

A Parent's Guide



TO



Two Harbors

Track and Field



2008



**PEOPLE ACTING TOGETHER AS A GROUP
CAN ACCOMPLISH THINGS WHICH
NO INDIVIDUAL ACTING ALONE COULD
EVER HOPE TO BRING ABOUT.**

PARENTS' ROLES

- 1. Be a fan of everyone on the team.**
- 2. Be supportive of your child.**
- 3. Respect the coaches' decisions.**
- 4. Respect other fans, coaches, and athletes.**
- 5. Talk to your child if they have any questions and, if they still have questions, contact the coach through agreed-upon athletic department procedures.**
- 6. Don't poison the water toward a coach, the program, or teammates by your conversation.**
- 7. Don't talk to coaches on meet day about a complaint.**
- 8. Understand that the coaches' responsibility is to make certain that students are safe and become better people and athletes... not to win every event or meet.**

3/11/08

To Parents /Guardians:

Welcome and congratulations! Your son/daughter has just joined one of our Two Harbors High School Track and Field teams! What is Track and Field? It is a spring sport which offers a unique experience in the world of running, hurdling, throwing, and jumping.

I have been involved in the sport of Track and Field for 25 years as both an athlete and coach. With this experience, I have prepared this booklet specifically for you, the Parent/Guardian of a son or daughter who wishes to participate in Track and Field this spring. Inside you will find information on a variety of topics which I believe will help you be a positive supporter of your son/daughter and our program.

It is the hope of our coaching staff that you, the parent / guardian, will help accentuate our Track and Field program here at Two Harbors High School by working with us. In doing so, your son/daughter will be better able to reach his or her full potential and enjoy their Track and Field experience to its fullest. Thank you for your support and welcome to our THHS Track and Field family!

Coach Anthony Altieri
Two Harbors High School
Head Varsity Boys/Girls Track and Field Coach



2008 TWO HARBORS HIGH SCHOOL VARSITY BOYS AND GIRLS TRACK & FIELD SCHEDULE

THIS SCHEDULE MAY HAVE SOME TIME CHANGES

Mark these dates on your calendars now!!!

| <u>Day</u> | <u>Date</u> | <u>Meet</u> | <u>Site</u> | <u>Time</u> | <u>Team</u> | <u>Dismiss</u> | <u>Depart</u> | <u>Buses</u> |
|------------------------|---------------------------|--|-----------------------------------|-----------------|--------------------------|-----------------|-----------------|--------------------------|
| MONDAY | MARCH 10 | Practice begins | | 3:15 pm | | | | |
| TUESDAY | MARCH 11 | Parent-Team- Shoe Fitting- Potluck Meeting | THHS Cafeteria | 5:15 pm | | | | |
| SATURDAY | MARCH 29 | Polar League Indoor | UWS | 2:00 pm | B&G | 12:05 pm | 12:15 pm | 2 |
| SATURDAY | APRIL 5 | Hawk Indoor | UWS | 10:00 am | B&G | 8:05 am | 8:15 am | 2 |
| TUESDAY | APRIL 8 | THHS QUAD | Two Harbors! | 4:00 pm | B&G | ----- | ----- | ---- |
| TUESDAY | APRIL 15 | THHS QUAD | Two Harbors! | 4:00 pm | B&G | ----- | ----- | ---- |
| TUESDAY | APRIL 22 | THHS QUAD | Two Harbors! | 4:00 pm | B&G | ----- | ----- | ---- |
| THURSDAY | APRIL 24 | Hermantown Invitational | Hermantown | 3:30 pm | B&G | 1:15 pm | 1:30 pm | 2 |
| SATURDAY | MAY 3 | Doc Savage Invitational | Hibbing | 10:00 am | Boys | 7:10 am | 7:20 am | 1 |
| SATURDAY | MAY 3 | ER Mullins Invitational | Grand Rapids | 10:00 am | Girls | 6:40 am | 6:50 am | 1 |
| TUESDAY | MAY 6 | True Team Sections | Pillager | 4:00 pm | B&G | 10:55 am | 11:10 am | 2 |
| WEDNESDAY | MAY 7 | Polar League JV Championships | McGregor | 3:00 pm | 7,8,9 B&G | 12:00 pm | 12:15 pm | 2 |
| FRIDAY | MAY 9 | Crosby Ironton Invitational | Crosby Ironton | 4:30 pm | B&G | 12:45 am | 1:00 pm | 2 |
| WEDNESDAY | MAY 14 | Polar League Outdoor Champ. | Two Harbors! | 2:00 pm | B&G | 12:51 pm | ----- | ---- |
| SATURDAY | MAY 17 | True Team State | Stillwater High School | 10:00 am | B&G | ? | ? | ? 0,1, or 2 ? |
| WEDNESDAY | MAY 21 | Subsection 26A | UMD | 10:00 am | B&G | 7:40 am | 7:50 am | 2 |
| FRIDAY | MAY 30 | Section 7A | UMD | 10:00 am | B&G | 7:40 am | 7:50 am | 1 |
| MONDAY | JUNE 2 | Team Awards Banquet | THHS Cafeteria | 5:00 pm | | | | |
| FRI. & SAT. | JUNE 6 & 7 | State Track and Field Meet | Hamline | TBD | B&G | ? | ? | 2 Suburbans |

* = Spring Break is March 31st thru April 5th

blue = only if team / individuals qualify

Important!!- There may be some Saturday practices this season.

Also, there will be practice during spring break

On April 2nd (Wed), April 3rd (Thurs), and April 4th (Fri). Time 10:00 am to 12:30 am.

If you are not on vacation, we will expect you at practice!!

Order of Events

Running Events

(For most meets- Girls first, then Boys for each event.)

4 x 800 m Relay
100 / 110m Hurdles
100m Dash
4 x 200m Relay
1600m Run
4 x 100m Relay
400m Dash
300m Intermediate Hurdles
800m Run
200m Dash
3200m Run
4 x 400m Relay

Field Events

(Occur during running events)

High Jump- girls then boys
Long Jump- girls then boys
Triple Jump- boys then girls
Shot Put- boys then girls
Discus- girls then boys

Meet scoring is based on the number of teams competing.

If 7 or more teams, 8 places score for points as follows:

1st 10-8-6-5-4-3-2-1 8th

TRACK TERMS TO KNOW

| | |
|--------------------------|---|
| DUAL MEET | A meet between two teams. Triangular (3 teams), Quadrangular (4 teams), ect. |
| FALSE START | Moving before the gun is fired. One false start = athlete disqualified (DQ). |
| FAST GUN | A starter whose commands are quickly given before the firing of the gun. |
| INVITATIONAL | A meet between a multiple numbers of teams. |
| PACE | Rate of speed maintained over a prolonged distance. |
| PACK | Any group running in close proximity. |
| PERSONAL RECORD | Best performance time, height or distance in an event for that athlete, usually mentioned as a "PR" or "personal best". |
| PICK UPS | During warm-up; short distance sprints to assist proper preparation for the race. Also known as "wind sprints", "build-ups", or "ins and outs". |
| RACING FLATS | A lightweight shoe designed primarily for racing; not meant for training. |
| SURGE | A gradual increase in speed as a tactical move. |
| TRAINERS | Shoes constructed for daily practice and intense use these often have thicker soles than flats. |
| WARM DOWN | Exercises through which the body is physically returned to the pre-competing state. |
| WARM UP | Exercises through which the body is physically prepared prior to competing.. |
| SPIKES | Competition shoes with metal spikes- used by sprinters, jumpers, and distance. |
| EXCHANGE ZONES | Area where the baton will be passed. (20m in length) |
| ACCELEAATION ZONE | Area where an athlete can start to pick up speed before passing a baton in the exchange zone. |
| SPLITS | Time it takes for an individual to run a certain length on a relay team or distance in a race. |
| SCRATCH | Athlete is removed from the event. |
| FOUL | The athlete's attempt at a throw or jump was illegal and it will be marked as a "no height or no distance". |
| STEP DOWN | Kicking a hurdle down purposely instead of going over it. This is illegal. |

YOUR PART BEFORE THE START

As your child is entering his/her first weeks of training there are a number of areas that may be of concern to you as a parent. How can you assist them? What should you expect? How should a student athlete prepare and deal with training and competition in terms of eating habits, sleep, and mental attitude? As a rule, do not drastically change any aspect of the normal daily routine. Everything should remain the same in terms of home responsibilities, appropriate eating, sleeping, and social habits. Parents should be aware that a common result of initial training may be muscle soreness. Any athlete in intensive training could be subject to injury. All concerns should be directed to the coach, physical therapist, and/or physician.

Water

Have your son/daughter bring a water bottle to practice! Water is very essential for an athlete to perform their best. Many physiological studies have proven that if they are hydrated, they will perform better. During competition and training, an athlete must consume more water because their body loses water rapidly. Perspiring, tissue repair, cooling itself, and organ / muscle function are just a few of the uses their body has for water.

The Two Fuels

The human body is a remarkable machine. However, if it does not get the correct amount of nutrition and rest, the two fuels, it will shut down. It may not suddenly stop working in the middle of a race, but an athlete runs the risk of developing an injury or becoming sick. At any rate, athletes must eat properly and get adequate amounts of rest or they will not be able to perform at their best level. Their body needs more of the two fuels when they are in training to heal, recover, and function properly. Attached you will find additional ideas on nutrition.

WHAT'S IN STYLE

Shoes

If possible, go to a store that deals primarily with athletic shoes/equipment or to a specific salesperson who is experienced in Track and Field athletes. In the Duluth area, these include **Austin Jarrow's** and **The Athlete's Foot**. A knowledgeable salesperson can help you to make a proper decision based on size, shoe width, running style, and type of events. For a beginning athlete, there are shoes that can serve both for training and racing. Be sure that the salesperson understands that the shoe will be used for daily training. Spikes are needed only for varsity athletes and some Jr. High sprinters; hurdlers, etc.

Clothing

It is not necessary to purchase specific running clothing. Uniforms and warm-ups will be provided for meets only. Loose fitting shirts and shorts are adequate for daily practices. Clean, dry socks for each practice will help to prevent blisters, athlete's foot, and other foot problems.

IMPORTANT: *Students should have long-sleeved tops and long bottoms, as well as hats and gloves for use on cold, windy, and rainy days.*

As an athlete becomes more experienced and involved, he or she may wish to purchase additional equipment and clothing.

Each season, captains will vote on a “*Team Garment*”. This may include T-shirts, sweatshirts, sweatpants, jackets, etc. If interested, athletes and parents will be able to purchase the new “Team Garment” each season.

SETTING SIGHTS AND REACHING HEIGHTS

The setting and assessment of goals is very much an individual decision in Track and Field. Some particular goals may include:

- PR - personal record on a distance, height or time in an event
- Race Pace - maintaining a particular speed throughout a event
- Place - place of finish relative to the entire field
- Team Position - place of finish relative to one's teammates
- Beating a specific opposing athlete
- Getting in shape
- Having fun

Hi's

Completing an event successfully and/or improving upon any of the goals mentioned above can be considered a "hi" for a runner.

Low's

Expect the possibility of disappointment after an event by the athlete. Although one goal set by the individual may have been achieved, the athlete may have fallen short of others and may not be satisfied with their total result. Athletes may need emotional space after the event by both coaches and parents.

HOW TO GREET YOUR FIRST MEET

Pre-Race/Event

Be aware that numerous events will be run during the course of the meet. A Track meet may last anywhere from two hours to a full day. Some may even be organized by the number of schools entered, the age of the runners, or divisions. The athlete may receive a pre-race sheet before each meet which should be shared with you. It should include the meet start time, the event(s) the student-athlete is in, meet schedule (if possible), and home arrival time for the bus. Please do not expect the attention of your child once they have arrived with their team at the meet site. They need time to mentally and physically prepare for their events with the coaches and the rest of the team.

Post Race/Event

Please be aware that athletes have certain responsibilities after they finish an event. First, it is his/her responsibility to report directly to one of the team managers to turn in their performance, (time, height, or distance). They should also see their coach to be given any comments about their performance. The coach may require the athlete to warm down or encourage them to actively support teammates who are still participating.

It is important to note:

After an event, an athlete may possibly be more physically spent than you would anticipate. Symptoms may include rubbery knees, general weakness, appearance of fainting, glassy eyes, nausea, salivating, or vomiting. These symptoms usually pass quickly. Coaches, trained in first aid, are aware of these physical reactions and have the responsibility and ability to treat them.

Post Meet- “The Ride Home”

The THHS athletic policy is that athletes will ride the school bus to and from all meets. Certain special circumstances may (**with a note**) allow them to ride with you. However, they should plan on always riding the bus. In addition, we please ask that you **do not ask** to leave early from a meet with your son or daughter. There are exceptions- but they must be cleared *before the day of the meet*. Athletes should stay to support their teammates, even if they are done competing. Track is a team sport. An athlete would never consider leaving a basketball game after the third quarter just because they were done playing. Track is no different.

Remember T.E.A.M. = Together Everyone Achieves More.

We will generally take two school buses to each meet. On occasion, one or both buses will stop on the trip home at a fast food restaurant. **If your son or daughter wishes to eat, please make sure they bring money or food with them to eat.**

THE “AFTERMATH”

Results

Meet results take time to compile. Usually announcements indicate places and team scores. Athletes will get a copy of these results as soon as the coaches receive them.

Awards

Generally, at quadrangular or smaller meets, there are no awards given. At invitational meets, awards usually are given for individual performance and overall team placement. These awards are an added 'plus' to an athlete. Individual awards may be given after each event is completed, or at the end of the meet.

After every meet, athletes who had a PR (personal record) in any one of the events they competed in, will receive a “***DQ PR BAR***” award in recognition of their personal improvement. These can be turned in at the Two Harbors Dairy Queen for a free Dilly Bar.

At the end of the season, awards are given out for the following: MVP, Rookie of the Year, Most Inspiring, Most Dedicated, Most Improved, and Tough As Agates. Athletes vote for individuals they believe are the most deserving of each award.

SOME THOUGHTS TO CONSIDER

After 24 years in Track and Field, I have been witness to an enormous amount of interactions among athletes, parents, and coaches. I was very hesitant to include this section in the Parent Guide. However, I realized that if one of my goals was to help parents be supportive members of our THHS Track and Field program, then these observations need to be mentioned. Please remember this:

Ask yourself, “What do my actions do.” Watch and pay attention to other parents - become aware of the dynamics that either harm/distract or support/help the athlete.

DO:

- * Give respect to the coaches and their decisions.
- * Help your child learn from mistakes and experiences - mistakes can and will happen; What we learn from them is critical.
- * Make your child accountable for what they do or do not do. This includes: attendance at practice and meets, uniform and equipment care, school work, etc.
- * Support opportunities for your child to participate in activities. Be sensitive to their wants and desires.
- * Support the team concept- be a good team member- you do not have to be the hero.

DON'T:

- * Don't re-live your childhood through your son or daughter's activities.
- * Don't push the child - support them - if expectations are out of reach, the child could have doubts.
- * Don't expect success in terms of winning all the time - they are doing the best they can at that time.
- * Don't blame others – coaches, officials, or teammates - for poor performances. This can start excuses for all kinds of situations.
- * Don't tie your ego or self-worth to your child's performances.

THE RUNNING COMMENTARY

“PLANNED PARENTHOOD”

The following article was given to me by, John Fulkrod, Head Coach of the UMD Men’s and Women’s Track & Field and Cross Country Running Teams. He has been a mentor to me for 12 years whom I highly respect as a coach and person. I believe the message is sound advice for any coach and parent.

It has been said that the most important decision a potential athlete can make is to choose the right parents. Two reasons contribute to this decision:

- 1) the genetic potential of the athlete is determined by his/her parents
- 2) an environment conducive to successful athletic pursuits can be nurtured by parents.

In this day and age only the latter reason can be realistically addressed. Nevertheless, in the "born or made" debate concerning champion athletes, it is conceded that for the most part, champion athletes are born. No amount of environmental nurturing can completely compensate for some deficits in one's gene pool. While genetics may determine one's potential, a healthy environment will determine how much of that potential is capitalized on.

A couple of questions come to mind with the above discussion:

- 1) What defines a successful athletic career?
- 2) What are the ingredients of a healthy environment?

Success requires a personal definition and to me, could be defined as “a long lasting enjoyment derived from the training and/or the competing in a sport.” Key points are long lasting and enjoyment. Fame, fortune, and genetic potential are not part of the definition. The successful athlete, then, is not necessarily the one who captures the gold. The true champion has put in an honest effort, competed to the best of their ability, is proud of their accomplishment, and is looking forward to future challenges. Success is thus subjective not objective and is reflected in a positive attitude.

This is the attitude or outlook that we would like to instill in our young protégés. How to do this is easier said than done, but three suggestions include:

- 1) Don't push the athlete in any direction...instead encourage a variety of sports. The commitment to excel in one sport, once made, will be much stronger if the decision to pursue it comes from within.
- 2) Be a role model in terms of lifestyle and your own standards of good sportsmanship.
- 3) De-emphasize winning but recognize individual accomplishment.

THE RUNNING COMMENTARY

“AN ARTICLE ON TAPERING ”

This concept can be applied to all Track and Field Events

In an earlier column the training principle of periodization was explained. The last component of the periodized training cycle is the taper period. As the name implies, training is reduced or tapered to enable the body to be fully recovered for competition. The recipe for tapering is quite simple and can be summarized in two points:

- 1) Decrease the quantity of training
- 2) Maintain the intensity.

While the recipe appears simple, masterful chefs are rare. The more you race, the more elusive it seems to get the perfect blend of workouts and rest to put you at your physiological and psychological peak. When at long last, you do run a race where everything comes together just right, there is no guarantee that replicating whatever taper was used will produce success in subsequent races. There are too many confounding variables.

With these disclaimers in mind, let me share with you a typical one week taper for the 800m race from my recipe book. The intent is not to give you something to be followed precisely but to give you a more applied example of tapering workouts.

- Sunday:** My long easy run day. Whatever distance I had built up to previously is cut by one third. Thus, instead of running 45 minutes at a conversational pace, I'll now run just 30 minutes at this pace.
- Monday:** My short and hard (anaerobic threshold) run day. This is typically a run of 12 to 15 minutes at a pace appropriate to a 10km race. My, cut by one third rule, still applies so I may just run 9 or 10 minutes at a good quick pace.
- Tuesday:** Long intervals (300m to 600m; a normal quantity may be 8 X 400m). These can be race replication intervals (800m to 1500m race pace). Again I'll do two thirds of the normal quantity but maintain the same pace as previous Tuesdays. It is O.K. to feel comfortably fatigued afterwards.
- Wednesday:** Although on most Wednesdays a pool workout is conducted, during the taper period a complete rest is prescribed.
- Thursday:** Short intervals (150m to 300m; a normal quantity may be 10 X 200m). The pace is usually that of a 400m to 800m race. The normal quantity is drastically reduced on this day. After a thorough warm-up, just one quarter of the normal Thursday workout is attempted. Even less is done if any residual tightness or fatigue is noticed in the legs. When in doubt...do less.
- Friday:** While this is normally a complete rest day, I've found a very light jog and stretch puts a bit more life into the legs on Saturday.

Parent Volunteers for 2008
Be a "Track Pack" Backer!!

Dear Two Harbors Track and Field Parent:

An organized parent group can be an asset to any Track and Field program. In addition to being spectators, active involvement with the team can increase a feeling of unity and support among parents, coaches, and athletes. In the past we have had a great response when we asked the Two Harbors Track parents for help in hosting our home meets. We hope you can help us again this season. We can use whatever help your time and talents will allow. Please look over the list of events / duties and indicate where you will be able to help us. Please return this form to Coach Altieri as soon as possible so a final schedule of volunteers can be prepared.

If at all possible, it will be very helpful to have parents volunteer for multiple events so we can train in people to work in a certain areas and prepare for the all important Polar League Conference Championship Meet which we will be hosting this year.

We thank you in advance for your generosity!

Sincerely,

Anthony Altieri
Head Boys and Girls Track & Field Coach
Two Harbors High School
218-834-8201 ext 8305
aaltiere@isd381.k12.mn.us

Parent Name (please print): _____

Athlete(s) Name: _____

Phone Number(s): _____

Email Address: _____ Best Time To Contact You- _____

SEE BACK!

Home Meet Help

No previous experience required. We will train all helpers!

- _____ Tuesday, 4/8 Two Harbors Quad (3:30 p.m. to 7:00 p.m.)
- _____ Finish Line Timer
 - _____ Track Inspector- watch so athletes do not cut, corner judges for exchange zones, gate attendants to monitor traffic onto the track.
 - _____ Concession Stand Worker (Run by Jill Lekatz)
 - _____ Hurdle Crew
 - _____ Field Event Worker
 - _____ High Jump _____ Long/Triple Jump _____ Shot Put _____ Discus
- _____ Tuesday, 4/15 Two Harbors Quad (3:30 p.m. to 7:00 p.m.)
- _____ Finish Line Timer
 - _____ Track Inspector- watch so athletes do not cut, corner judges for exchange zones, gate attendants to monitor traffic onto the track.
 - _____ Concession Stand Worker (Run by Jill Lekatz)
 - _____ Hurdle Crew
 - _____ Field Event Worker
 - _____ High Jump _____ Long/Triple Jump _____ Shot Put _____ Discus
- _____ Tuesday, 4/22 Two Harbors Quad (3:30 p.m. to 7:00 p.m.)
- _____ Finish Line Timer
 - _____ Track Inspector- watch so athletes do not cut, corner judges for exchange zones, gate attendants to monitor traffic onto the track.
 - _____ Concession Stand Worker (Run by Jill Lekatz)
 - _____ Hurdle Crew
 - _____ Field Event Worker
 - _____ High Jump _____ Long/Triple Jump _____ Shot Put _____ Discus
- _____ Wednesday, 5/14 POLAR LEAGUE CONFERENCE (1:30 p.m. to 6:30 p.m.)
- _____ Finish Line Timer
 - _____ Track Inspector- watch so athletes do not cut, corner judges for exchange zones, gate attendants to monitor traffic onto the track.
 - _____ Concession Stand Worker (Run by Jill Lekatz)
 - _____ Hurdle Crew
 - _____ Field Event Worker
 - _____ High Jump _____ Long/Triple Jump _____ Shot Put _____ Discus
- _____ Thursday, 5/22 THHS Jr. High Invite (3:30 p.m. to 7:00 p.m.)
- _____ Finish Line Timer
 - _____ Track Inspector- watch so athletes do not cut, corner judges for exchange zones, gate attendants to monitor traffic onto the track.
 - _____ Concession Stand Worker (Run by Jill Lekatz)
 - _____ Hurdle Crew
 - _____ Field Event Worker
 - _____ High Jump _____ Long/Triple Jump _____ Shot Put _____ Discus