

Eastbrook Academy Track & Field Sees Great Results Using New BlocDoc !

Eastbrook Academy in Milwaukee, Wisconsin, like many other schools in America does not have the luxury of using an indoor track facility for practice. This has been all too apparent given the cold weather experienced this season. Eastbrook's track coaches, like many other high school and middle schools experience frustration in the quality of starts from their sprinters and hurdlers who have to train in the halls or gym.

At the beginning of this season, Jayne Swick, Eastbrook Academy Athletic Director, made the decision to invest in a new technology call the BlocDoc which was recently introduced by USA Track Stuff, LLC. *"From the first practice on, we noticed a change in attitude with our athletes about practicing starts."* *"In fact, we have to pry the blocks away from our most dedicated athletes up to 1/2 hour after the end of normal practice, because they want to keep working."*



For years, teams that are forced to practice indoors at the of beginning the season or during inclement weather have used rugs, walls, and kids standing on the blocks, to try to keep them in place during practice. This has proven to be a poor substitute since the instability of the blocks leads to a lack of confidence in the runner. This causes athletes to practice starts with a less than optimum effort and therefore inhibits the adaptation needed for improving start performance.



"We've noticed a difference in performance during competition as our sprinters approach races with far more confidence than prior to the use of the BlocDoc. This has resulted in more athletes placing than in the past."

Eastbrook Academy chose to purchase two patented BlocDocs so that starts could be done in a more simulated competitive environment. And, the BlocDoc is quite effective when used by athletes who want to practice starts by themselves.

"The BlocDoc is solid. As Athletic Director, the BlocDoc gives me confidence I am putting our athletes in a safer practice environment than when we used other outdated methods to secure our blocks." **As a result of having them, Eastbrook Academy practices starts more often than in previous seasons. The middle school kids are also using the BlocDoc, giving them many quality practice starts, which should pay dividends by the time they reach tougher competition in high school.** "In the long run, purchasing the BlocDoc has been a wise investment and one that, if given a choice, I would make again."