

Schedule of Events

11:30am-Noon:
Athlete check in

Noon-12:15pm:
Coaches introduction

12:15-12:35pm:
Warm Up &
Sprint Mechanic Instruction

12:35-1:15pm:
Reactive Strength Index
Instruction & Testing

1:15-1:30pm:
Start Instruction/Demonstration

1:30-2:00pm:
Start & Acceleration Testing

2:00-2:15pm:
Max Velocity Mechanics
Instruction/Demonstration

2:15-2:45pm:
Max Velocity Testing

2:45-3:00pm:
Closing Activities

Athletics Westchester Presents:

Open to Athletes
of ALL Sports:

- High School
- Collegiate
- Post Collegiate

**NORTHEAST
SPEED
SPEED
SPEED
SUMMIT**

BETHEL, CT

NOVEMBER, 21

Event Registration:

<https://www.eventbrite.com/e/the-northeast-speed-summit-tickets-189922562497>

What to bring:

- Athletic Attire
- Training Sneakers
- Track Spikes
- Water/Snack
- Proof of Vaccine

FRAME BY FRAME VIDEO ANALYSIS

Lower Body:

1. *Relationship of touchdown foot and center of mass.*
2. *Path of the swing leg after take off.*
3. *Flexion of the foot/ankle throughout*



Upper Body:

1. *Posture of the spine at touchdown.*
2. *Angle, height and path of the lead arm/elbow*
3. *Angle, height and path of the trail arm/elbow*

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Speed Profiling With Benchmarks

Find out...

Split Velocity:

Device: Freelap Global
Measures: Split Velocity

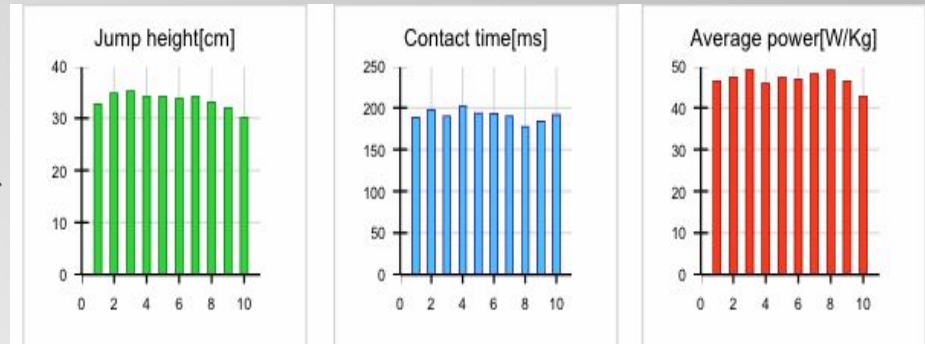


1	AC-8284	00:02.83(3)	00:02.83
	L1	00:00.96	00:00.96
	L2	00:00.94	00:01.90
	L3	00:00.93	00:02.83

1. 30m fly total time.
2. 30-40m, 40-50m, 50-60m splits.
3. Split velocity converted to m/s and mph.

Reactive Strength Index:

Device: Contact Grid
Measures: Elastic Strength



1. Jump height (cm)
2. Contact time (ms)
3. Average Power (W/Kg)

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Partnership with Torch College Recruiting

www.torchcollegerecruiting.com

Torch is a Track & Field specific recruiting platform that enables you and 400 + college coaches to search, express interest, connect and chat with each other.

Why Torch?

- **IT WORKS:** Torch has enabled 3500+ connections between college coaches and athletes, leading to dozens of college commitments and scholarship offers.
- **IT IS SIMPLE:** Torch is designed specifically to enable coaches and recruits to simply search, express interest, connect and chat with each other- making communication direct and personal without endless cold emails and questionnaires.
- **IT IS AFFORDABLE:** You can sign up for free and upgrade to Torch Pro to unlock all features for only \$10 per month.

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