

Dear Middle School Track Athletes,

The following is information that will assist you with your season in Track this year.

**Meet Dates:**

04/05/19 - 4pm Beresford	(dismissed from school @ 2:50 pm)
04/09/19 - 4pm - Dakota Valley	(dismissed from school @ 2:50 pm)
04/15/19 - 3:45pm - Canton	(dismissed from school @ 2:00 pm)
04/23/19 - 4pm - Beresford	(dismissed from school @ 2:50 pm)
04/29/19 - 3:45pm - EPJ	
05/07/19 - 3:30pm - EPJ	

**Checklist:**

- \* **Gym Bag**
- \* **TEAM Uniform** - you can't participate without a school uniform.
- \* **Towel** - when you get wet you will appreciate something to dry yourself off with and help reduce the chill.
- \* **Extra Pair of Socks (2) & Change of Clothes** - too much is better than not enough, take extra.
- \* **Stocking Cap & Gloves** (most of the body heat is lost through the head. Take a sweatshirt hood is ok, but a hat in addition to is best.
- \* **Running Tights & Top**
- \* **Warm Ups/Sweats** - Always keep them in your gym bag. Best yet, take an extra set just in case you get wet or need extra warm clothing.
- \* **Running/Training Shoes** -
- \* **NO Jewelry!** -
- \* **Cellphone** - leave in your bag during the meet.
- \* **FOOD** - Healthy Snacks, Fruit & Drinks - it's cheaper to take food than to buy it at the concession stand.

## **Nutrition Guide**

### DAY BEFORE A TRACK MEET:

#### DO Eat or Drink

• Pasta, Pizza, Noodles, Potatoes, Peanut Butter & Jelly Sandwiches, Bananas, Oranges, Toast, Angel Food Cake, Plenty of Water • For speed / power events (i.e. sprints, hurdles, jumps) eat grilled, baked or roast chicken, turkey • Be in bed by 9:00 PM

#### DO NOT Eat or Drink

• Sodas, Candy w/ Nuts or Fruits, Milk Products (Including Butter), Greasy Foods, Gravies, Large Quantities of Meat, High Sodium Drinks, Nuts • No Soccer, Swimming, Basketball, Tennis, Football, Martial Arts, or other sports.

### MORNING OF A TRACK MEET (Breakfast)

• Dry Cereal, Peanut Butter and Jelly, Bananas, Oranges (NOT Processed Orange Juice) - the juice only and not the pulp from the Orange, Oatmeal, Malt-O-Meal, Pancakes and Waffles with Syrup, Chocolate and Granola Bars without Nuts, Water, Honey.

#### DO NOT Eat or Drink

• Milk or Milk Products (Including Butter), Greasy Foods, Meat, Plums, Grapes, Peaches

### DURING THE TRACK MEET:

#### DO Eat and drink

• Plenty of Water, Pedialyte, Juice from Oranges, Honey as Needed, Plain Chocolate, Granola Bars, Peanut Butter and Jelly, • An Apple (without skin) followed by a small amount of cheese can be eaten immediately following your race/event.

#### DO NOT Eat or Drink

• Meat, Plums, Grapes, Peaches, Dairy Products, Jams with Fruit and Seeds, Nuts, Sodas.

- Gatorade/Powerade

NOTE: Chicken and Turkey sandwiches can be eaten upon completion of all events. Peanut Butter and Jelly sandwiches can be eaten during the track meet.

Coolers are a great way to store food and fluids during the meet.

- \* **Extra Contacts**, Contact Solution, glasses, etc.
- \* **Hygiene Products**. Suntan Lotion, bug spray, sunblock, etc. When you need them, you need them!
- \* **Plastic Trash Bags** - keeps your items dry in bad weather. Actually, take one to set on and put your gym bag in also.

### AT THE MEET PARTICIPATION, COMPETITION & RULES REMINDERS

- \* **Allow plenty of time for warming up prior to your event(s)** - Improper warm up can lead to a bad performances & worse yet, injury!
- \* **Check In prior to event start** - listen to the announcements or ask one of the coaches for clarification on when & were to check in at. Most races will have a first, second & final call. Make sure you/relay team are checking in by the 1st call!  
Races will not be held up for you or your relay team if you don't check in and get the starting line on time.
- \* **Uniforms** -
- \* **NO Jewelry**
- \* **No running on or below the inside line of the track or you will be disqualified** - stay in the middle of your lane!
- \* **Hurdles, 100, 200, 400, 4x100 relay & 4x200 relay races require that you stay in your lanes the entire race.**
- \* **800, 1600, 3200, 4x400 and 4x800 events will start out in lanes/allies** but you can eventually break to lane one.  
All races have a different break point so make sure you know were the break points are.  
When in doubt ask a coach or track official prior to your race starting.
- \* **Relay exchange zones** - know the exchange zones for each relay race because they are different.  
When in doubt ask a coach or track official prior to your race starting.

- \* **Relay Teams** - Have relay card and baton ready for races
- \* **Cool Down** - To reduce muscle lactic acid build up and sore muscles you need to cool down properly after your events.

Remember, a cool down is just as important as the proper warm up!

- \* **NO Profanity or throwing of the baton** - these two acts will result in automatic disqualification in your event or relay team!

- \* **Give it Your best effort every time you step on the track - Be Confident!**

- \* **Be supportive of your other team mates that are participating**

*Remember, if there is something you need prior to the start of the meet please bring it to the attention of the coaches prior to leaving the school and/or getting on/off the bus. Again, proper proactive measures eliminate unnecessary emergencies and will allow you and the coaches to enjoy the meet.*