



# 2010 Track And Field Handbook



Revised: January 2010



# Season Welcome Letter

January 2010

## To all new and returning Cascade Striders and Parents:

Welcome to the 2010 Track And Field season. We look forward to another outstanding season and we are ready to go!

The Cascade Striders is a developmental and competitive program which provides an opportunity to run in an organized setting. We welcome any level of running ability. All of the coaches and board members are volunteers who care about the success of each runner. It is our hope that every athlete brings the desire to put forth their best effort at every practice and meet.

### Cascade Striders Guidelines

- 1 Do your best to arrive at practice on time even if you can't be at every practice.
- 2 Arrive ready to listen, work hard and learn.
- 3 Be supportive of all athletes on your team.
- 4 Show respect for coaches, officials and opponents.
- 5 No matter what the outcome of a meet or practice, you will always be a winner if you do your best.
- 6 Enjoy being on the Cascade Striders and take pride in yourself for being an important part of this team.

The season is broken down into two parts: first, the developmental season which is a series of six meets hosted by local teams including the Cascade Striders. The second part of the season is the competitive season with Junior Olympic competitions at the Association, Regional and National levels which ends with the National Championship meet in Sacramento, Ca.

Parents - you are encouraged to use this opportunity to run with the team as well. This is the best way to share in your child's continued improvement - and not a bad way to stay in shape yourself! It also helps us to increase the effectiveness of our practice time.

If you have any questions, feel free to speak with any of the coaches or board members before or after practices. You can also drop us a line using our website at [www.cascadestridders.com](http://www.cascadestridders.com).

Maria Laidler – Head Track and Field Coach



# Club Contacts

## Officers

Track President	Linda Sullivan
Cross-Country President	Debbie Phillips
Vice President	Anita Rae Manns
Registrar	OPEN
Treasurer	Leo Ahearn
Secretary	Open

## Support Staff

Uniform Manager	Naomi Rayment
Meet Director	OPEN
Web site	David Laidler
Awards Banquet	Carol Roe
Team Photo	David Fox

## Cascade Striders Coaching Staff

**Head Coach: Maria Laidler:** Maria began running Cross Country and track in Middle School. In High School her focus was mostly on Track and field running the 4x4 and the mile. Over the years she has successfully completed many road races and continues to use running as a way to stay healthy and to stay close to her two daughters. Maria and her daughters have been with the Cascade Striders since 2001. She has been the lead for the Subs and Mini Bantams and the Bantams. This will be her second year as head coach. She truly enjoys watching children develop a lifelong love of running. Maria is a certified USATF level 1 coach.

**Assistant Head Coach - Kirk Devine:** Kirk began coaching when his children joined the club in 2001. His skills for working with young athletes were recognized by the coaching staff and he was asked to become the lead sprinting coach in 2006. He continues to improve his own running skills in both the 400m and 4000m races. He is also an avid bicyclist, touring both Europe and the Pacific Coast.

**Head Coach - Cross Country, Joe Johnson(Distance):** Joe Johnson has coached with the Striders since 2007, and has been an avid distance runner since elementary school. In high school, he won an individual state championship and led his team to two back-to-back state titles. He credits distance running as a key to his admission to Harvard University, where he ran 10 varsity seasons at the Division I level. His primary goal is to provide motivated athletes the same guidance and opportunities that he received, to afford them the same academic possibilities. His emphasis first is on the love of running, and then on the love of pushing one's self to new limits. Everything else, he says, seems to take care of itself.

## **Cascade Striders Coaching Staff(cont.)**

### **Track Coaches:**

**Anita Rae Manns(Youth Coach):** Anita began participating with the club when her 12 year old daughter, Alexis, joined cross-country in 2007. Anita's 8 year old daughter, Erica, joined cross-country in 2008. Anita helped coach the Midgets girls during the 2008 & 2009 track and field season and worked with various age groups during the 2008 & 2009 cross-country season. Anita ran Jr. High and High School Track. In the last few years, Anita has participated in several 5k races and a few triathlons. Anita also serves as Vice President of the Cascade Striders. One of Anita's greatest joys is watching Alexis' love for running blossom and the friendships she has made in the club.

**Paul Melrose(Youth Coach):** Paul has been a track and field coach with Cascade Striders since 2002 and a cross country coach since 2004. He has been an avid runner for ten years, beginning as a varsity runner in both track and cross-country at Hazen High School.

**Leo Ahearn (Midget Coach):** Leo assisted with Bantams last track season. Leo is a certified USATF Official and is the Treasurer of the Cascade Striders. Leo's children run with the Striders. Kate is a distance runner and Matthew a sprinter. You would never guess he's also a hockey player!

### **Field Coaches:**

**Scott Phillips(Distance, High Jump & Hurdles Coach):** Scott began running track and field in junior high focusing first on sprints, hurdles and jumping events. His senior year in high school, he switched to distance and started running cross-country, and continued both through college. Since college, he has run many races of all distances including a number of marathons and triathlons. He has been coaching with the Cascade Striders since 2006.

### **Trainer:**

**Vicky Donnel:** The Donnel family joined the club in the fall of 2008 where her children fell in love with distance trail running. Vicky works as a physical therapist and has many years of experience as an athletic trainer. Her willingness to evaluate injuries and make treatment suggestions helps keep our athletes healthy & running! She enjoys cheering and encouraging all the Cascade Striders to run their personal bests.



# Cascade Striders Program

## Communications

We strive to keep our club members informed. This sounds like an easy task, but with all the information that needs to be distributed, it is more difficult than it sounds. So, we have four main ways to communicate with you:

- 1 **In Person:** We will verbally communicate information about our program and answer your individual questions at practices, track meets, and the parent meeting.
- 2 **Printed Material:** We distribute important printed material, such as handouts, flyers, etc. at practices.
- 3 **Email:** We will send out information via email whenever possible. We understand that everyone does not have email, but nearly 100% of our club does and it simply saves the club a lot of money by not printing sheets of information.
- 4 **Internet:** The Cascade Striders web site: [www.cascadestridders.com](http://www.cascadestridders.com) will have current information, forms, links to meet results, email links to the president, registrar, and head coach, as well as contact phone numbers.

## Volunteers

The Cascade Striders is a non-profit club run by volunteers. Without parent volunteers, the club would not exist. If you are interested and willing to help with the club, please contact the club President or Head Coach and let them know. We can always use an extra hand!

## Cascade Striders Meet

The Cascade Striders Meet is the club's one fund-raiser. We don't ask you to sell candy, but it is mandatory for all families to help in this event in some way. It takes 40-60 people and hundreds of hours of work to make this meet successful. Please leave that day open if at all possible (Saturday, June 12th, 2010).

## Weather

Practices will rarely be cancelled. The only time we would cancel practice is if the weather is such that it is dangerous (e.g. lightening storms). When in doubt, come to practice. Please be prepared for the weather. Wear sweats to all practices and bring hats, gloves, coats as needed.



# Club History

## A Long Track Record

Cliff Nixon started the running club which was to become the Cascade Striders in 1972. It was the first local club to allow opportunities for both boys and girls to compete in age group Track & Field and Cross Country. In its 30+ years of existence, it has helped thousands of kids achieve more of their potential in running and probably in life. We have developed into one of the Northwest's finest running programs. The Cascade Striders have trained numerous young All Americans in both Track and Cross Country over the years. Additionally, many of Western Washington's top prep runners started their running careers with the Striders.

## Cascade Striders Program

The Cascade Striders is a USA Track and Field affiliated youth running club. USATF is the organization which ultimately trains and sponsors the US National and Olympic Track and Field Teams. The goals of youth track and field (and cross country of course) are many. The main goal is to provide an opportunity for young athletes (ages 8-18) to be exposed to an organized running program and given an opportunity to train and compete with other athletes of similar ages and abilities in a supportive, fun environment. Our club operates under the supervision of USATF certified coaches and under the training and competition guidelines of USATF. We, however receive no external funding or support of any kind. We are entirely self-supporting and volunteer operated. Whether your athlete is highly competitive with his or her sights on a national title or just out to stay in shape, we have a place for anyone who truly wants to run.

## Club Philosophy

First and foremost, we place the emotional and physical well being of the athletes ahead of all other considerations. We are here to help the individual athlete enjoy our sport rather than simply promote the club. We want a fun and enjoyable experience for all our kids, no matter what level they achieve. We encourage athletes to set goals for themselves so they can experience success when they achieve those goals. And, we challenge them to be their best. But we let the athletes participate at the level they choose. We don't push them beyond where they are ready to perform. When they want to work hard, we are ready to work with them.

## Club Goals and Mission

The objectives of the CASCADE STRIDERS RUNNING CLUB are to encourage and help young people develop:

- **Physically** by learning skills related to the sport of cross country running and track and field; improving their physical conditioning and developing good training and health habits.
- **Emotionally** by building their feelings of self-esteem by recognizing their individual achievements.
- **Socially** by having fun, forming bonds of friendship, and learning good sportsmanship.



# Responsibilities - Code of Conduct

## Athletes

- Do your best to make every practice on time.
- Arrive at practice ready to listen, work hard and learn.
- Be supportive of ALL athletes on your team.
- Show respect for coaches, officials, teammates and opponents.
- Learn the rules, and always compete by them.
- Remember, your opponents are necessary friends. Without them, you cannot compete.
- Use only appropriate language around the club events.
- No matter the outcome of the meet, you will always be a winner if you do your best.
- Have FUN!

## Parents

- Encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches and officials at every practice and meet.
- Place the emotional and physical well-being of your child(ren) above any desire that they win.
- Support coaches and officials working with your child(ren) in order to provide an enjoyable and fun experience. REMEMBER . . . coaches and officials are volunteers giving of their personal time and money.
- Demand a drug, alcohol and tobacco free environment for your child and assist by refraining from their use at all youth sporting events.
- Remember children are involved in organized sports for their enjoyment, not ours, and children need models, not criticism.
- Support the team by volunteering to help with practice, helping at a meet, with transportation or wherever else it would be helpful.



# Practice Schedule

## Practices

Monday, Wednesday and Saturday of non-meet weekends. Check the team calendar on the website for up to date information.

## Location

Sammamish High School in Bellevue (unless otherwise noted on calendar)

## Workout Routine

- 800 meter easy run
- Dynamic warmup\*
- Circuit strength training (early season)
- Workout (intervals, speed play, time trials, endurance runs etc.)
- Cool down run 400-800 meters
- Static stretching 10 minutes

*\* A series of technique exercises that systematically increase speed, coordination, and range of motion. No static stretching until the cool down period of the workout.*

### Dynamic Warm up Examples:

- Side Skips
- Jogging with arms swinging forward, backward
- Sleep Walk
- Backward Run
- Knee Hugs
- Butt Kicks
- High Knees
- Clap Jacks
- Prisoner Squats
- Jumping Jacks Forward
- Deons
- Front, Back, Side
- Heel Walks
- Ball of Foot Walks
- Jock Walk
- Ankle Rolls



# Uniforms & Equipment

## Uniforms

Uniforms are required for competition. The Cascade Striders uniform consists of a:

- Royal Blue Cascade Striders Singlet
- (white T-shirts ONLY underneath singlet – NO COLORED Tees)
- Black Running Shorts

You may purchase the uniform at the initial meeting or during selected practices(TBA) in April.

## Equipment

Fortunately, not a lot of other equipment is required. The most important piece of equipment needed is a good pair of training shoes. These shoes need to have good support, be relatively lightweight, and be comfortable. We recommend that you purchase these shoes at a store that specializes in running shoes.

The Foot Zone in Redmond and Issaquah offers a 15% discount to all members of the Cascade Striders. Also, Super Jock 'N Jill in Seattle offers a 10% discount to members of our club. Racing flats or spikes are recommended for those athletes, 10 and up. In addition to being much lighter and providing good traction on slippery or muddy surfaces, there is a psychological advantage to wearing dedicated racing shoes for racing. Be aware that you will need to purchase the appropriate spikes for the appropriate surface, as surface conditions will vary.



# Nutrition

## Snack Hints

These high-carbohydrate foods can be packed and taken along for snacks, long workouts, or competitions:

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices
- Fruit yogurt
- Frozen yogurt
- Cereal and milk

## Pre-competition Meals

Pre-competition meals should be:

- Eaten 3-4 hours before the event.
- High in complex carbohydrate like bread, vegetables and fruit
- Low in simple sugars like soda pop, sugar and candy bars.
- Moderate in protein
- Low in fat
- Adequate in fluids

## All Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods include the following:

### **One hour before competition:**

- fruit and vegetable juices such as orange or tomato juices, and/or
- fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

### **Two to three hours before competition:**

- fruit juices and fresh fruit, and/or
- breads, bagels or muffins, with a small amount of cream cheese

### **Three to four hours before competition:**

- fruit juices and fresh fruit, and
- breads, bagels or muffins and
- a light spread of peanut butter or 1 slice of cheese for breads, or a light
- spread of cream cheese for bagels, and or
- a bowl of cereal, with milk or yogurt

### **Four hours or more before competition:**

- sandwich with 2 slices of bread and 2 ounces of lean meat, and
- fresh fruit, and
- fresh vegetables, and
- milk or yogurt **DON'T FORGET WATER**-Try to stay away from pop or carbonated beverages.

The above recommendations are from *Eat to Compete, Eating for Endurance, Food for Sport, The Athlete's Kitchen* and *Nancy Clark's Sports Nutrition Guide Book*.



# Your First Track Meet

- **Registration fees are handled by the club.** You DO NOT need to be at the meet at 8:00am for neither registration nor do you need to pay any meet entry fees. The Cascade Striders handles paying fees for all registered members who have paid their season fees in full.
- **Check your event time on the Meet Flyer.** You need to be there 1 hour before the scheduled time. Check in with your coach 45 minutes before your event. Events may run up to 30 minutes early and you need time to warm-up, check- in, and get to the starting line.
- **Bring food.** Concession food is available, but the selection is limited and not as healthy as we'd like for our athletes. See the Nutrition Section of this handbook for ideas on what to bring.
- **Bring a stopwatch and notebook.** You will want to record your child's performances over the course of the season, so bring a notebook and stopwatch.
- **Wear your Cascade Striders warm-up clothes and your singlet** Often we will have cold, wet, and windy weather. You need to stay warm.
- **Look for the Cascade Striders banner.** Sit next to the other Striders. It helps the team spirit.
- **Check in with your coach.** We need to know who will be competing in what events so we can get you warmed up and ready to go.
- **Don't eat 1 to 2 hours before your event.** Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. (See Handbook for nutrition suggestions)
- **Bring a water bottle.** You need to stay well hydrated to enable your body to work at its highest potential
- **Pay attention to the meet announcer.** The announcer will generally announce first, second, and last call for each event. You need to check in at the staging area by the second call. **THE ATHLETES ARE RESPONSIBLE FOR GETTING TO HIS/HER EVENT.**
- **Be patient with the officials and meet organizers.** They are parent volunteers and are trying to do their best. (You'll be in the their position at our meet) If you have a major problem with the officials, contact one of the Cascade Striders coaches for help.



# 2010 Meet Schedule (Tentative)

May 1	Rainier Beach Track Club meet @ Rainier Beach High School track	Contact: Carl.Bergquist@seattle.gov (206) 386-1925
May 8	Wings of Eagles meet @ West Seattle Stadium	Contact: Charlett Shoecraft empoweringyouthandfamilies@msn.com (206) 335-9439
May 15	<i>no meet</i>	
May 22	SCAA Fred Dean 4th Annual Invite @ Sealth High School, West Seattle	Contact: A sha Dean ashasundae@hotmail.com (206) 954-2551
May 29	<i>no meet</i>	
June 5	South Kitsap Track Club meet @ South Kitsap High School	Contact: loretta@sktfc.com
June 12	Cascade Striders meet @ Sammamish High School	Contact: meetdirector@cascadestridders.com
June 19	Flying AJ's Classic @ Sealth High School, West Seattle	Contact: Helen Woodke ajstrackandfield@aol.com
June 20	J.O. Association Multi-Events (bantam-youth) @ Yelm High School, Yelm	

June 26-27	J.O. Association meet @ Sealth High School, West Seattle	top 8 qualify for JO Regionals
July 3	SeaTown Express meet @ Sealth High School, West Seattle	Contact: knbrooks21@comcast.net
July 10-11	J.O. Regionals meet @ Sealth High School, West Seattle	top 3 qualify for JO Nationals
July 17	SeaTown Express meet @ Sealth High School, West Seattle	Contact: knbrooks21@comcast.net
July 24	Flying AJ's Classic @ Sealth High School, West Seattle	Contact: Helen Woodke ajstrackandfield@aol.com
July 27-Aug 1	J.O. National Championships Sacramento State University, Sacramento CA <a href="http://www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships/">http://www.usatf.org/events/2010/USATFJuniorOlympicTFChampionships/</a>	