

DURHAM STRIDERS TRACK CLUB



INTRA-SQUAD MEET/Saturday, April 12/9:00AM Start/Hillside High School

We will have an Intra-squad meet this **Saturday, April 12th beginning at 9:00AM. The kids should be at the track no later than 8:30AM.**

The Intra-squad meets are run similar to a regular track meet, except that we are running against each other. The kids will dress out as if this is a real meet in Durham Strider **WHITE** running shirts (or white T-shirts if the kids don't have one yet) and navy blue running shorts. Durham Strider running shirts can be purchased at 9th Street Active Feet. The shirts are \$10 each and there are an assortment of sizes. The kids should wear their running shirts/shorts under their warm-ups. **Please label ALL clothing, shoes, coolers, etc.** Every year we find stray clothes and unless it is marked, we have no way of knowing to whom it belongs.

This meet is an important one for a number of reasons. First, it will give the kids a chance to get used to starting from the blocks, dealing with the starter's gun, having to warmup before their events, having to check-in, and how to conduct themselves when running in a meet. Secondly, it will give us a chance to look at the kids for specific types of events, running styles, etc, and get the kids moved to areas appropriate to their current talents. For this meet we will be able to get times and distances in the 100, 400, 800m and 1500m. We will also have the kids high jump and long jump. We will be able to work on starts, running in lane, and finishing, we hope. For the little kids, this is an important introduction to the rules of running.

You should plan to be at the track through early afternoon (~1PM or so). We will need parents to help out with collecting timing data and helping to keep the kids together between their events. It will quickly become obvious to everyone why we insist on the kids staying close to us during a meet. 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 Russell E Blunt/East Coast Invitational where your volunteer services will be required to make that meet (with 2500 athletes) move along efficiently. We will ask for signups for specific jobs during this meet beginning Monday and while the kids are warming up on Saturday, we will have a "mini-clinic" for the parents on how to do some of the important tasks, e.g. clerking, lane judges, high jump/long jump measurements, zone judging for relays, etc.

In preparation for the meet, the kids will need to get **1) a good night's sleep, 2) eat a balanced meal on Friday, preferably salad, pasta and LOTS of water, (no tea, soda, Kool-Aid, or pulp juice! 3) eat a good but not heavy breakfast on Saturday morning AT LEAST 2 hours before they come out to the track.**

Suggestions for reasonable breakfasts include **dry cereal with NO Milk, pancakes or waffles with syrup with NO Butter, margarine, SAUSAGE or BACON. The kids may drink apple juice or water.** Things to avoid include: Biscuits, sausage, bacon, and any fried meat, juice with pulp, i.e. **NO ORANGE JUICE, NO GRAPEFRUIT JUICE.** No milk-based foods, so yogurt, or milk as a beverage are absolutely forbidden.

At the track, the kids will need water, **NUTRITIOUS** snacks-fresh or dried fruit, trail mix, peanut butter/jelly sandwiches on **WHEAT** bread, granola bars, etc. Please do not bring junk food-cookies, candy, fried or processed meat sandwiches, potato chips, etc for the kids. Remember that if you bring this stuff, it really seems that the kids are being penalized. Please encourage them by bringing the same things for yourself as you are bringing for them. Mrs. Holland has a set of handouts for everyone. One of the handouts is a "Parent Info" handout that helps get you ready for the meet. Please refer to this. Saturday will be a "dress rehearsal" of sorts for the season.

PARENTS MEETING: Wednesday, at 7:00PM at the track

There will be an important Parents' Meeting on Wednesday afternoon at the track. We will be able to answer any questions about the Intra-squad meet and the other meets described on the handouts that will be passed out to you on Monday. Please also note that everything that you get on paper is also on our website.

VISIT by Marc Bloom on Wednesday

Mark Bloom, a reporter and track and field writer will be visiting with us at practice on Wednesday. He has a long standing interest in Youth Developmental Track and Field and the Strider Program and has put our program out nationally as one of the best programs in the country. He is coming to watch practice, and talk with Coach Davis and perhaps even some of you. Hopefully the weather will hold out for this week and we will have a good set of practices.

NEWSLETTERS

Please remember that there are newsletters each week that will be up on the website with information to keep you posted as the season progresses. We also try to give them to the kids to give to you, but sometimes this is "hit and miss". Please make sure that you check the website every week.












REGISTRATION MATERIALS

Once again we ask that you make sure that you are getting your registration materials complete for the season. We absolutely need your children's birth certificates, your contact information, and their signed code of conduct, Please remember to check in with Mrs. Holland

UNIFORMS/Parents Shirts/Durham Strider Stuff

Many of you have expressed an interest in Durham Strider parents shirts, warm-ups, etc. There are DS parents shirts and polos at Ninth Street Active Feet. Coach Davis will talk with Walt Cleary about the potential to order warm-ups for parents and athletes and potentially have Walt come to make a presentation to the Parents about this as well. Currently DS running shirts and shorts for the kids are available ONLY at 9th Street.

10-Day Forecast

			High / Low (°F)	Precip. %
Tonight		Cloudy	46°	20 %
Apr 06		Cloudy	62°/46°	20 %
Mon		Cloudy	69°/51°	20 %
Tue		Partly Cloudy	74°/54°	20 %
Apr 08		Cloudy	80°/57°	10 %
Wed		Partly Cloudy	82°/62°	10 %
Apr 09		Scattered T-Storms	73°/46°	40 %
Thu		Partly Cloudy	70°/47°	0 %
Apr 10		Showers	73°/46°	60 %
Fri		Mostly Sunny	66°/48°	0 %
Apr 11				
Sat				
Apr 12				
Sun				
Apr 13				
Mon				
Apr 14				
Tue				
Apr 15				