



Durham Striders Track Club

Welcome to the Durham Strider Track Club!!! We look forward to working with your children and with you. We will send home newsletters every week with important information about the Club, practice, and important information concerning track meets.

PRACTICE SCHEDULE

The team will practice on Monday, Wednesday, and Thursdays at Hillside High School initially, and then at NCCU's track later on in the season, mid-May..

Please remember to try to get the kids out to the track by 5:45 so that they can warm up before practice actually begins.

As far as the weather is concerned, *if it is raining AND cold, or we are in the midst of a thunderstorm, we will **not** practice.* In the summer, when there are afternoon showers, (without lightning), we will practice. If a storm develops while the kids are at practice, please come to the track to pick them up. We will evacuate the fields if there is lightning on the horizon, and discontinue practice until it passes, or completely call off practice.

We ask that the kids have warm, loose fitting clothes for practice, like jogging pants, sweatshirts with or without a hood, and something to put on their heads, e.g. toboggan. Because shoes are an important part of their training, we ask that you try to use Ninth Street Active Feet to have Walt Cleary and his staff fit shoes that are appropriate to their foot structure, gait, etc. Please identify yourselves as Durham Striders to receive the discounted price for the shoes. Please also be prepared to be there awhile; they take their time to evaluate the kids and fit them with the right shoe. Since we started using Ninth Street, the problems with feet and legs hurting, shin splints, etc, have all but disappeared. Only buy running shoes; do not buy spikes or other specialized shoes until instructed by one of the coaches.

Please do not "practice" your children over the weekends or do additional training. The training that they will receive during the weeks will be intense, and they will need to recover so as not to encourage injuries. We ask that parents remain in the stands while we practice. If there are questions, please wait until after practice to talk with a coach.

DROPOFF and PICKUP

Please drop off your children 15 minutes before practice officially begins so that the kids can warm-up. Also, we ask that you are at the track *promptly* at 7:30PM to pickup your children. During the early weeks of the season when it gets dark BEFORE 7:30PM, please plan to be at the track for pick up a littler earlier. The coaches do not leave the track until every child has been picked up. *Please do not take your children without letting one of the coaches know, and if someone other than a parent or legal guardian is picking up your child, please let us know when you drop off your child.*

NUTRITION

To support and maintain the intensity of the training that the children will be undergoing, it is essential that their diets provide adequate nutrition. For most kids, this will mean a dramatic change in their diet. To sustain their efforts, they will need 1600-2200 calories/day and no more than 1200 mg of sodium (SALT)/day. This means that you will need to *read the labels* on the foods that you buy. Please do NOT feed your child a heavy meal right before coming to practice. It will cause nausea and vomiting at the track.

FLUIDS: They will need to drink at least **64 ounces of water/day**, that's 8-8oz glasses of water, **not** soda, Kool-Aid, juice, tea, or sport drinks. Eight glasses a day is enough for sedentary people, but if you are physically active, you need more. Drink 8 to 20 ounces of water about 15 minutes before working out

MEALS/SNACKS: They will also need to eat three **BALANCED** meals/day and healthy snacks. This means giving up cookies, chips, candy, and other sugar-loaded favorites and eat fresh or dried fruit, fresh

vegetables. Since there is little nutritional value in white bread, we ask that you prepare their sandwiches with wheat bread. For most children, there is excessive salt and fat in their diet/meals. We ask that you prepare their meals and swear off fast foods. Since the kids will need an efficient source of energy, please encourage carbohydrate rich foods, like pasta, which is also something that the kids like, spaghetti, pizza with white cheeses, macaroni salad, pasta salad, etc. 3-4 servings of vegetables/day, 3-4 servings of fruit/day. Try buying frozen or fresh vegetables (canned veggies have too much salt!). Fruits should be fresh or in their own juice, instead of syrup!

MEATS: Please bake or broil meats; *do NOT fry*, and minimize red meat in their diets and make sure that all beef is lean. Opt for chicken or fish, where possible. Stay away from processed meats like bologna, hot dogs (very high in salt), most processed sandwich meat.

Some examples of nutritional foods are: Bananas, Beans, (Lean) Beef, Broccoli, Brown Rice, Carrots, Corn, (Low fat) Cheeses (low fat/white cheese), Dried Fruit, Grapes, Kiwi, Skim Milk, Oatmeal, Papaya, Pasta, Potatoes, Salmon, Strawberries, Whole Grain Cereals and Breads.

The changes that we are asking the kids to make in their diets will be just as healthy for all of your family. Please do not make your athlete(s) feel that they are being punished because you all continue to eat other things.

Finally **swear off fast foods**. These foods are full of empty calories from FAT and much too much salt. We will be checking on you all by periodically asking your children what they ate and drank. This is the place where you can help us the most!!!!

ENCOURAGEMENT

The kids will need LOTS and LOTS of this during the first weeks of practice. Most of the children are NOT seasoned athletes and even those who have run with us in the past are out of shape. This means that the first weeks of conditioning will be tough. The kids will need lots of hugs and encouragement to continue and they will need lots of sleep.

We advise that the kids get their homework done BEFORE coming to track because they will be tired, hungry and aching after track practice. Please help us keep their academic performances high, by getting their work done on time. We will check report cards and anyone whose grades go down will have to sit out until their grades are better. NO EXCEPTIONS!!!!

Also, ***PLEASE do not feed the kids a heavy meal right before practice***. They will throw it up. They may have water, fresh fruit or dried fruit snacks, etc.

Please mark ALL clothing, shoes, and water bottles. Leave your trash in appropriate trash receptacles.

No Mercy Shirts

Each week we will choose the best male and female performers or group of performers (either in practice or from competition). They will be given a Durham Strider "No Mercy" T-shirt. These shirts are not for sale; they must be earned. One set of shirts will be given for the 9-10 and under group (includes 5-6, 7-8 and 9-10) and for the 11-12 and up group (11-12, 13-14, 15-16, 17-18) group. Once winning a shirt, those kids will not be eligible to win another for the remainder of this season. This will give more kids a chance to earn a shirt through hard work during practice and/or competition.

PARKING: Please remember that there are multiple sports and sports practices going on in the afternoons at Hillside. **DO NOT PARK IN FRONT OF THE GATE or BLOCK TRAFFIC by double parking. Please avoid parking adjacent to the baseball field. Any damage to your cars from fly balls is NOT Hillside's or the Striders' liability!!!!**

TRASH PATROL

We are asking parents to help us police the site and clear the trash that sometimes accumulates. This stadium is sacred ground for us-The Striders were responsible for this track being installed at Hillside to honor our long time coach, advisor, and hero, Coach Russell E Blunt. We will have trash bags so that you can help us get the trash picked up and keep the track in the way that Coach would have wanted it to be kept.