



**track & field**

**2007-2008**

Welcome to another season of Green Hope Indoor Track. Once again we look to build a strong foundation for the spring through the winter training. .

**Team Website:**

You can access the team website at: <http://greenhopetrack.relayernet.com/>  
The site includes information such as meet schedule and qualifying marks for different meets.

**Varsity Letter:**

In order to earn a varsity letter, an athlete must compete in at least one indoor invitational. Such meets include the Durham Striders HS Indoor Opener, the Eastern High School Challenge, and the State meet.

**Apparel for Practice:**

Since we train during the winter, athletes must be prepared for any type of weather. A good general rule is to bring more layers than you need. We will have some pleasant days and some pretty cold days. By having the proper attire, you will be more comfortable and reduce your risk of injury. Warm muscles are much less likely to be pulled or strained than cold muscles. The following items are highly recommended:

- New to fairly new training shoes
- Long sleeves (multiple layers)
- Long pants (tights and sweats or windpants)
- Gloves
- Hat or headband that covers ears

**Practice Schedule:**

Practice will take place every day after school unless otherwise noted. We will practice from 3:15 to 5:15. We will practice regardless of the weather in most cases. In the event of heavy precipitation, we will either move practice inside or cancel altogether if driving conditions are expected to be hazardous. We will practice at Bond Park several times as well.

**Meet Schedule:**

Durham Striders HS Indoor Opener – Saturday January 5<sup>th</sup> – UNC-CH  
Wake County Meet – Thursday January 10<sup>th</sup> – Middle Creek HS  
Wake County Meet – Saturday January 19<sup>th</sup> – Apex HS  
Eastern High School Challenge – Friday to Saturday January 25-26 – UNC-CH  
State Championship Meet – Saturday February 9<sup>th</sup> – UNC-CH  
Nike Indoor Nationals – Saturday to Sunday March 15-16 – Landover, MD  
\*\*\*Specific information regarding start times and who will compete in these meets will be announced closer to those dates.\*\*\*

I will say up front that spots in meets are only for those athletes who are able to run at or near state championship-qualifying times. Even for the two Wake County meets, the coaches in the county have decided to limit participation to

athletes with legitimate chances at qualifying for states. There will be athletes on the team who will not participate in any meets this winter. While it is not an ideal circumstance, those athletes will still be making valuable preparation for spring track.

## Training Tips

- Come to practice with appropriate attire.
- Warming up and stretching are extremely important during the winter, especially for sprinters. Make sure all stretches are done for 20 seconds. If you are not properly warmed up and stretched, you are at a much greater risk of injury.
- Always be alert on the track. Different training groups are doing different workouts in different lanes. Unless you are in an assigned lane, stay as far inside as possible so other runners can easily pass you.
- Know how to differentiate between muscle soreness and injury. You will more than likely experience soreness as a runner, especially in the early part of the season. Injuries are usually specific to an area and cause prolonged and greater discomfort than muscle soreness. If you think or know you are injured, notify a coach immediately.
- Take care of your body. RICE (rest, ice, compression, elevation) and massage when you are sore. Ice sore areas for no more than 20 minutes in a one-hour period. A warm bath with epsom salt is also good for sore muscles. Massage is most effective when muscles are warm. About half an hour after icing, apply heat to warm the muscles. Then, massage where you are sore. This is especially effective for shin splints.
- Hydration. I can't emphasize enough the importance of hydration. While you may not feel as thirsty during the colder months, it is still just as important to drink lots of water. Most of your water consumption should be in the early part of the day and at night, as you should not eat or drink during the two hours prior to exercise. Water consumption during the afternoon should be minimal, as should water consumption during workouts. When taking water breaks at practice, only drink a small amount of water. Athletes should bring their own water to practice.
- Eating and rest. It's very important that you eat three solid meals a day. You will not run well if you don't have food in your system. Be sensible in what you choose to eat. Make sure you get adequate rest as well. Your body needs it!
- On longer runs, stay off of hard surfaces as much as possible. Streets and sidewalks have no give and will take a toll on your legs. Grass and trails are ideal.
- Core strength is invaluable. Abdominal and back exercises are extremely important. Runners with good core strength are able to maintain efficient running form late in a race. Push ups are also very important in developing good upper body strength.

## **Team Rules and Procedures**

Every athlete is expected to follow all rules and procedures during practice.

### **Minor Violations**

- Warnings for 1<sup>st</sup> and 2<sup>nd</sup> violations
- A 3<sup>rd</sup> violation gives the athlete a major violation and suspension from 1 meet

Minor violations include:

Late to practice unexcused

Excessive goofing around during any portion of practice (no tennis balls!)

Being unprepared for practice (i.e., not having proper shoes or proper attire)

### **Major Violations**

- 1<sup>st</sup> violation leads to a one-meet suspension
- 2<sup>nd</sup> violation leads to a two-meet suspension
- 3<sup>rd</sup> violation leads to dismissal from team

Major violations include:

Unexcused absence from practice (note signed by parent must be received within 48 hours of absence)

Disrespectful behavior toward any coach or athlete

Leaving practice early without permission from a coach

Skipping any portion of a workout without permission from a coach