

Vincent DiMaggio

Richard Fosbury essay

Richard Fosbury was born on March 6, 1947 and grew up to revolutionize the sport of high jump. He created the Fosbury flop which was performed by jumping back first over the bar. Richard invented this new kind of jump for a few years trying to perfect it. In the 1968 Olympics, Fosbury performed his extraordinary routine in front of thousands of people who have never seen that kind of form. He took the competition by the hands and crushed them by clearing an amazing height of 2.24 meters (7 feet, 4.25 inches), resulting in his first and only Olympic gold medal. He also won the 1968 NCAA championship for high jump. Because of Richard Fosbury's new technique to the sport of high jump, more and more people were interested on how it was performed. From then on Richard Fosbury's technique of the Fosbury flop was the most used high jump method.

Today Richard Fosbury's technique is still used and performed throughout all skill levels. Thanks to this technique, I, as a high jumper myself use this method. Even though I am not close to the best I feel like this technique has a lot of potential in kids who can jump really high. Other high jumpers at my school have adapted to also perform the Fosbury flop as their number one jumping style. Thanks to Richard Fosbury the sport of high jump will never be the same as it was before he created the great Fosbury flop.