

# Multi-Event Athlete Management

Keinan Briggs

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**ATHLETE MANAGEMENT**

**BY KEINAN BRIGGS**

# Overview

What is athlete management?

Managing multiple event athletes: Season Schedule

Managing multiple event athletes: Practice

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# Athlete Management

Macro - Career, year, season

Micro - Quarterly, monthly, weekly, daily



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# Case Study “Jasmine” Sophomore Season PB’s

100	200	100h	Long	Triple
12.2	26.70	14.53	16'10	37'5

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Jasmine Junior Season	100	200	100h	Long	Triple
Tri Meet 3/8	SCR	SCR	15.07	18'0	36'10
Invite 3/12	-	27.16	15.34	18'11	-
Dual 3/17	-	26.67	14.83	18'2	36'8
Dual 3/22	NT	-	15.13	18'3	35'11
Invite 3/26	-	-	14.94	17'9	37'2
Invite 4/9	-	-	-	-	33'4
Invite 4/23	-	-	-	17'8	-
League Prelims 4/28	12.63	-	-	-	-
League Finals 5/5	13.48	-	15.22	17'5	36'6
CIF Prelims 5/14	-	-	14.50	17'7	36'10
CIF Finals 5/21	-	-	14.50	17'6	36'5



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<b>Jasmine Senior Season</b>	<b>100</b>	<b>200</b>	<b>100h</b>	<b>Long</b>	<b>Triple</b>
<b>Invite 2/28</b>	<b>12.67</b>	<b>-</b>	<b>15.32</b>	<b>16'4</b>	<b>37'2</b>
<b>Tri 3/10</b>	<b>12.50</b>	<b>-</b>	<b>15.72</b>	<b>15'0</b>	<b>35'1</b>
<b>Invite 3/14</b>	<b>12.45</b>	<b>-</b>	<b>15.07</b>	<b>15'4</b>	<b>37'7</b>
<b>Dual 3/18</b>	<b>13.06</b>	<b>-</b>	<b>15.47</b>	<b>17'2</b>	<b>36'8</b>
<b>Dual 3/26</b>	<b>-</b>	<b>-</b>	<b>14.74</b>	<b>17'1</b>	<b>36'8</b>
<b>Invite 3/28</b>	<b>12.15</b>	<b>-</b>	<b>14.60</b>	<b>18'0</b>	<b>38'9</b>
<b>Invite 4/11</b>	<b>12.57</b>	<b>-</b>	<b>14.68</b>	<b>17'8</b>	<b>36'9</b>
<b>Invite 4/18</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>36'3</b>
<b>Dual 4/22</b>	<b>-</b>	<b>26.70</b>	<b>15.17</b>	<b>17'5</b>	<b>35'6</b>
<b>Invite 4/25</b>	<b>12.44</b>	<b>-</b>	<b>14.76</b>	<b>17'11</b>	<b>35'2</b>
<b>League Finals 5/8</b>	<b>12.34</b>	<b>-</b>	<b>15.04</b>	<b>18'1</b>	<b>36'10</b>
<b>CIF Prelims 5/16</b>	<b>12.78</b>	<b>-</b>	<b>14.71</b>	<b>16'3</b>	<b>35'1</b>
<b>CIF Finals 5/23</b>	<b>-</b>	<b>-</b>	<b>14.42</b>	<b>-</b>	<b>-</b>

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<b>Jade Freshman Season</b>	<b>100h</b>	<b>Long</b>	<b>Triple</b>
<b>Invite 2/24</b>	<b>DNS</b>	<b>17'9</b>	<b>38'9</b>
<b>Tri 3/2 No Relay</b>	<b>15.03</b>	<b>18'11</b>	<b>40'2</b>
<b>Dual 3/15 Rival</b>	<b>14.92</b>	<b>17'9</b>	<b>39'8</b>
<b>Invite 3/24</b>	<b>15.38</b>	<b>17'11</b>	<b>DNS</b>
<b>Invite 4/7</b>	<b>DNS</b>	<b>18'10</b>	<b>39'7</b>
<b>Dual 4/12 *200 ONLY</b>	<b>DNS</b>	<b>DNS</b>	<b>DNS</b>
<b>Invite 4/14</b>	<b>15.36</b>	<b>17'10</b>	<b>39'4</b>
<b>Invite 4/21 No Relay</b>	<b>14.94</b>	<b>18'5</b>	<b>DNS</b>
<b>League Prelims 4/26</b>	<b>14.83</b>	<b>-</b>	<b>-</b>
<b>League Finals 5/4</b>	<b>14.77</b>	<b>18'3</b>	<b>38'1</b>
<b>CIF Prelims 5/12</b>	<b>15.03</b>	<b>17'11</b>	<b>38'10</b>
<b>CIF Finals 5/19</b>	<b>14.97</b>	<b>18'7</b>	<b>38'7</b>
<b>CIF Masters</b>	<b>Dropped</b>	<b>17'11 Failed to advance</b>	<b>39'2</b>
<b>State Prelims</b>	<b>-</b>	<b>-</b>	<b>39'9</b>
<b>State Finals</b>	<b>-</b>	<b>-</b>	<b>40'0</b>



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<b>Sophia Sophomore Season</b>	<b>High</b>	<b>Long</b>	<b>Triple</b>
<b>Invite 2/25</b>	<b>DNS</b>	<b>16'10</b>	<b>34'7</b>
<b>Tri 3/3</b>	<b>5'3</b>	<b>17'0</b>	<b>34'8</b>
<b>Invite 3/10</b>	<b>5'1</b>	<b>18'1</b>	<b>36'5</b>
<b>Invite 3/18</b>	<b>5'2</b>	<b>18'0</b>	<b>35'8</b>
<b>Dual 3/23</b>	<b>5'2</b>	<b>16'10</b>	<b>DNS</b>
<b>Dual 4/6 Rival</b>	<b>4'10</b>	<b>17'10</b>	<b>DNS on points</b>
<b>Dual 4/12 *100m</b>	<b>DNS</b>	<b>DNS</b>	<b>33'8</b>
<b>Invite 4/22</b>	<b>5'0</b>	<b>18'2</b>	<b>DNS</b>
<b>League Finals 5/5</b>	<b>5'1</b>	<b>17'10</b>	<b>35'9</b>
<b>CIF Prelims 5/13</b>	<b>Dropped</b>	<b>18'1</b>	<b>35'9</b>
<b>CIF Finals 5/20</b>	<b>-</b>	<b>17'10</b>	<b>Dropped</b>
<b>CIF Masters 5/26</b>	<b>-</b>	<b>18'2</b>	<b>-</b>
<b>State Prelims 6/2</b>	<b>-</b>	<b>17'11</b>	<b>-</b>



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# Pre-Season Practice: Sprinters

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Run	Run	Active Rest	Run	Run	Run

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# Pre-Season Practice: Skilled Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Run	Skill	Active Rest	Skill	Run	Run

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# Pre-Season Practice: Hybrid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skill	Run	Active Rest	Skill	Run	Run

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# In-Season Schedule

Sprinter					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Run	Run	Pre-Meet	Meet	Recover	Invitational

Skilled					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Run	Jump	Pre-Meet	Meet	Recover	Invitational

Hybrid					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Run	Skill	Pre-Meet	Meet	Recover	Invitational

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# Benefits of a Balanced Schedule

Super Scoring PR's

Improved Marks

Durable athletes



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