

DURHAM STRIDERS TRACK CLUB

“A Winning Tradition”



FORTHCOMING MEETS:

INTRA-SQUAD MEET: Next Saturday, April 12th/Hillside HS Track

We will have an Intra-squad meet on **Saturday, April 12^h beginning at 9:00AM. The kids will need to be at Hillside no later than 8:30AM to get warmed up and ready to run.**

The Intra-squad meets are run similar to a regular track meet, except that we are running against each other. This will give the kids a chance to get used to starting from the blocks, dealing with the starter's gun, and having to check-in, and warmup before an event. For the little kids, this is an important introduction to the rules of running. The kids will dress out as if this is a regular meet, sign-in, and run as if this is a real track meet.

For this meet, we will run only the 100m, 400m, 800m, 1500m, to get some times on the kids, and to work with the kids about running in lanes, starting from the blocks, starting at the sound of the starter's gun, etc. In addition, we want the kids to high jump and long jump. Those kids working with Coach Reese will have the opportunity to throw the shot, discus, and javelin.

It is important for as many of the kids as possible to participate in this meet as I will help us as we begin to move the kids into events that match their running styles and potential for other special events.

We will need parents to help out with collecting timing data and helping to keep the kids together between their events. Many of you have never done any of this. This is your chance for on-the-job training and will help you get ready to help us at the Striders' Developmental Meet (May 24th), the USATF Association Meet, The Jim Law Invitational, and the Russell E Blunt/East Coast Invitational(July 18-20) where your volunteer services will be required to make these meets move along efficiently.

FREEDOM GAMES: NC A&T STATE University: Saturday, April 19th

A number of the older athletes (9-10) and up, and a few of the younger children will participate in the Freedom Games Saturday, April 19th at NC A&T State University. This meet is primarily focused on high school athletes, however, there will be **limited** competition in the 100m, 1500m, 4x100m and 4x400m relays for 9-10, 11-12, and 13-14 year olds. We will let the kids know by Wednesday, who will participate in this meet.

BURLINGTON FRIDAY NIGHTS

Beginning in late April (no earlier than April 25th, we will participate in Friday evening track meets at Burlington Cummings High School. This will give the kids a chance to run in a limited number of events (100m,400m, 800m, 1500m, LJ, and relays). This has been a really good chance for the youngest kids to get used to starting by the sound of gun, running in lanes against other kids, running on relays, etc.

CHARLOTTE FLIGHT Developmental Meet: Saturday, May 3rd

The first competitive developmental meet will be on Saturday, May 3rd in Charlotte. The Charlotte Flight Track Team will host the meet. We will travel to Charlotte to participate in the meet. This will be an ALL-DAY meet. We will help you prepare accordingly.

FOCUSED PRACTICES

Once we complete the intrasquad meet next Saturday, we will begin to focus workouts in specific areas. Mondays are our tough workout days in general. For the most part, on Mondays we will concentrate on continuing to build strength and endurance and we will begin to focus more on speed, with very little attention to specific skills (e.g. sprints, jumps, hurdles, etc). On Wednesday and Thursday, our workouts will allow those kids who are training in jumps, hurdles, on relays, etc to spend time in these areas. There are defined groups for the field event athletes (shot, discus, javelin) whose workouts are designed differently. There is also a defined middle/long distance group whose workouts are also differently organized.

As you can see, it is VERY important for the kids to make all workouts, especially going forward. Our long range goals are to focus the conditioning and skill development toward "peaking" during late June through July, when the kids will need to qualify for USATF Junior Olympic and meet certain standards for the Invitational Meets, (Jim Law, USATF Team Nationals [Chicago], RE Blunt Invitational).

Many of the kids are missing practices consistently. This will result in the kids falling further and further behind. Many of the kids and parents have asked about how we choose people for relays. Children are chosen to run on relays based on the consistency of their performances both in practice and in competition, those who are fastest, those who can get the handoffs, and those who come to practice. The decisions about relays are made by the coaches. For the short relays, we will try to establish teams and stick with these, so that the members can perfect their handoffs through repetitive practices together. For the longer relays, 4x400, this is less of an issue.

RUNNING APPAREL:

A number of parents have asked about running apparel for the kids. The children will need **Durham Strider WHITE running shirts and navy shorts** as their official "uniform" for meets. These are now available at Ninth Street Active Feet on Iredell Street (behind 9th Street), at a cost of \$10/shirt and \$10/short. There are sizes from Youth Small through Adult 2x. Later on in the season, for those who will need BLUE running shirts, 9th street will also carry these as well. Please let the staff at 9th Street Active Feet know that you are with the Durham Striders. Also, for those who are interested, Walt Cleary has a LIMITED number Durham Strider car decals available. I bought one Friday and put it on my car, and over the weekend, people have stopped me to ask about the Strider program. It's a good way to show your Strider pride.

NUTRITION

Once again we urge you to take your children's nutrition and hydration needs SERIOUSLY. The recent hot weather is a foretaste of what's coming later in May, June, and July. Many of the children are still eating too much junk food, drinking too much sugar-containing fluids, and getting too little sleep. The demands on their bodies while practicing are SIGNIFICANT, not just the demands for calories (3000+ cal/day), but the need to recover and have enough strength to workout under the stress conditions that they undergo at our routine practices. Please wean them from soda, Kool-Aid, and other sugar-containing fluids and have them drink more water. All children should bring at least 16 oz of water to practice with them. Please also wean them from fast, fat foods (FFF).

CLEANUP

Please continue to help us keep the track and surrounding areas clean. There will be garbage bags on the premises from now on. Please have your children deposit their plastic bottles in these bags and please help us try to get the stadium clean as an example for others who use the track and stadium.