

4 x 400 Relay and Medley Relay Changes

Relays are important aspects of competition.

Relays provide opportunities for team work and it's associated benefits in what is fundamentally and individual-focused sport.

Relays provide an opportunity to enhance mutual respect.

4 x 400 Relays and Medley Relays (e.g. 400►200►200►800; 100►100►200►400) provide opportunities to link different event disciplines and focus on endeavour, courage, and team work.

An important appreciation to enhance is that things that are easy to complete (or seemingly easy to complete) **often** fall apart under pressure and fatigue.

The basic rule is: if you cannot perform perfectly under little pressure, you will never perform perfectly when the pressure is on.

4 x 400 Relays .. **every** person in the team must be multi-skilled (i.e. able to perform in any position in that relay) .. the **team result is the important thing, not** individual egos. (Muck around and YOU leave the team.)

The **coach** will select the order to achieve the best result for the team.

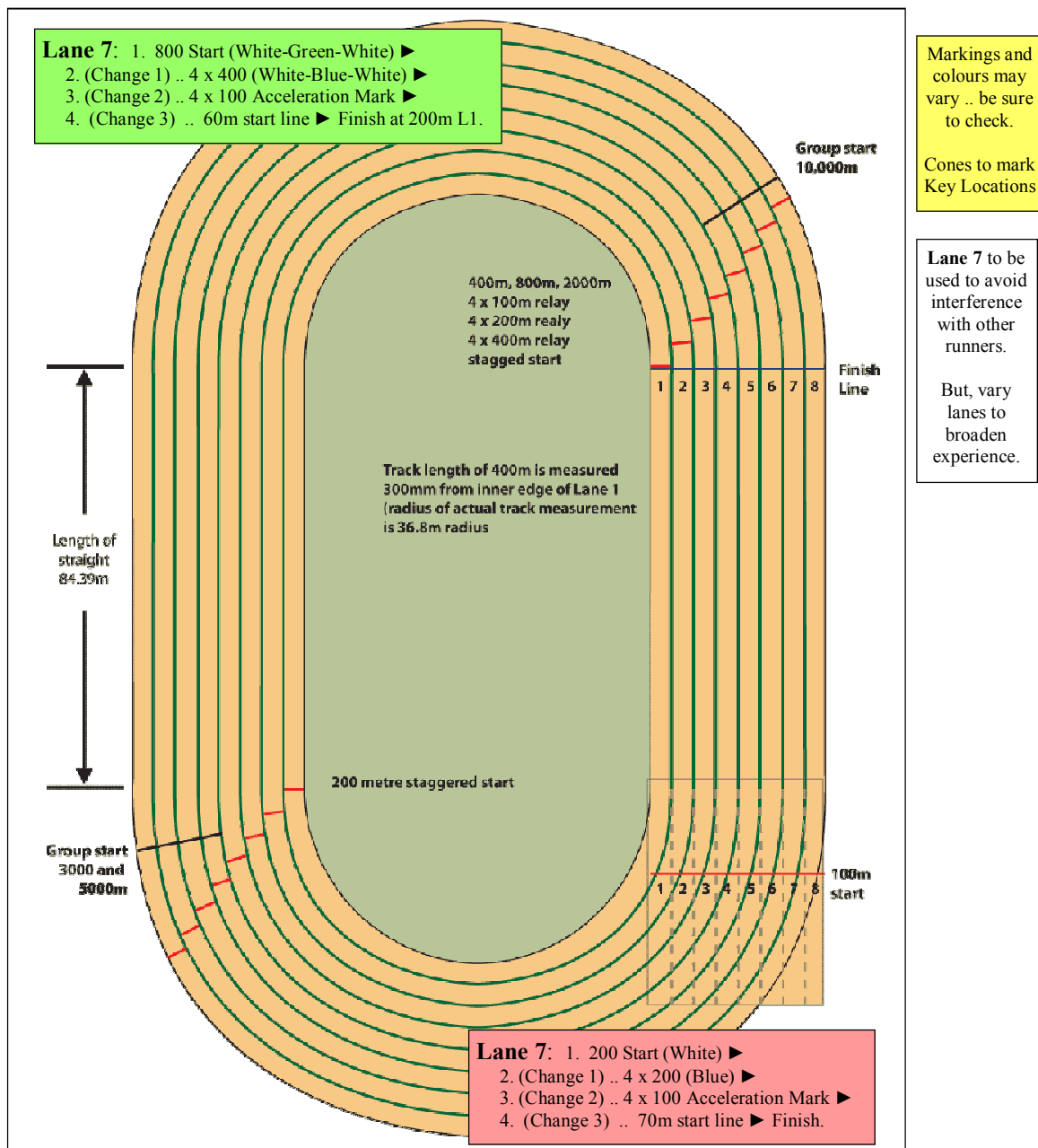
If you do not like your role, speak out early, because you will be leaving to join another team .. no discussion.

It's the coaches way, or the highway.

(Imagine what an AFL coach would say to a player selected to play CHF at the MCG, who said, "I want to play Full Back at Kardinia Park.")

Also, practice is best delivered over what is termed a "Short Course" .. this allows multiple trials at race pace.

You can devise your own "short course" .. example provided.





4 x 400 Relay Change: Visual Change .. R ► L; baton up
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4 x 100 (Sprint) Relay Change-Overs are different
 to 4 x 400 .. BUT, teamwork and confidence in
 your team mate(s) is **VITAL**



Relays = Teamwork
Working Together
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AIM: outgoing runners
NEVER look back.



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Teamwork
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Working
Together
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Relays
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Believe
Perform
 Working as a team
 requires
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Only Plenty of Perfect Practice Produces Professional Performance