

GIRLS' OUTDOOR TRACK AND FIELD

Londonderry High School

2019

***Be present,
positive,
persistent and
praiseworthy.***

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WELCOME TO OUTDOOR TRACK AND FIELD WITH THE LHS GIRLS!

Welcome on board! We hope your experiences with us are rewarding and fun! You and your daughter have joined what we believe to be a worthwhile and successful track and field program. Some of you have been with us before and are familiar with our veteran athletes and our coaching staff. We welcome you back! Others are new to the sport and/or Londonderry High School. We will try to make your initial experience rewarding and hope you too will be part of the team for years to come.

Throughout the years, Londonderry High School has had numerous athletes named to all-star teams. Some have held state records, won state titles, New England and Eastern Regional championships and competed at the national level. As a team, we have had several successful seasons being competitive in dual meets and the Division I Championships. It has taken a lot of work and commitment from the coaching staff and the athletes to accumulate the accolade we have seen. We have enjoyed the journey that has brought us this far and sincerely appreciate everyone's efforts.

Our coaching staff consists of myself, Suzanne Johnson, Ed Burgess, Amy Sanborn, Emily Powers, Bill Newcomb and Sarah Brennan. Working together, we create a well-designed program to allow athletes the opportunity to be their best. It is our hope that each athlete strives to take advantage of those opportunities. To succeed, they have to follow the guidance given them and be willing to put forth their best efforts each day whether its practice or competition. **Athlete and parental understanding of our philosophy and support for our goals is a critical element for our program to succeed.** We need to strive together to be supportive of our coaches and athletes, reinforcing the efforts of the coaches and helping us all make good decisions. There is a master plan designed for our team to succeed and push towards reaching our groups' potential. We need your support to make that plan work and sincerely hope every person involved with our program will support our efforts. This packet is put together to guide all of us in working as a cohesive team to add new chapters to our success story. As the girls are used to hearing often, "**Teamwork makes the dream work.**"

Thank you for all your support. Please know your contributions are much appreciated.

BEFORE YOU READ ANY MORE OF THIS PACKET...

This packet contains a lot of information about many aspects of track and field here at Londonderry High School. What it does not contain is any "secret to success". And there really is no *secret*. Success comes from many things:

1. **Hard work** - working hard every day at every aspect of everything we do from warm ups to competitions; at times what we do can be monotonous, physically brutal and/or challenging to keep mentally in the game; the older and the better you get, the harder it gets; but this is the number one step to success... it's no secret. It is critical here to mention, for us to stay healthy and perform well there has to be a balance between hard work and rest and restoration. The body adapts to stress (aka hard work) and becomes stronger and faster during rest periods. The harder one works her body, the more one needs to regenerate and restore her body... that's no secret either.
2. **Consistency** - consistency is as important as hard work and hard work is as important as consistency; working hard only when you choose, only when it's fun or only at the end of the season does not bring true success; sure, it may get you by, but it always leaves coaches and others feeling gypped and wondering what could have been; to get the best results, you need to be at all the practice and at meets, consistently working hard; *plus* you need to be patient and willing to wait for the results; pay offs, especially the big ones, do not come overnight; and that brings us back to the need for consistency over a long period of time... it's no secret.
3. **Good planning** - "Failing to plan is planning to fail." It's such common knowledge; a good plan means one plan that is created and implemented using good sound basic principles of training and science and administering that plan using experience and common sense; this is where the coach comes in; this is a place where we all need to be on the same page; each individual and the team as a whole is relying on the coaches' guidance; you cannot be getting advice and training from a bunch of different people ("Too many cooks spoil the broth."); when you wear the LHS uniform, you put yourself in the hands of the LHS coaches; they are the coaches and you need to be coachable; all of us need to work together towards goals that will enrich the experience of both the individuals on the team and the team as a whole... it's no secret.
4. **The right attitude** - without the right attitude, hard work, consistency, and a good plan all amount to a hill of beans; you as an individual need to make a commitment to being the best athlete you can be - then and only then will you have great success; the hardest thing to wrap your arms around is the fact that another word for commitment is sacrifice; few people like to make sacrifices like giving up time with friends and family to train and compete, like managing time wisely so school work gets done and you get enough rest, like

making sure you eat enough, you eat the right kinds of foods and at the right time, like pushing yourself when you are not in the mood or have the sniffles, like stepping up for the team as a competitor when you know it's going to hurt, like being a team leader and bringing the team in the right direction even when you know it may not be the most popular thing, like giving the coach the reins over your training; the list could go on forever; there are many sacrifices to be made and they all require the right attitude... it's no secret.

5. **Ownership for what we do** - responsibility for our actions and our inactions; each of us is given a certain amount of talent; each of us is given information and opportunities; each of us must be responsible in taking the information and opportunities to develop our talents to their fullest; progress is our own individual responsibility; it is absolutely necessary to have others help us in this process, but ultimately ownership for our successes and failure is in our own hands; for example, given information about how to help my body restore itself after a hard workout or meet, it is up to me to have a healthy snack, to rehydrate and to get a good night's sleep... not mom's responsibility, not dad's responsibility, not the coach's responsibility, but mine; there is no "i" in team ...but it is in commitment and it's the first letter of the word intensity; individual responsibility leads to individual success which leads to team success; make sure you're strong enough to hold us together; collectively, as a team, we are only as strong as our weakest link; ... that's no secret.
6. **Fun** -if we are going to do it for a minimum of ten weeks, five and six days a week, for at least two hours a day, knowing each and every time it just might hurt, there has to be some form of enjoyment from what we do; every once in a while it's silly laugh out loud fun; we are dealing with teenage girls and they are sometimes just very, very silly and that's just fine with us; along with the giggly fun though, we are referring more to fun in the sense that we work hard together, support each other, meet challenges head on and individuals are succeeding and the team is succeeding; fun in the sense that you as individuals and we as a team have accomplished what we should; fun in the sense that we gave our best and are enjoying the rewards of that effort; success is fun; winning is fun... it's no secret.

Those are some of the most important requirements to having great success. Perhaps you know of others you think are as important and wish to share with us. We do not pretend to know everything. We cannot offer you nor do we offer you a magic formula. We offer you a plan that has been put together as the result of lots of research and experience. We will be the first to admit that what we do is not perfect and mistakes have been and will be made. But, we also state with great confidence that if you follow our plan, your chances of greater success are going to be much higher than if you don't. With that in mind, we hope our plan along with the information in this packet helps lead us all to greater success.

Team Philosophy

- A. Our first priority is making this a better track and field team. To achieve this, we are working to develop individual athletes who perform at their highest level in all competitions.
- B. Emphasis on track & field as a team sport is a main focus of our program. We stress working together by means of a common plan to achieve a common goal. This does not mean individual goals are to be eliminated or ignored. It does mean balancing team and individual needs with the overriding tone leaning towards the team's needs.
- C. The above stated goals translate into the following:
 - ↳ athletes must be at all practices from start to finish; appointments, meetings, lessons, clubs, organizations, group projects, are to be dealt with outside of practice time; athletes are responsible for contacting a coach before an unavoidable absence to discuss the conflict
 - ↳ athletes need to be available for each meet - when making meet entries, the coach will take into account restrictions from the meet director/league, past performances in meets and practices and the team's goals for the meet and the season
 - ↳ athletes are expected to give their best effort in each practice and in each meet
 - ↳ athletes are expected to show respect, support for and enthusiasm for the team, their teammates and the decisions the coaches make

Athletes who are willing and able to accept the above goals, to make the time commitment and to balance team goals and individual goals, are the athletes we welcome to the program.

Athletes who are uncertain about whether they can make the above commitments are welcome to tryout for the program. After that tryout period, we can assess the situation and make a decision.

All athletes throughout the season are expected to uphold the team philosophy. Athletes unable to meet our expectations will be addressed individually. Individuals will be made aware of their shortcomings and asked to improve or correct their situation. If there are continued problems, individuals will be asked to leave the team.

NHIAA POLICY: Non-School Competition

A member of a school team is a student athlete who is regularly present for, and actively participates in, all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an "out-of-school team."

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the principal and athletic director on a case by case basis.

Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time shall be declared ineligible for the next 4 consecutive interscholastic events or 3 weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the date of his or her last participation in a high school sport. Any student athlete who violates this rule a second time or subsequent time shall be declared ineligible for participation in any high school sport for the balance of the school year.

It is expected that our track and field team schedule will take precedence over all other activities related to other teams you participate on.

NEW LEAGUE RULE AS OF SPRING 2018

The spring track and field league has changed its format for Tuesday meets from dual to tri-meets. With that changeover has come a rule to restrict visiting teams from having more than eight entries in each event. To abide by that rule, we will have to limit the number of athletes on our traveling team and adjust our entries accordingly.

HAVING A TEAM THE BEST IT CAN BE

MEANS

HELPING EACH TEAM MEMBER BECOME

THE BEST SHE CAN BE

MEANS DEVELOPING THESE AREAS

PHYSICAL

Stamina (endurance)

Strength

Suppleness (flexibility)

Stability (balance)

Speed

Skill (coordination)

Good Diet

variety of foods

proper amounts of food

essential nutrients

proper hydration

post workout/race nutrition

Time For Regeneration

balancing low, medium and

high intensity workouts

rest during activity

rest after activity

good sleep

active rest

TIME MANAGEMENT SKILLS

punctuality

planning

constructive use of time

pacing through schoolwork, especially projects

balancing activities, family and school

PSYCHOLOGICAL

Good Work Ethic

Desire to succeed

Competitiveness

Mental Vacations

time to be a kid

Game/Race Strategy

Mental Toughness

Commitment

Setting Realistic Priorities

Goal Setting

short term

medium term

long term

individual and team

realistic

Ability to Trust

Coachability

Ability to Work With Others

Willingness to Take Risks

Willingness to Fail

Patience

Persistence

High Standards – self, team, coaches

Ownership for actions

Ownership for attitudes

Confidence

Ability to push to full potential

**APPLAUD AND KEEP THOSE
CHARACTERISTICS THAT ARE STRENGTHS.
RECOGNIZE AND IMPROVE WEAKNESSES...
ONE STEP AT A TIME.**

ATTENDANCE POLICY

In order for everything to fall in place and for our team to perform the best it can, each individual needs to make a large commitment. Your commitment to teammates, our philosophy, our training program and personal goals are all reflected in your attitude. Your loyalty to your team, acceptance of team goals and coaching instructions and desire to follow our training progression from one step to the next are all visible in comments, actions and efforts. We also see the extent of your commitment through attendance.

Basically within our training program we are first laying down a solid foundation, then moving into developing speed and strength and finally maximizing speed and power. For all of this progressive development to take place, you have to be present during all meetings, practices and when appropriate in competitions. We understand there are extenuating circumstances when you may have to miss a practice or meet. We also know you understand the need to be in attendance for all team activities. We have come up with an attendance policy that we feel works well for our team.

Acceptable Absences Include the Following:

1. academic extra help that can be scheduled at no other time than during practice
2. family emergencies
3. illness or injury that requires a doctor's treatment

Please understand that excessive absences whether excused or not jeopardize an athlete's ability to perform and increase susceptibility to injury and may require limits on participation in practice and meets.

Athletes who have excessive absences of any nature will be addressed by the coaches. Attempts will be made to improve attendance. When improvement does not occur, coaches will need to use disciplinary measures which may include temporary suspensions or removal from the team. [Also, refer to NHIAA attendance policy on page 7.]

NEW POLICY: Londonderry High School has adopted a new policy for all athletes related to school attendance, practice and competition. In order to practice or compete in an athletic event, an athlete must be in attendance for the full period for five academic periods the day of the practice or competition. If the practice or competition is on a Saturday or Sunday, the attendance rule pertains to the last school day prior to the practice or competition (usually Friday). If for any reason an athlete cannot meet these requirements for a competition, the athlete needs to speak with Miss Johnson at least forty-eight hours prior to the absence.

CHECKLIST FOR PRACTICE

- _____ make practice an important priority and remember its' purpose; each practice is preparation for you to give your best performance in competition and therefore to make our track and field team the best it can be
 "Proper preparation promotes better performance."
- _____ arrive at practice ready to do what is asked of you, when it is asked of you and how you are told to do it...always the best you can
- _____ arrive at practice having eaten healthy including on that day - enough calories, enough fluids, eat early enough for food to settle before workout, etc
- _____ arrive at practice having gotten enough rest/sleep to have recovered from previous workouts/meets and to be able to handle that day's tasks
- _____ arrive at practice on time – be there *before* the starting time so we can begin at the starting time; if you need to do some extra rolling, get there way before the starting time
- _____ once you are at practice, be ready to practice – do not run off to the bathroom ten times, have to go see Michelle because you didn't go see her after school when you should have, etc
- _____ have the proper clothes available for that day's practice - watch/listen to the weather forecast; have all the clothes you may need on hand including training shoes
- _____ bring a sports watch – needs to have a chrono mode
- _____ bring your own water in your own water bottle
- _____ bring a recovery snack or some money to buy a recovery snack
- _____ stay at practice until it is over, completely over
- _____ have your ride pick you up about ten minutes after practice finishes; it gives us time to wrap things up, for you to gather your belongings and get to the car
- _____ **if there is an unavoidable conflict with practice, it is your responsibility to personally speak to Miss Johnson as soon as you are aware of the conflict and before the practice and conflict happen**

TRAINING

PROPER DRESS AND SHOES

Since we will be practicing in all kinds of weather, it is important that each member of the team is prepared everyday for all different types of conditions. For practice each day, all athletes should have on hand: socks, tee shirts, shorts, long-sleeved shirts, a sweatshirt, sweatpants, a windbreaker and wind pants or spandex. When it gets really cold, mittens, a hat and a scarf are necessary. Having all these things available does not mean you will be training each day with tons of clothes on in miserable conditions. However, we do practice every day and you does need to be prepared for whatever Mother Nature sends us.

Proper fitting shoes, designed for training and competing are very important in preventing soreness and injury. When selecting footwear, individual taste, foot size and shape and financial restraints must all be taken into account. It is critical to have a good pair of training shoes. In the past we have suffered some long-term injuries because of incorrect training shoes. What's popular or the sharpest looking shoe may not be the shoe to have. It is not absolutely necessary that you have a pair of racing shoes. You can buy a good shoe that can be used for both training and competition. If you wish to purchase a competition shoe, by all means do.

There are numerous qualified running shoe sales people at stores throughout the area. Usually the people at specialty stores are pretty knowledgeable. Even if you aren't going to buy there, it doesn't hurt to talk to them to find out information that may help you in your decision.

The school does provide us with a uniform for our team, which athletes can borrow. Since many of our athletes are competing for more than one season for more than one year, you may wish to have your own uniform to keep and care for. The tank top is **\$18** and the shorts are **\$18**. We will set aside a couple days after school to sell and loan out uniforms. Athletes will be given more specific information as to where and when this will all happen. Though the National Federation has relaxed the rule regarding garments worn under the competition uniform, as coaches we have decided to require our athletes to continue to wear only black spandex under their running shorts.

REST AND SLEEP

"Rest and recovery are perhaps the most underrated and ignored aspects of training. Both science and experience tell us the athlete can fully incorporate new skills and strength only during rest and recovery periods. To achieve maximum performance we have to give our body a time to rest and adapt."

Young people tend to need more rest in their daily routine to allow for the growth and development their bodies are going through. Young athletes are in need of even more rest since they are exerting themselves more than their sedentary peers. With all the activities our youngsters are involved in it often seems impossible to find time for not only the proper amount of sleep, but also rest periods. We know the consequences when we become overtired: mood changes, inability to concentrate, lack of energy, weaker immune systems, low performance in academics and athletics.

We as a nation are sleep deprived and scientists are spending lots of time and money to bring us information about the consequences of our life style. Though experts cannot agree on exactly what happens during sleep that helps us learn and perform better, they all agree proper sleep habits are vital to success...especially for teens. Research tells us **teens have a need for 9 1/4 hours of sleep a night** though most get around six. The consequences of sleep deprivation are many and affect us in the classroom, on the playing field, at work, in our relationships with family and friends, and so on. There are numerous resources available to give you more information about the importance of sleep, how to develop good sleep habits and the consequences of sleep deprivation. A favorite of mine is www.sleepfoundation.org. WGBH in Boston also did a great show on the teen brain which had a segment on teens and sleep. You can go to www.pbs.org/wgbh and find a link to the show. Lastly, the two names that keep popping up as "the" experts on teens and sleep are Dr. Mary Carskadon of Brown University and Dr. Bill Dement of Stanford University. A web search on either name will lead you to many of their studies and findings. Radio Lab also had a fascinating program on sleep on March 16, 2013. If you go to radiolab.org, you can get a podcast of the program. And really simple **NUMBER #1** piece of advice for better sleep... **TURN OFF THE CELL PHONE!!!**

As coaches we cannot control bedtime or sleep habits, but we can and do develop training regiments that incorporate hard, moderate and light intensity workout days and restoration periods. A lot of time and planning goes into providing a well-balanced program that combines work and rest periods. To succeed, we need the athlete to train at high intensity when we demand it and to rest when recovery is prescribed. We must rely on the athletes to get enough sleep and recovery. **No matter how superb a training program is, no matter how well our bodies are fueled, no matter how excited and motivated we are, without good amounts of sleep and rest our effort is incomplete and our successes limited.**

INJURIES

No one likes to be injured. Injuries are financially and emotionally taxing for the athlete, family and team. Injuries can become chronic and cumbersome. Most injuries are avoidable with preventative medicine. To avoid injuries the athlete needs to listen to and follow directions concerning warming up, training, competing and cooling down.

We all know that accidents do happen and track and field has its share. Very few serious athletes compete for long without having an injury. Should you be injured or hurt at a practice or a meet, it needs to be reported to the coach and the athletic trainer. If an injury occurs outside of the practice or meet, it also needs to be reported as it may affect your training and/or competition.

How can you tell the difference between an injury and soreness? This is hard at times. Generally speaking, the athlete will be sore after a hard workout or a new training technique is introduced. Delayed onset of muscle soreness may often come two days after a particularly taxing workout. A general rule of thumb, but not a sure fire diagnostic is that soreness tends to be bilateral (on both sides) and will usually feel better with an easy, gentle stretch. Soreness may also feel relieved with a warm bath. Injuries are more difficult to treat and heal. All injuries are treated with RICE in the first forty-eight hours. (Rest, Ice, Compression, Elevation) Injury pain is usually sharp, very localized (can point to one specific spot where it is), presents during and after training, is accompanied by tenderness and swelling and it tends to be unilateral (specific to one side in one specific area). Injury pain tends to increase over time and can become debilitating.

An ounce of "prehab" is worth a pound of "rehab". We do A LOT to prevent injury. Each and every practice will include a warm up and cool down. In addition, every practice will also have some strength and conditioning and/or mobility and flexibility work. The athletes will be coached on how to do their own soft tissue work which they need to attend to on a regular basis in addition to what is done during practice time. We also may encourage particular athletes to seek out sports massage therapy to alleviate soreness and to encourage flexibility and mobility.

All serious injuries should be treated by the school's athletic trainer and/or a doctor. **Unless it is an emergency situation or our athletic trainer is unavailable, we urge you to begin diagnosis and treatment of an injury with one of our athletic trainers, Michelle Hart-Miller or Meghan Powers.** Michelle is a certified athletic trainer with over three decades of experience. She is well known to area doctors and works hand-in-hand with some of the areas most recognized sports medicine professionals. She is a certified strength and conditioning coach and has been a staunch proponent of using proper conditioning as "preventative

medicine". Michelle was a varsity letter athlete in basketball, cross country and track and field at LHS and knows what it takes to be your best. She also knows how injuries can plague and even destroy athletic careers, so she is determined to properly rehabilitate athletes, get them back to the practice field and back into competition. **If you do end up going to a doctor for any reason, the athlete may not return to participate on the team until she has a written note from the doctor clearing her for athletic training and competition.** Should you ever have a question about your daughter's well-being, do not hesitate to contact the coach, the trainer and a physician.

WATER

"The drink of champions.....the single most important nutrient needed to enhance athletic performance and endurance.....The scientific use of this seemingly magical substance has helped to improve the energy, stamina, performance and cramping tolerance.....Every chemical reaction in your body, including energy production, takes place in a watery environment. If your blood, muscles and other organs do not receive optimal amounts of water, they will not perform at peak performance levels."

Eat to Win: The Sports Nutrition Bible, Dr. Robert Haas

I do not know what to add to that quote about water. The importance of water in an athlete's diet is pretty clear. An athlete must consume large amounts of water to offset the loss created by physical exertion. What that translates into are six to eight, eight ounce glasses of water a day. It is important to make this a daily habit and not just something done the day before and the day of competition. Each athlete has to experiment during practice and find out what your body can tolerate when it comes to drinking water before a hard, maximum effort (competition). Generally speaking, it is okay to drink small amounts of water right up to fifteen minutes prior to competition. You should also be drinking water after competition, even when you no longer feel thirsty. Thirst is your body's signal that you are *already* dehydrated.

The best drink to quench thirst and replenish an athlete is plain, old cold water. If before a tough workout or a meet performance you would like something with a little more to it, you are encouraged to drink diluted sports drinks or fruit juices. Full strength sports drinks or juices are ideal for after a fatiguing workout or meet. Be aware too, that most sports drinks are sold in containers that hold as much as two to two-and-a-half servings. Read labels to know what you are consuming. If you buy the larger size, drink only half. Though they are a bit more expensive, smaller single serving sizes are sold.

You should bring your own big water bottle to every practice and meet. To prevent the spreading of colds and germs, drink only from your own container. Water breaks are worked into practice time and we do encourage each athlete to consume water throughout practice.

NUTRITION

Did you know an Indy 500 race car gets about two miles per gallon of fuel? And it is carefully formulated fuel, not the same stuff you and I put into the tank of our automobiles. Whatever it is, that's a lot of energy burned at a very high rate. But boy can those cars move!!! They have way more speed and power than my 26 mpg RAV-4 that I fill with gasoline at the Shell station. What's the point? Think about what type of fuel and how much fuel the body of a well-trained high-powered athlete should be consuming compared to your average teen. OH!!! Now, let's talk nutrition.

MANY myths about athletes and nutrition still exist. We are continuously bombarded with hype and pitches trying to sell us the miracle meal or drink that will make us into the ultimate athlete. *There is no such food or food product!* Carbo-loading is not the great savior of all athletes. In fact, carbo-loading is beneficial only to athletes who are competing continuously for sixty minutes or more. So what works? Simple... a well-balanced diet that leans away from processed foods, fats and sugars and towards wholesome natural foods, including starches and complex-carbohydrates.

Here is a summary of what the "experts" say. A young female athlete can best perform on a diet that provides a variety of foods from the basic food groups. Her daily caloric intake should be **somewhere between 2400 and 3000 calories**. (This is like the Indy car getting only 2 mpg. The more power you put out, the more fuel you need to put in.) Of course the total number of calories varies with individual's metabolism and needs. (Now, the high-test fuel versus just gasoline concept...) A high performance diet should be proportioned to allow you to get twenty to thirty percent of your calories from "good" fats, **YES I SAID FATS!!!**, fifteen to twenty percent from protein and sixty to seventy percent from carbohydrates. Going back to our basic food groups, that breaks down to three servings from the dairy group, two or three servings of lean meat, three to four servings of fruit, four to five servings of vegetables and six to eleven servings from the grains group. Although it is very difficult to do during a regular school day, our experts also suggest four or five smaller meals a day as opposed to our regular three meals a day. Since that is often not practical, we encourage athletes to "graze" throughout the day or in other words to snack!!!! Healthy snacks can and will improve a diet and thus an athlete's performance.

Pre-meet meals are often a source of questions and anxiety. A few key things need to be remembered. Again, there is no miracle meal. Keep moderation in mind and stick with foods that are familiar to both your taste buds and your digestive system. Be cautious of foods that tend to sit too heavy and are laden with fat (ie. whole milk, ice cream, etc.). You really need to find out what is sensible and works well for your own particular metabolism. Go ahead and experiment, **but not right before a meet**. The time to experiment is the day of a challenging workout.

One of the most absurd behaviors we see is an athlete not eating well on the day of a hard workout or a meet. A well-balanced sensible meal should be eaten prior to big workouts and competition. The timing of the meal varies with individuals. Expecting maximum performance on an empty stomach is like expecting to win the Indy 500 with no gas in the car. Athletes are also wise to have an appropriate pre-practice or pre-race snack as a boost before performance. If solid foods are not working as snacks because of anxiety and excitement associated with a meet, try some liquid meals or gels. Again, you have to experiment and the best time to experiment is before a hard workout, **not right before a meet.**

Perhaps just as important as the pre-meet meal is what happens after the competition or after a hard workout. Once the body has been drained of its stores or gone through a stressful period, it is important to replenish the muscles with good, nutritious food. That doesn't mean as an athlete crosses the line a plate of pasta must be found!! What does make sense though is that after the workout/meet is over fast foods laden with fat and preservatives, sweets, etc. are not the greatest thing to eat. After a draining workout or competition, a good, balanced, nutritious meal is the best. Sometimes, however, we are not able to get home to eat for hours. It's a good idea for the equipment bag that travels to practices and meets to have nutritious snacks and drinks that can be consumed very soon after exertion.

We do have the research and concrete evidence to show that getting some **carbs and protein fifteen to thirty minutes after a hard workout or a competition is critical to proper recovery.** Right after practice, that could be a smoothie, shake or a protein bar or a yogurt or chocolate milk or whatever you like that is healthy and has carbs and protein. (There are plenty of refrigerators in the school where we can keep our foods/snacks fresh and cold.) ***Then you still need to eat your regular meal. This extra boost is a supplement to, not a replacement for a healthy meal.*** If you are able to go home and eat a healthy meal with a rainbow of colors very soon after competition or practice, you can get your recovery booster simply by having an extra portion of lean meat or an extra serving of milk or an extra serving of whatever protein is being served with the meal.

It goes without saying that right after a hard workout or competition you need to get plenty of fluids too. That's the time for the fruit juice or the sports drink (Gatorade or Powerade). Understand though, a **typical sports drink does not have protein, so a sports drink alone after exertion does not take care of the need for extra protein.** And remember too to check the serving size of your drink. A single serving is plenty for recovery.

If you have any concerns about your nutritional needs, feel free to contact the coaches, the athletic trainer or see your family physician.

DEVELOPING THE NON-PHYSICAL ASPECTS OF ATHLETES

We all recognize the physical aspects of training and probably have seen quite a variety of methods used to develop athletes. And this is where we tend to devote most of our training time. More and more as I age and gain wisdom about what makes an athlete successful, I recognize the magnitude of the psychological aspect of training and competition. Can you recall an athlete who may have been called "gifted" who struggled to use those gifts to their full capacity? I can. Can you recall an athlete who started with "less raw talent and fewer skills" and became the top performer on the team? Me too. Plenty of them. Yes, physical skills and talent are certainly apparent when viewing the champions perform, but the heart of the champion, what you usually cannot see unless you spend a lot of time with that person, is the driving force and the key to obtaining your best.

While I am not a psychologist, thirty-five years of teaching and coaching have given me some insight into not only training the physical athlete, but also the mind of an athlete. I also have taken several courses and workshops where I have learned a little bit about negotiating the mental aspects of training and competition and most importantly teenage girls. My bookshelves are full of various text and articles to help me learn about the brain, how it works and the power of "mind-set". And I am not shy about going to experts when I feel a need. You will hear the name Katie Clark, our school-to-community counselor, who I will ask to introduce herself to the team and help me present some ideas to develop the skills needed to be mentally tough at practices and meets and to be able to relax when a calm state of mind is called for. Together we will offer some resources you can use to get yourself mentally prepared for the challenges you face in track and field. We may also offer the use of journals to set goals, reflect on successes and failures and find ways to self improve. Being armed with information is still just the first step. There has to be a willingness to practice the psychological skills needed for success as often as we practice the physical skills. It is not always "Mind over matter." It is always the mind that matters.

SPECTATOR INFORMATION

Each meet site has its own peculiar rules and means of operation. We have put together some general information that may help you stay safe and navigate your way around.

1. Wherever we compete, if there are facility or meet rules posted, please adhere to them.

2. We try to arrive at a meet site 60 minutes prior to a scheduled starting time. Before the start of the meet, the team needs to unpack gear, take care of going to the bathroom, complete event entries and most importantly get focused and warmed up for the task at hand... COMPETING!!! We do not have a field or a court or a rink to separate the spectators from the athletes, so at times it is difficult to keep our athletes on task. Please consider arriving no more than fifteen minutes prior to the start of the meet or your daughter's event and understand a quick hello is just about all that is appropriate. A limited window of opportunity and the need to prepare for our competition dictate the use of our time and where our thoughts should be.

3. For the running events, girls will precede boys. It is up to the team hosting the meet to decide the order of the field events. The following is a tri-meet order of events:
 - 100 hurdles
 - 100 dash
 - 1600 meter run
 - 4 x 100 relay
 - 400 meter dash
 - 300 meter hurdles
 - 800 meter dash
 - 200 meter dash
 - 3200 meter run
 - 4 x 400 meter relay

 - long jump
 - high jump
 - triple jump
 - pole vault
 - shot put
 - discus
 - javelin

4. There are usually areas for spectators to congregate and observe the meet. At our home meets, most spectators can see the vast majority of the events from our stands. If you do go inside the track fence, please be very aware not only of the event you are watching, but also what is going on around you. Athletes competing or warming up often times are going to be in your area. This is especially true of the pole vault area where spectators often line the outside lanes of the track. Please stay on the grass.
5. There are some **"hazardous areas"** that you need to be aware of and avoid.
 - A. You do want to stay off the track itself. Even if races are not being contested, there are athletes warming up on the track. You should never need to cross the track to get to the infield.
 - B. The area where the shot put and discus are being thrown are lined or roped off. However, there are the occasional stray shots and discus that roll or fly outside the throwing areas. Please keep your eyes open for those strays. We strongly encourage you to watch the javelin from the farthest possible distance.
 - C. Along with the pit the athlete lands in, the triple jump and long have approach areas the athletes need to run through. These runways are marked but are not roped off. When those events are going, please respect those areas and give the athletes all the room they need. No spectators should be on the high jump apron.
6. If you are concerned about how an event is being run or with one of the officials, please bring your concerns to Miss Johnson or Mr. Burgess. Officials are instructed to deal only with coaches.
7. School district policy requires athletes to travel to and from meets with the team. If there are **extenuating circumstances** that cannot be avoided, athletes may be released to their parents. At the meet, the coaches will have a release form the parent must sign before taking their daughter. **Please understand it must be a parent who is taking the athlete and you can only take your own child.**
8. There is no admission charge to regular season meets. There is usually an admission charge to an invitational and there is an admission charge for the NHIAA championship meets: \$8 per adult, \$5 per student/child.

9. We are blessed to have gotten our track and field facility refurbished. It is an outstanding facility we hope will be used not only by our teams but also by the community at large. To help keep the facility in pristine conditions, we ask if you are attending the meet that you keep the following under consideration:

Inside the fenced in area, we ask that there be no food or drinks other than water.

When wearing shoes with a thin, sharper heel, please refrain from walking on the track, the runways or the high jump apron.

If you have younger children with you, please help us to keep chewing gum off the track surface.

Do you know a high jump pit and cover can cost over \$7000? A pole vault pit over \$10,000? We really need spectators, including children to stay off the pits. This is especially true when the cover is over the mats as the covers can easily be perforated negating their effectiveness in preserving the mats.

10. **FEDERATION RULES: USE OF ELECTRONIC DEVICES**

The National Federation has revised its rules regarding the use of electronic devices to record and show athletes their performances. It is now legal to use electronic devices for athletes to review their performance AS LONG AS THE PERSON RECORDING IS IN THE APPROPRIATE AREA AND THE REVIEW DOES NOT IMPEDE THE PROGRESS OF THE MEET.

So, an athlete may view any recordings or photos of her performances during the meet. THERE ARE MANY CAVEATS.

1. The person recording cannot in any way interfere with the running of the event or any other matters regarding the running of the meet. There may even be designated areas where the person must stand.
2. The viewing of the recording cannot in any way impede the progress of the meet. An athlete may NOT view any recording or photo once her name has been called for an attempt at a jump or throw or a running event has been called to the starting line.

AS COACHES, WE ASK IF YOU ARE SHOWING A RECORDING OR A PHOTO TO YOUR DAUGHTER DURING A MEET, THAT YOU ONLY SHOW THE RECORDING OR THE PHOTO. PLEASE ALLOW US TO INSTRUCT YOUR DAUGHTER WITH NECESSARY CHANGES AND CORRECTIONS.

GOOD READS.....

5 Areas Sleep has the Greatest Impact on Athletic Performance, Elite Sports & Performance, Sleep Science & Technology

Posted: Sep 23, 2015

By [Fatigue Science](#)

<https://www.fatiguescience.com/blog/5-ways-sleep-impacts-peak-athletic-performance/>

Yes, kids are stars on the playing field, but can they do a push-up?

November 28, 2013 11:25PM

By Nancy Cambria St. Louis Post-Dispatch (MCT)

http://limaohio.com/news/news_lifestyles/548388/Yes-kids-are-stars-on-the-playing-field-but-can-they-do-a-push-up

6 Words You Should Say Today

Rachel Macy Stafford

Certified special education teacher and author

Posted: 09/11/2013 11:24 am

<http://huff.to/1e2lOn9>

Tips for Helping Teens Balance School and Sport

Jeanne Goodes

Adolescent Fitness and Sports Writer

<http://breakingmuscle.com/family-kids/tips-for-helping-teens-balance-school-and-sport>

What the Marines Know About Discipline That Will Make You a Better Athlete

Eric C. Stevens

The Marines know a thing or two about discipline. But what they also know is discipline comes through breaking you down, pushing you, and through failure. Success can't happen without failure first.

"Benefits of Mindfulness: Practices for Improving Emotional and Physical Well-Being"

Harvard Health Publications

Being in the moment and focusing on the here and now. It's pretty powerful and very effective. Recent research validates what many have known for centuries. The article introduces the concept and simple exercises and hints to get started on improving your life. Techniques used by MANY, MANY successful people and athletes.

The Inner Game of Tennis (134 pages)

W. Timothy Gallwey

It's not about tennis. It is seen widely as one of the must reads for mental preparation for peak performance.

Mindset, The New Psychology of Success: How We Can Learn to Fulfill Our Potential

(246 pages)

Carol Dweck, Ph.D.

Many agree the go to book for achievement and success. Very easy to read, very specific about the power of the mind and how to harness that power. Very clear about our ability to change for the better. All backed up with years of research.

Communicating Mindfully (257 pages)

Dan Huston

Huston looks at how we can recognize and better understand our experiences.

Through developing these skills and our emotional intelligence, we can improve our ability to communicate and better our every day lives. He also incorporates information on why and how to meditate.

GOOD PODCAST.....

Rising Concerns About Childhood Anxiety

NHPR, The Exchange with Laura Knoy

Sixty minute call-in program with Lynn Lyons

<http://nhpr.org/post/rising-concerns-about-childhood-anxiety>

GOOD VIDEOS.....

Anxious Kids, Anxious Parents: How To Stop The Worry Cycle



merrimacktv

1:50 TRT; Lousy video quality; excellent information -

Lynn Lyons, a licensed clinical social worker and psychotherapist who lives in Concord, New Hampshire; co-author Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

<http://www.youtube.com/watch?v=5X2xExdNEes>

Everyday Leadership

TED Talk, Drew Dudley

6:14 TRT Dudley talks about “lollipop moments” - how we can impact lives and be good leaders without trying to change the *whole* world!!

http://www.ted.com/talks/drew_dudley_everyday_leadership

Any TED Talks with Carol Dweck author of *Mindset: The New Psychology of Success*