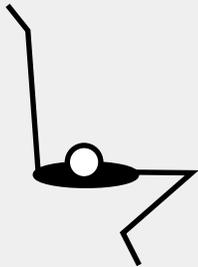
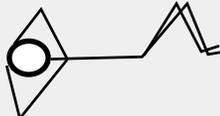


Appendix B: Cool Down

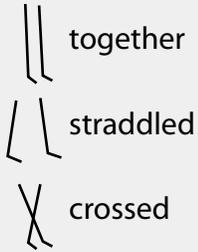
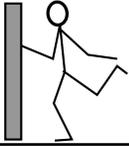
This is a cool down with a few strengthening exercises. As soon as possible, assign one player to lead it. The coach watches and talks during a long stretch. Emphasize that players should perform the exercises gently, using steady pressure—no jerky or forced movements that can cause injury. The goal is to gradually extend the range of muscle movement. Instruct players to inhale during the first part of an exercise, like a sit-up, and exhale when lowering to the origi-

nal position. Make sure your players know the goal for the exercise. Joe Fareira, a veteran track coach from the Philadelphia area, assisted me in developing this cool down.

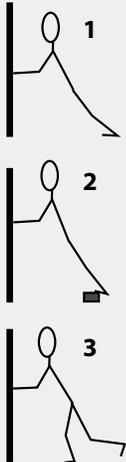
Two sets of muscle groups are mentioned often in the exercises. The hamstrings are located at the back of the thigh. The quadriceps are located at the front outside of each thigh.

# Name	Directions	Diagram
1 Hurdler's Stretch	Start this common runners' stretch sitting on the floor with both feet straight out in front of you, knees straight. Bend the right thigh back so that it makes an L with the other foot. This may be very difficult, so instruct players to go only as far as comfortable. Bend the calf toward the body. See the Diagram. Bend forward at the waist as far as possible. Hold the ankle or the farthest part on the leg that can be reached for 10 seconds. This stretches the hamstrings. Lay backward as far as possible from this same position for 10 seconds to stretch the quadriceps. Repeat this with the right leg forward.	
2 Feet overhead	Lie down with the back on the floor. Bring the legs straight up together and back over the head. Try to touch the floor with your toes. Hold this position for 10 seconds. See diagram. Lower the legs slowly to the floor. This exercise strengthens the lower back.	
3 Sit-Ups	Do 10 sit-ups slowly with the legs bent. Inhale as you count to 4 on the roll up and exhale counting to 4 as you roll down. Have a partner hold the feet down if there is nothing to put their feet under. This strengthens the mid-section and lower back.	
4 Back-Ups	Lie on the stomach, arms behind the back. Bring the chest and head upwards. Inhale, counting to 4 on the way up, and then exhale, counting again to 4 on the way down. Do 5 slowly. This strengthens the stomach area.	
5 Back stretch	Lie on stomach. Bend calves up and extend arms behind back to grab feet. Pull for 10 seconds. Repeat. This stretches the back, arms and other parts of the body.	

Appendix B continued

# Name	Directions	Diagram
6 Twister	Standing up with hands behind head, slowly rotate downward to the left. At the halfway point the head is between the legs as close to the ground as possible. Continue rotating upward to the right to the original position. Keep the legs in one position while rotating; if your legs are straight, keep them straight, if bent, keep them bent. Count to 6 or 8 on each rotation. Repeat, rotating in the opposite direction. Do 3 times.	
7 Toe Touches (3)	(1) With the feet together, bend from the waist and touch your toes. Hold for 10 seconds. (2) Repeat this with the feet far apart. This time hold the left foot with both hands for 10 seconds. Repeat, holding the right foot. (3) For a third stretch, crisscross the feet first one way, then the other. The back foot is stretched in this exercise. These stretch all muscles up to the hip.	 <p>together</p> <p>straddled</p> <p>crossed</p>
8 Push up	Start on the knees and walk with the hands to a push up position. Do a push up and walk back. Repeat 3 times	
9 Windmills	From a standing position rotate both arms forward (clockwise), making a circle with the hands. Repeat 10 times. Rotate the arms 10 times in the opposite direction.	
10 Head Rotations	Rotate the head from left to down to right to back. Count to 6 on each rotation. Repeat 3 times. This exercise relieves tension.	
11 Hamstring Stretch	Place the heel of one foot forward on a raised object 3 feet off the ground. Lean forward, keeping the leg straight. Grab ankle and hold for 5-10 seconds. Repeat, raising the other foot. Use a partner to hold the foot if no objects are around. Repeat again.	
12 Quadriceps Stretch	Stand near a wall or object you can touch for balance. Raise one foot behind and grab it with the same side arm. Lift gently. Hold for 5-10 seconds and then repeat, using the other foot and arm. Repeat again.	

Appendix B continued

# Name	Directions	Diagram
13 Wall Leans (3)	<p>(1) With feet 1 yard from the wall, lean toward the wall, keeping the heels on the floor and the legs straight. Hold for 5-10 seconds. This stretches the Achilles tendon and the calf.</p> <p>(2) Repeat this with your toes on a 3-inch-high piece of wood or other object. You want the heels to be lower than the toes. Hold for 10 seconds.</p> <p>(3) Now step forward with one foot and raise the other off the ground. Hold for 10 seconds and repeat with the other foot. This also stretches the Achilles tendon and the calf.</p>	 <p>The diagram consists of three vertically stacked stick-figure illustrations, each labeled with a number (1, 2, or 3) to the right. Each illustration shows a person leaning against a vertical wall on their right side. In diagram 1, the person's feet are flat on the floor. In diagram 2, the person's right foot is flat on the floor, and their left foot is on a small rectangular block, with the heel of the left foot lower than the toes. In diagram 3, the person's right foot is flat on the floor, and their left foot is raised and bent at the knee, with the heel of the left foot touching the wall.</p>