

Welcome to another season of Green Hope Track & Field. Please look over the following information that spells out

Team Website:

You can access the team website at: <http://greenhopetrack.relayernet.com/>

Apparel for Practice:

Since we begin practice 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 (Raleigh Running Outfitters, Inside Out Sports, Fleet Feet, and Athlete's Foot are all good places for shoes. Some give discounts to high school runners)
- 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 typically practice from 3:15 to 5:00. 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. Varsity distance runners will practice off-campus once or twice per week.

Tryouts

For the first time, we will be holding tryouts for the track team. However, these will be different from tryouts that teams like baseball, basketball, or soccer hold. Tryouts will be used to initially determine the JV and varsity squads. Everyone who tries out will earn a spot on one in one of those groups. Nobody will be cut entirely from the team as a result of tryouts. The tryout period will cover the first week of practice (February 15-19), culminating in an intra-squad meet where we will use time trials to determine the initial rosters. We will hold a second set of time trials during week two for athletes who come over from other spring sports. Throughout the course of the season, it is certainly possible that an athlete on the JV squad can earn a spot on the varsity squad as a result of their improvements.

Varsity Letter:

In order to earn a varsity letter, an athlete must average at least one point per meet among the meets in which s/he participates. A varsity letter can also be earned by either scoring points in the conference championship meet or qualifying for the regional meet.

Meets

As you look at the schedule below (also on the website), you will notice tri-meets, dual meets, and invitational meets. The dual and tri-meets will be for both varsity and JV athletes, except for the April 22nd meet, which is for JV only. Invitational meets as well as post-season meets (conference, regionals, states) will be for varsity athletes.

Meet Schedule:

Date	Meet	Location
3/3/10	Tri-Meet - Leesville and Apex	Leesville Road HS
3/8/10	Tri-Meet - Wakefield and Knightdale	Wakefield HS
3/11/10	Dual Meet – Apex	Apex HS
3/13/10	Tiger Relays*	Reid Ross School
3/18/10	Tri-Meet – Cary and Lee County	Green Hope HS
3/25/10	Tri-Meet – Apex and Fuquay-Varina	Green Hope HS
3/26/10	Raleigh Relays (3200 only)*	NC State
4/8/10	Tri-Meet – Middle Creek and Panther Creek	Middle Creek HS
4/15/10	Tri-Meet – Athens Drive and Holly Springs	Athens Drive HS
4/17/10	Bojangles' Apex Relays*	Apex HS
4/22/10	Dual Meet – Apex (JV only)**	Green Hope HS
4/22-23/10	Penn Relays (tentative)*	Univ. of Pennsylvania
4/24/10	Wake County Championships*	Sanderson HS
5/5/10	Tri-9 Conference Championships*	Athens Drive HS
5/15/10	NCHSAA 4A Mideast Regionals	Apex HS
5/22/10	NCHSAA 4A State Championships	NC A&T

*Invitational

**Senior Recognition Day (all seniors must attend even if not competing)

Coaching Staff

We are in the final stages of setting up our coaching staff for the season. As you can see below, our coaching staff is arranged by event area, and not necessarily boys or girls.

Head Girls' Coach – Gwen Orilio – Jumping events

Head Boys' Coach – Chip Bunn – Sprints and relays

Assistant Coach – Roger Collins – Distance events

Assistant Coach – Richard Armour – Throwing events

Volunteer Assistant Coach – Firman Walden – Hurdles and relays

Volunteer Assistant Coach – Zach Adrian – Pole Vault, sprints

Volunteer Assistant Coach – Jeb Vaughn – Distance events

Training Tips

- Come to practice with appropriate attire. Remember that it will be cold early in the season. Athletes not properly dressed for the weather are subject to dismissal from practice.
- Warming up for practice is extremely important and goes a long way toward preventing injuries. Make sure to follow your training group's warm-up routine as closely as possible so that you can be as well prepared as you can for practice.
- 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 likely feel some soreness, 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.
- While you may not feel as thirsty early during the colder weeks, 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. 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. We usually have water provided to us at practice, but athletes are welcome to bring their own.
- Eating and rest. It's very important that you eat three solid meals a day. You will not perform as 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!

Team Rules and Procedures

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

Minor Violations

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

Minor violations include:

Late to practice unexcused. We meet every day at 3:15 in the stadium.

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

- 1st violation leads to a one-meet suspension
- 2nd violation leads to a two-meet suspension
- 3rd 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