

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

Once again, 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 14-18), culminating in a series of 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. We are still awaiting the dates of our remaining tri- and dual meets, and will post those as soon as they are received from Coach Bissette (athletic director).

Meet Schedule:

Date	Meet	Location
3/17/11	Tri-Meet – Fuquay & Apex	Apex
3/19/11	Phoenix High School Classic*	Elon University
3/24/11	Tri-Meet – Athens & Lee County	Green Hope HS
3/25/11	Raleigh Relays (3200 only)*	NC State
3/26/11	Queen City Relays*	Myers Park HS (Charlotte)
3/31/11	Tri-Meet – Middle Crk & Panther Crk	Green Hope HS
4/7/11	Tri-Meet – Cary & Holly Springs	Cary HS
4/9/11	Wake County Championships*	Athens Drive HS
4/14/11	Boys' Last Chance Qualifier	Green Hope HS
4/14/11	Girls' Last Chance Qualifier	Panther Creek HS
4/16/11	Bojangle's Relays	Apex HS
4/27/11	Tri-9 Conference Championships*	Athens Drive
4/28-30	Penn Relays (tentative)	University of Pennsylvania
5/7/11	NCHSAA 4A Mideast Regionals**	TBA
5/14/11	NCHSAA 4A State Championships**	NC A&T

*Invitational

**Participation by qualification only

***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 – Roger Collins – Distance events

Assistant Coach – Chip Bunn – Sprints, relays

Assistant Coach – Marty Weiss – Sprints, jumps, strength and conditioning

Volunteer Assistant Coach – Firman Walden – Sprints, hurdles and relays

Volunteer Assistant Coach – Bill Busby – Pole Vault, high jump

Volunteer Assistant Coach – Greg Yvars – Throwing events

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!

Practice Attendance

All athletes are expected to attend all practices and meets in which they are scheduled to participate. Athletes may not miss more than five practices. After five absences, they will be dismissed from the team. The only exceptions are for folks who miss part of the first week due to trying out for another sport and for people involved in another Green Hope sports team. In the case of athletes needing extra academic help, that arrangement must be made between the athlete, his/her teacher and his/her event coach.

The following are not valid reasons for missing practice: Including, but not limited to, other Green Hope non-athletic extracurricular activities, non-Green Hope club sports practices or games.

Meet Attendance

All athletes are to attend weekday dual and tri-meets until the very last event regardless of whether or not they are competing that day. Those who may just be training that day will be expected to help with the running of the meet along with cheering on their teammates. At the conclusion of those meets, athletes will check out with their event coaches after a very brief (no more than 5 minutes) team meeting at the high jump pit.

Team Rules and Procedures

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

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, but are not limited to:

Unexcused absence from practice

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