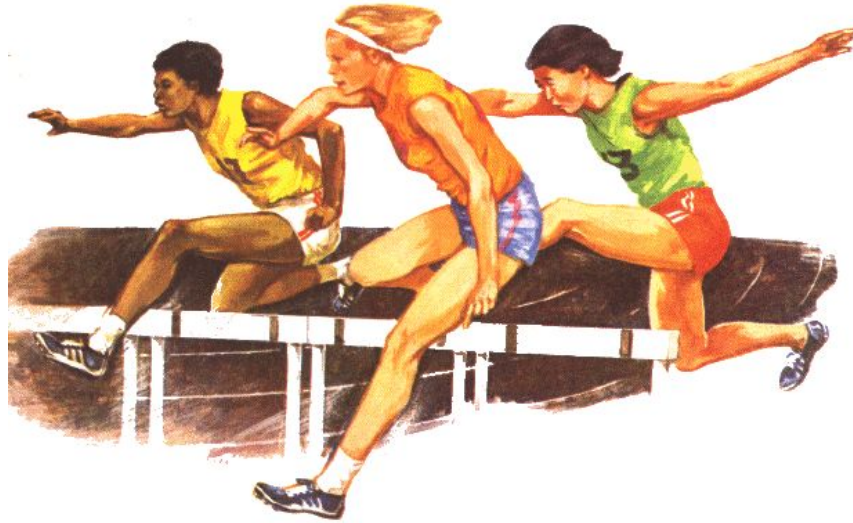


Swartz Creek Girls Track and Field



2009 Pre-Season Team Information

February 5, 2009

Welcome to the 2009 Track and Field season here at Swartz Creek High School! Coach Cumming, Coach Ryan, and I are happy you have shown interest in the program. We are looking forward to a great season. We are here to answer your questions, so please don't hesitate to ask.

Enclosed you will find our tentative schedule, a list of school records, team rules, and information about meet preparation and nutrition. Please review the information with your parents and take the appropriate steps to prepare yourself for the season. The most urgent item is to make sure you have a current physical on file in our athletic office. You will not be allowed to participate without one.

Below is my contact information should you or your parents have any questions:

Coach Allen Murphy
Email: **amurphy@swcrk.org**
Classroom: **591-1831**
Cell: **810-845-7298**
Website: **track.swartzcreekcrosscountry.org**

Feel free to contact me with questions or concerns.

Have a great season!
Coach Murphy

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2009 Swartz Creek High School Track and Field Schedule

** This is a preliminary schedule and is subject to change.*

March

3/9 First Practice
3/24 Possible Scrimmage

April

4/6 – 4/13 Spring Break
4/18 Blue Devil Relays @ Lake Fenton
4/21 Home vs Brandon and Clio
4/24 Creek Relays
4/28 @Linden with Lapeer West

May

5/1 Runyan Classic @ Carman-Ainsworth Middle School
5/4 @Oxford with Fenton
5/6 @ Kearsley with Lapeer East
5/9 Fenton Frosh/Soph
5/9 Prom
5/12 Home with Holly
5/15 Regionals
5/20 Flint Metro Championship Meet @ Brandon
5/28 SC Challenge 5K Road Race
5/30 State Finals

Swartz Creek Varsity Girls Track and Field Records

Event	Athlete(s)	Record	Year
Pole Vault	Joanne Dikos	10' 0"	1999
High Jump	LeAnn Burt	5' 6"	1983
Long Jump	Lynn McGeoch	17' 2.5"	1978
Shot Put	Jaimie Hooker	37' 11"	2005
Discus	Nan Myers	119' 11.5"	1979
3200 Meter Rley	Jackie Soth Kelly Gomez Melody Rogers Rachel Rogers	10:00.0	1986
100 Hurdles	Sheri Cupal	15.7	1979
100 Meter Dash	Becky Harryman	12.5	1994
800 Meter Relay	LeAnn Burt Annette Stillman Sue Prindle Dee Main	1:46.53	1983
1600 Meter Run	Rachel Rogers	5:22.0	1984
400 Meter Relay	Sue Strachan Terry McFaul Stacey Bond Lynn McGeoch	50.6	1978
400 Meter Dash	LeAnn Burt	59.7	1983
300 Hurdles	LeAnn Burt	45.7	1983
800 Meter Run	Rachel Rogers	2:21.2	1985
200 Meter Dash	Ann Kovarik	25.8	1977
3200 Meter Run	Bridgette Beeny	11:19.5	2003
1600 Meter Relay	Dee Main Sue Prindle Annette Stillman LeAnn Burt	3:56.1	1983

TRACK TEAM RULES

1. **UNEXCUSED ABSENCES**
 - 1 - DAY WILL RESULT IN NOT RUNNING IN MEET
 - 2 - DAYS WILL RESULT IN NOT PLAYING IN 2 MEETS
 - 3 - DAYS WILL RESULT IN LEAVING TEAM

2. **EXCUSED ABSENCES**
 - * MUST HAVE NOTE FROM DOCTOR IF IN SCHOOL
 - * PLAYER DID NOT ATTEND SCHOOL
 - * BEFORE PRACTICE PLAYER RECEIVED PERMISSION TO MISS PRACTICE FROM **COACH**

3. **FIGHTING**
 - RUNNER(S) WILL MISS ONE MEET
 - 2ND TIME-RUNNER(S) WILL LEAVE TEAM

4. **TARDIES**
 - ATHLETE WILL RUN LAPS TO LOOSEN THEMSELVES UP
 - AND TO REPLACE CONDITIONING DRILLS MISSED

5. **ELIGIBILITY**
 - FOLLOW RULES ACCORDING TO SCHOOL (NO PARTICIPATION)

6. **SUSPENSION FROM SCHOOL**
 - FOLLOW RULES ACCORDING TO SCHOOL (NO PARTICIPATION)

7. **STEALING**
 - FOLLOW RULES ACCORDING TO SCHOOL

8. **INSUBORDINATION**
 - FIRST TIME ATHLETE WILL MISS ONE MEET OR BE ASKED TO LEAVE TEAM DEPENDING ON THE SEVERITY OF THE INFRACTION.

9. **SWEARING**
 - WE WILL NOT PERMIT SWEARING OR VULGAR LANGUAGE TO BE USED BY ANY TEAM MEMBER.

THE TRACK ATHLETE WILL BE ASKED TO CONDUCT HERSELF AS A REPRESENTATIVE OF SWARTZ CREEK SCHOOLS. THE ATHLETE WILL ABIDE BY SCHOOL, STATE, AND TEAM POLICIES. IF AN ATHLETE CHOOSES NOT TO ABIDE BY THESE RULES AND OTHER RESTRICTIONS IDENTIFIED BY THE COACH, SHE MAY BE ASKED TO LEAVE THE TEAM.

ATHLETIC AWARDS: In order to receive a Varsity/JV Letter, you must:

JV LETTER:

- 1.) Be an active member of the Junior Varsity (**Excluding injuries**)
- 2.) Participate in **ALL** JV meets, and in the **JV Metro Finals**.
- 3.) Return all equipment prior to the awards banquet.

VARSITY LETTER:

- 1.) Be an active member of the team for the season (**Excluding injuries**).
- 2.) Participate in majority of track meets as a Varsity runner, including **Metro, Regional, and Invitational meets**.
- 3.) Must earn a minimum of 20 points (**Excluding JV meets**).
- 4.) Earn Varsity Letter by Qualifying and participating in Varsity Metro finals.
- 5.) Earn Varsity Letter by winning your event in JV Metro finals.
- 6.) Return all equipment prior to the awards banquet.

TO PARTICIPATE:

You must have the following:

- 1.) Physical on file
- 2.) Have a 2.0 GPA at the end of the 9 weeks (or have a successful appeal through the Athletic Directors office).
- 3.) Purchase team shorts.

OTHER CONCERNS:

1.) **CONDITIONING AND INJURIES:** With the season only being 12 weeks long, and with an Easter Break in the middle, the Athlete, unless they have done a great deal of work prior to the season, will be hard pressed to get into shape before the competitions. Therefore is in crucial not to miss days to prepare, because the competitions will go on whether you are ready or not. Warming up properly is one of the most crucial parts of avoiding injury, especially when you have more events in a meet. Cool downs also have a reason to help reduce soreness and recovery.

2.) **SATURDAY PRACTICES:** We are one of the few athletic programs that usually practice during the weekends, since we have such short times to prepare for meets in April, we expect that you will make all efforts to take advantage of these practices to help your performances and the chances of success for the team.

3.) **COMMUNICATION:** When problems arise, which unfortunately they do, the best thing to do is to actually talk to you coaches! Most problems arise from different perceptions by the coaches and the athletes. These can usually be ironed out easily. If you are having problems in class, tell us so that we can get you some help early, not when you fail and are ineligible.

Meal Guidelines:

- * Eat 1-4 hours prior to race
- * High carbohydrate, low fat, moderate protein
- * 400-700 calories
- * Stick to familiar foods
- * Low in fiber

Multiple Event Meal Guidelines:

- * Need to replace carbohydrate
- * Frequent small meals
- * Plenty of fluids

The Post-Race Meal

Sometimes athletes are not concerned with what they eat after competition. However, post-race meals are just as important as pre-race meals. Athletes must replace the carbohydrate and fluids used by the body during exercise. They should drink fluids immediately after exercise, and consume 80-100 grams carbohydrate within 30 minutes following the completion of the activity. You should eat additional carbohydrate periodically throughout the remainder of the day.

Foods Containing 100 Grams of Carbohydrate

- * a bagel with peanut butter and 2/3 cup of raisins
- * 1 cup yogurt, 1 banana and 1 cup orange juice
- * 1 turkey sandwich on whole wheat bread and 1 cup applesauce
- * Spaghetti with meat sauce and garlic bread
- * 8 oz. skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes
- * A bagel and 1 serving of Gatorade

Liquids/Dehydration

As the track season progresses, we will enter very warm climates. The body is usually able to maintain a safe temperature with the evaporation of sweat. It is not the sweating but the evaporation of sweat which cools the body. Thus, if sweat drips off the body, it doesn't have time to evaporate, and loses only water, not heat.

An athlete can lose as much as 2 quarts of sweat each hour of practice or competition. This water can be replaced or the body becomes dehydrated, and the dehydrated body does not function well. Water levels can be maintained by drinking 1 - 2 cups of water before practice and competition, taking frequent drinks during the activity, and continuing to drink after the meet.

Potassium may be depleted after many days of exercise in a warm climate. Athletes frequently develop cramps in their legs and feet when a potassium deficiency is present. This can be replaced by eating citrus fruits and sports drinks (Gatorade), potatoes, bananas, and other potassium-rich foods.