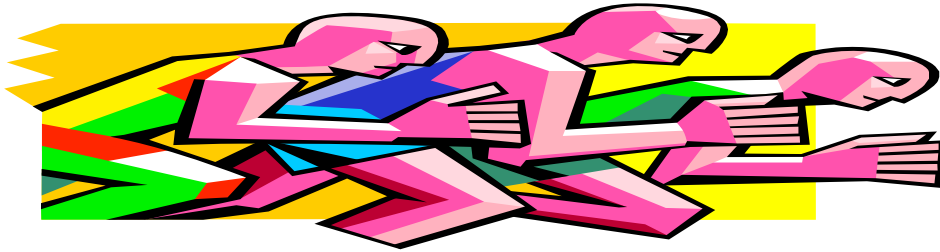


DURHAM STRIDERS TRACK CLUB

Newsletter 1



Practice Information/Times!!!

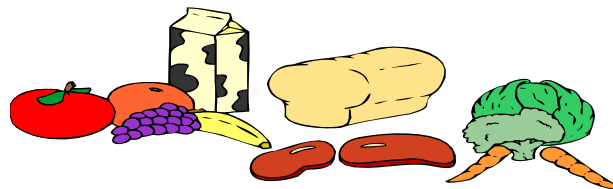
We will practice on Mondays, Wednesdays, and Thursday on Hillside's track beginning at 6PM. If there is a track meet going on, we will go up to the practice football field until they finish and then go to the track. Please make sure that the kids get to practice 10-15 minutes early (~5:45PM) in order to get their warm-ups done PRIOR to the beginning of practice at 6:00PM. Practice will end **promptly** at 7:30PM. Please make sure that you are on time to pick up your children.

During Spring Break, we will NOT practice, Monday, March 31, but we will practice on Wednesday and Thursday of the week of Spring Break, regular times.

Registration materials

If you have not completed your registration materials, you may do so while your children are practicing at the track. Mrs. Holland and Mrs. Brown will have registration forms at the track.. It is extremely important that you complete all registration information. We will need a copy of the child's birth certificate, the information and physical examination forms, the code of conduct for parents and children, and your tuition payment completed as soon as possible, as we are approaching the beginning of the competitive part of the season.

If there are any problems with the tuition payment, PLEASE see Mrs Holland or Mrs. Brown, the registration chairpersons or Coach Davis ASAP.



Nutrition update

We need everyone's help in supporting the children's participation by healthy eating! The kids will tell on you!!! Please help us prepare the kids for strenuous workouts by doing the following:

- 1) **Wean** the kids from sugar containing liquids, (soda, Kool-Aid, sweet tea, etc) to **WATER!!! WATER!!!! WATER!!!!** **The kids will need at least 2 liters(64 ounces) of water/day.** This will be hard; most of our kids are addicted to the sugar in soda.

- 2) **Wean** the kids from fast food!!! There is more salt and fat than the kids need in just 1 fast food meal!!!
- 3) **Try** fresh or dried fruits for snacks!!!
- 4) **Cut out** junk foods such as candy, cookies, chips, and substitute for fresh or canned fruits in lite syrup/juice, fresh vegetables, etc.
- 5) **Cut out** frying foods/meats and bake or broil foods/meat. Keep red meat to a minimum
- 6) **Change** from white bread to wheat bread
- 7) **Complex carbohydrates** are especially good for the kids, such as pastas, (spaghetti, lasagna, macaroni)
- 8) **Limit Salt**, both from the shaker as well as that in canned foods (i.e. buy frozen vegetables instead of canned), in processed meats (bologna, hot dogs, etc). and in certain cheeses (Yellow cheese in particular).
- 9) **READ LABELS on all foods!!!**

SHOES/WHAT TO WEAR

The kids need reasonable shoes to practice in. Many of them are in basketball shoes, or other running/athletic shoes which are inappropriate for their foot structure. Please take them to Ninth Street Active Feet (now located on Iredell Street/one block EAST of 9th Street) so that the personnel in the store can “fit” their feet to correct shoes and get orthotics for those who need corrections in their shoes. Please tell the staff at Ninth Street that you are with the Durham Striders to take advantage of the Strider discount. Be prepared to stay awhile, as they are very thorough in getting the right shoes for the kids.

Please make sure that the kids wear their warm-ups and have something on their heads when coming to practice as it gets cool in the late evenings during early spring. Loose fitting jogging pants, LONGSLEEVED Tops and layers are preferred. **NO SHORTS and SHORT SLEEVED TOPS until later in the spring (late April/May)**

Be prepared to wash a lot more clothes!!!!

WEATHER ALERTS

Please remember that the kids will practice on warm days even when there are light showers. Please **look at the weather forecasts** on practice days and come to the track to pick up the kids if it is lightning. We will cancel practice for any thunderstorm..

TRASH: Please help us pick up trash around the stadium. Do not leave water bottles or other trash in the facility.s