the sport.

There are many girls and women who have helped to establish the place of women in track and field events. These same young women have helped to show that participation in track and field contributes to the all-round development of women. Some of these young women are RaNae Bair, America's javelin champion; Marie Mulder, who at 15 years of age set a national record in the 880-yard run for United States women; Pat Winslow, a seven-time winner of the United States National Pentathlon; Doris Brown, National Amateur Athletic Union 800-meter run outdoor champion; and Madeline Manning, current world's record holder in the 800-meter run.

In the past the greatest women performers in the United States were sprinters and hurdlers, but now American girls and women are excelling in almost all of the events in international competition. In Kansas and other states, records are being improved every year.

PURPOSE

The growing interest in track and field has resulted in vastly improved performance at each level of competition. New innovations of training and administration are constantly being found which will improve the presentation of the basic skills of each event. A coach must constantly strive to stay current with all of the latest techniques in coaching. The purpose of this report is to present current methods of coaching the various events in girls' track.