

2006 Mission Hills High School

Grizzly Track and Field Handbook

Table of Contents

- 1. Athlete Requirements/Athlete Contract**
- 2. Basic Equipment Needed**
- 3. Description of Events**
- 4. Track Meet Order and Time of Events**
- 5. Track and Field 2006 Meet Schedule**

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1. Athlete Requirements:

Mission Hills High School 2006 Track and Field Student Athlete Contract

The purpose of this document is to have every athlete realize the responsibility and privilege that comes with being a member of the Mission Hills Track and Field Team. Athletics is a wonderful opportunity to experience many of the things that can help an individual mature as a person. Through adversity, as well as victory, athletes can challenge themselves and their teammates to achieve goals. This process of accepting and overcoming challenges teaches athletes to respect one another and themselves and allows them to reach their fullest potential.

The nature of track and field requires athletes to take the responsibility demanded of them as a team member and as an individual. Each athlete must realize that on and off the track they represent their team and the school. Therefore, athletes are expected to maintain loyalty toward their peers and respect toward adult figures. This document spells out the rules of the Track and Field program. These rules will help create a winning environment in which we can all succeed. Each athlete must follow the team rules in order to participate.

Mission Hills High School Team Expectations:

1. **Athlete Behavior:** Athletes are expected to maintain appropriate behavior on and off the track. The MHHS Code of Conduct is in effect at ALL times. Make sure you have read it and are familiar with the expectations and regulations.
2. **Attendance:** Athletes are expected to attend **ALL practices** during the week in order to compete in the meets. It is expected that the athletes attend practices **ON TIME** and participate for the **ENTIRE practice**. See below for specific guidelines.
3. **Uniform:** The attire for all athletes at practice must include a warm-up (pants and jacket/sweatshirt) on top of work-out clothing and proper training shoes. See below for clarification. The team uniform must be worn according to League rules which your event coach will inform you of before the meet. **You must be in your uniform with the TEAM WARM-UP on when riding on the bus and during all meets.**
4. **Academic Performance: We are student athletes.** All students must maintain a 2.0 GPA to compete on the team and may not be failing any one subject. Let your coaches know if you need academic assistance so we can assist in scheduling tutoring.

UNEXCUSED ABSENCES

Attending all practice sessions and competitions is a crucial aspect of training for ALL track and field events. If you are unable to attend practice due to an illness, a doctor's appointment or a family emergency, **you or your parents must call or notify your HEAD coach by 2:00 PM that day.** Girls should either contact Coach Sharp at 760-807-3716 or e-mail rsharpie@cox.net and boys should either stop by Coach Billings' room (685), call 290-2700 ext. 3685, or e-mail kyle.billings@smusd.org. If this expectation is not met, the following consequences will take place:

1st Offense- The student athlete will receive **an alternative, less desirable work-out** at the next practice.

2nd Offense - Student/athlete will be suspended from the next scheduled track and field meet and will be required to attend as a team manager. If the student/athlete does not attend the meet, this will be treated as another offense.

3rd Offense - Student/athlete will be removed from the Mission Hills High Track & Field Team.

EXCUSED ABSCENCES: If an athlete has **3 Excused absences in a week** the athlete **may not run in the next scheduled meet**. If the excused absences become **excessive the athlete will be removed from the team**.

Punctuality: Practice begins at 3:15 PM for all athletes. You must be dressed and present to begin the warm-up immediately. If you are detained by a teacher or another school activity, you must have a signed note by that teacher to be excused for being late to practice. This type of delay should not occur more than two or three times during the season unless there is an extenuating circumstance understood by the coaches. **Arriving late** for practice will result in **an alternative, less desirable work-out**. **Repeated offenses** will result in be suspended from the next scheduled track and field meet and the athlete will be required to attend instead as a team manager

Practice ends when you are dismissed by your event coach. You should plan to be at practice until as late as 5:30 PM. If you **leave early unexcused by your event coach**, you will not be allowed to participate in that event during the next scheduled meet.

If an athlete **misses any event during a meet**, the athlete will not be allowed to participate in the next scheduled meet.

PRACTICE UNIFORM: You must always have on your warm-ups (top and bottom) before practice starts and must put them back on for cool downs. This expectation is set to maintain your health and prevent injuries. If you don't have them with you that day of practice, you won't be permitted to practice with the team and **it will count as an unexcused absence**.

SHOES: You will need a pair of running shoes for training. Running shoes do wear out; it is good idea buy training shoes approximately every 6 months or at the start of a new season. Pain can be a direct result of bad shoes. You may also want to buy a pair of racing spikes or flats for competition and training. Please talk to a coach before you go out and buy any shoes. Racing shoes are NOT meant for daily practice, training in spikes may lead to injuries.

PROCEDURES BEFORE A MEET: Always get plenty of sleep the night before a meet. Be sure to eat a healthy breakfast and lunch and make sure you are drinking water throughout the day. On meet days you will start your warm up approximately 45 minutes before your race with sweats on, and keep them on until you go to the starting line. Remember in these 45 minutes you will need to change into your spikes or flats. Improper nutrition will hurt your performance and your health.

ATHLETE RECOGNITION: We will be recognizing male and female ATHLETES OF THE WEEK for both the Track events and the Field events each week. These athletes will be chosen by the coaches based on outstanding performances, improvement, teamwork and motivation exhibited during practices and the meets of that week. These athletes will be recognized in the school announcements and will be given an Athlete of the Week T-shirt!

I, _____, agree to participate as a student athlete of the Mission Hills High School Track and Field Team for the Spring 2006 season. In signing this contract, I agree to abide by all MHHS Athletic Department regulations, the School Code of Conduct and the Grizzly Track and Field Team Rules and Policies as outlined above.

Student Athlete Signature

Date

Parent's Signature

Date

2. Basic Equipment needed daily at practice and competitions to participate in track and field:

A POSITIVE ATTITUDE EVERYDAY!

RUNNING SHOES, not cross trainers, tennis shoes, etc.

Proper clothing: lightweight shorts and t-shirts that are loose fitting and allow for easy movement and sweating AND a warm-up suit of any type and combination of long-sleeve shirt and pants for cooler temps to keep the muscles warm before and after the main work-out.

A sports watch: This can be a simple Walmart \$4 watch. Digital is easiest.

A water bottle of any kind that we can continue to refill at practice.

Sunscreen

Special cases: Inhalers for runners with asthma, allergy kits, diabetic meds, etc

Racing spikes: Spikes are not mandatory for racing on our team but do provide a competitive edge, specifically in sprinting and jumping events. These should not be worn for daily practice, but only when requested by the coach and during competition. There has been a release of many new, technically advanced shoes for track and field. The choices, which have been designed to maximize performance, are varied in price, quality, and features, with something for everyone. Adidas, ASICS, Mizuno, Nike, and Reebok offer complete lines of technical track and field shoes, and there are many good shoes to choose from. New Balance and Puma offer a range of shoes for sprints through the distances, both high end and economy. Brooks and Saucony offer specific models as well. **Please see the information hand-outs provided on these model's by the local shoe's stores that visit us at practice. Do not buy racing shoes on-line if you are not familiar with the model or what you need. Have an experienced shoe store representative spend the time to fit you at the store. See roadrunnersports.com for info and ratings on different brands and models.**

Recommended Local Running Shoe Merchants : Call the numbers listed for hours and directions. These stores give a 10 -15% discount to high school athletes.

Movin' Shoes (Encinitas): 760-634-2353

Running Center (Escondido): 760-720-7475

Road Runner Sports (San Diego) 858-974-4455

3. Description of Track and Field Events

Description of Track and Field Events:

Track (Running) Events

- 100m Dash: A sprint of 1/4 of the track
 - 200m Dash: A Sprint of 1/2 of the track
 - 400m: A sprint of a whole lap around the track
 - 800m (half mile): 2 laps around the track, shortest distance/endurance running event
 - 1600 (Mile): 4 laps or 1 mile, distance/endurance running event
 - Hurdles 300m hurdles – 3/4 of the track over 8 hurdles (35 meters apart) Male Hurdle Height: 36 in, Female HH: 30 in
 - 110m hurdles (100m for girls) - 1/4 of the track over 10 hurdles (8.5-9m apart) Male Hurdle Height: 39 in, Female HH: 33 in
- Relays:
- 4x100m: 400m race in which a team of four sprinters each run 1/4 (100m) of the track, passing a baton between sprinters
 - 4x400m: 1600m race (1 mi) in which a team of 4 runners each run 1 lap (400m) of the track, passing a baton between them

Field Events

- Discus - Throwing a weighted disc as far as you can.
- Shot Put - Throwing a ball of steel weighing 10 lbs. for boys and 8 lbs. for girls as far as you can.
- High Jump – Athlete jumps as high as he/she can using a Fosbury Flop (vertical and horizontal motion backward) over a bar with out knocking it over.
- Long Jump – Athlete sprints down a runway and jumps as far as he/she can with out stepping past a white line.
- Triple Jump - Same concept as long jump but it is a combination of three jumps instead of one.
- Pole Vault: Athlete uses a combination of speed, strength, gymnastic ability and a pole to gain vertical height for jumping over a bar much higher than the athlete's height.

5. Parent Assistance: We need your help!

Grizzly Track and Field Booster Club:

Parents, Family, and Friends of the Mission Hills High school Track and Field Team working together to support our athletes through fundraising and fanfare.

Parents and Family are an essential part of our program. With your support, Mission Hills' Track and Field team will be an organization in which our athletes will grow, succeed, and of which we can all be proud.

We need your help. Check out the list below to see if anything appeals to you.

Position	Job description
Chair/Co-chair	Main Organizer that is the representative for our sport to the Valley Foundations and supervises the overall organization and activities of the Club
Treasurer	*Manages the collection of fundraising funds *Works with school cashier to properly deposit and secure funds into foundation account *Assists in purchasing items needed for fundraisers and events
Secretary	* Maintains phone/email roster of booster members * Keeps members informed * Maintains records from meetings * May organize newsletter
WebMaster/ PR	* Updates school sports website with pictures, competition results, and information. * Assists with promoting team to community
Photographers/ Videographers	Anytime During Meet. Would like copies sent to Coach Peters for team archives and banquet presentation.
Snack Bar Attendees	Manage the snack bar during all home meets
Track and Field Meet Assistants	Assist with timing, measuring, zone judges, card management, etc: Home meets as needed, League Pre-lims and Finals, CIF Pre-lims and Finals
Fans/Supporters	Cheer at home and away meets, bring snacks/drinks, make signs, help with transportation to invitationals when school bus is not provided

Assist with Donations:

- * Gatorade Mix for practices, Sunscreen, Bananas and/oranges at meets, Snacks for team snack chest and/or meets,
- * Monetary Donations to the *Valley of Discovery Educational Foundation* for Track and Field.

6. Nutrition for Track and Field Athletes:

As athletes, food is not just something that keeps us alive; it is our energy source for every step and breath we take. It maintains and improves our immune system, mood, muscular strength and endurance and mental processes. The first thing to know about any kind of nutrition, especially sports nutrition, is that there are no hard-and-fast rules that apply to everyone. Some people can eat and then immediately run and be fine; others can't. Different bodies may require different nutrition plans but all athletes share the same basic nutrition requirements for the energy needed to run.

Bottom Line: Eat right and you'll run better. It's that simple.

Your body functions best, and you run better, when your diet includes the right kinds of foods in the right amounts at the right times. The following sports nutrition information will enable you to put together your ideal diet, one that will help you get the most out of your running.

We'll discuss the following nutrition topics:

1. Carbohydrates
2. Fats
3. Protein
4. Water
5. Vitamins/Minerals/Supplements
6. Eating Before, During, and After a Run
7. General Sports Nutrition Tips for Runners

1. Carbohydrates: Why are carbohydrates so important?

Here's the easy one-word answer: Energy!

Carbs (as they're sometimes referred to), are your body's main source of energy for aerobic exercise. Your body converts the carbohydrates you eat into glucose (a simple sugar). Glucose is then immediately used by your body for energy or is stored in the muscles as glycogen. Glycogen stores are utilized by runners and help **keep you from "bonking" or "hitting the wall"**. No glucose, no energy, no action, it's like batteries going dead. You've run out of carbohydrates if you have to slow dramatically to continue running.

So, how do you keep from "bonking" or running out of glycogen stores?

The trick is to store energy by **eating carbs on a continuous basis**. Experienced runners focused on meeting their sports nutrition *needs eat the right carbs in the right amounts at the right times!* Experts recommend that your diet should consist of 60 to 70% carbohydrates (Depending on the amount of training). This amount will keep your muscles well-fueled so that you can meet both your sports nutrition and training goals.

Carbohydrates are broken down into two basic categories: **Simple and Complex**

Simple carbohydrates:

Simple carbohydrates are the most *basic form of sugar*. Examples of foods containing simple carbohydrates are fruit, juice, candy, and sugary sweeteners found in cakes and cookie. These foods can provide a quick burst of energy-but it's only temporary. For this reason, *you should keep simple carbohydrate snacks to a minimum* but, feel free to enjoy a treat every now and then, especially after a good run.

Complex carbohydrates: *Complex* carbohydrates provide energy on a more *consistent, long-*

term basis. That's why experts recommend that the **majority** of the calories you get from carbohydrates be in the form of complex carbohydrates. **Foods that are high in complex carbohydrates include cereals, pasta, breads, rice, potatoes, and vegetables.** It's important that you maintain a diet high in complex carbohydrates to support your running program and meet your sports nutrition needs.

Bottom Line on Carbs: Carbs are energy: the more energy you use the more carbs you need. **LOW CARB DIET MEANS LOW ENERGY, NOT a good diet for runners!** Complex carbs are best because they provide long term energy.

2. Fats: Fats, in many cases, get a bad rap. The confusion lies in how much fat is healthy in your diet as well as the type of fat you should be eating.

So what's the bottom line? Your body needs fat but not all fats are created equal!

Each type of fat is okay in limited amounts, but some fats better meet your sports nutrition needs than others.

Fats are classified as: Saturated, Poly-Unsaturated, Mono-Unsaturated Saturated fats

Saturated fats are easy to spot. They remain solid at room temperature. Common examples include red meat and dairy products. These fats are required by the body *in small amounts.* They should not be eliminated but should make up the smallest percentage of your fat intake.

Poly-unsaturated fat: These fats stay semi-solid at room temperature. Many margarine and butter alternatives as well as vegetable oils are made with poly-unsaturated fats. Poly-unsaturated fats are a step closer to the "good" fat you should make a staple of your diet. However, you can go one step farther.

Mono-unsaturated fat: (aka the "Good Fats" Mono-unsaturated fats) are liquid at room temperature. Examples include olive oil and most other natural oils. Recent studies have shown that diets with a higher proportion of mono-unsaturated seem to reduce the risk of heart disease and are needed to produce important hormones (like Adrenaline!) and allow for better absorption of crucial vitamins and minerals.

Bottom Line on Fat: Try to make **most of it unsaturated** and **include a small amount in each meal.**

3. Protein: Building and repairing You! Protein helps to build muscle and tendons, repair broken down muscles, and regulate hormones. Meats, eggs, beans and nuts are common examples of foods that contain significant amounts of protein. It is not an energy source so it is not needed in huge amounts (15-20% of you diet), but without it you can not repair the muscle you break down when you run. Foods high in protein usually contain iron, which allows our blood to carry more oxygen. The more oxygen our cells obtain the quicker they can process our carbs into energy. Without enough iron, runners tend to tire out quicker. (Note: Iron is found in animal proteins like fish, and meats (white and red) and not vegetable sources like nuts and beans. This is one of the reasons why vegetarian and vegan diets are not recommended for young runners. It requires a lot more detailed nutritional planning to ensure the right combinations of vegetables and carbs are consumed to provide the essential amino acids and iron which are easily provided in fish and meats)

Bottom Line on Protein: Crucial for repairing and building muscle, needed especially after tough work-outs and when trying to increase muscle mass and weight. **Best Sources:** *Lean meats*, like chicken, turkey, top round beef or filet mignon, and fish (seafood).

4. Water: Did you know that water makes up between 60-70% of your total body mass? Water regulates the core temperature of your body. As you run, your working muscles produce large amounts of heat that must be released in order to prevent your core temperature from rising to dangerously high levels. To get rid of this heat, your body sweats causing water loss and potential dehydration.

As an athlete, you should consistently hydrate yourself during both warm and cold weather. By the time you are thirsty, your body is already suffering from dehydration, causing your running to suffer, and putting you at risk. Most runners fall short on their fluid replacement and manage only to replace about half of their losses. You know you're drinking enough water if you urinate frequently throughout the day and it is clear. Caution: Water Logging is dangerous! Too much water at one time can flush out crucial electrolytes and cause muscle cramping. Spread out fluid intake during the day to maintain steady water levels and remember to drink past the feeling of thirst to adequately replenish lost fluid. Fluids other than water are fine to drink also, as long as they do not contain a lot of caffeine or carbonation (bubbles). Caffeine is a diuretic (makes you pee) and carbonation inhibits oxygen carrying capacity.

Good Fluids: waters, Propel, Gatorade, Powerade, juices, etc Bad Fluids: Soda, teas, coffee

Bottom Line on Water: Drink regularly throughout the day, Goal: Pee Clear!

5. Vitamins/Minerals/Supplements:

Concerned that your sports nutrition needs are not being met? Looking for the latest pill, shake, vitamin, mineral, or supplement to help you gain a leg up on the competition (or your running buddy next door)? In most cases, all you have to do is follow the advice your Mom gave you:

Eat a varied, well-balanced diet.

A varied, well-balanced diet will include plenty of fruits, vegetables, and non-processed foods. One way to ensure that you are getting all the fruit and vegetables you need is to eat them as healthy snacks throughout the day. While fruits are an obvious snack, crispy handfuls of carrots, celery, cucumbers or other favorite vegetables make great desk foods. Juices are also a great way to consume your daily allotment of fruits and vegetables. The advantages of juices include helping to keep you hydrated, contain a wide variety of vitamins and minerals that are more easily absorbed by the body in a liquid format, and they provide a source of energy all day long. In recent years, **several major studies have shown that it makes sense for runners to supplement their normal dietary intake with *the antioxidants vitamins C and E and betacarotene.*** Vitamin C can be obtained easily through either fruit juices or supplements. Vitamin E, on the other hand, is not so easily obtained within the diet. Sports nutrition supplementation is an answer. Shoot for 30 to 200 international units per day.

If your diet is somewhat unbalanced and/or you feel you need some sports nutrition insurance, daily multi-vitamins with minerals are the answer. A daily multi-vitamin will help you meet your daily recommended allowances but, remember, they are not an excuse to not to eat right. You still need a variety of whole foods - especially fruits and vegetables.

6. Eating and Hydrating Before, During, and After a Run:

As a teenager you should enjoy eating and *NOT limit the types or amounts of foods you eat.*

As an athlete, there are a few crucial times when you need to be a little more careful with your diet, to obtain your optimum performance:

Pre-run: Some athletes practice 'carbo-loading,' or eating large amounts of pasta and breads the few days or hours before a race. It might work for some, but for all runners it only should be done *many hours* before a race or hard training session. The closer you are to a run or a race, the less you should eat.

Best Bet: Consume 25-50g of carbs 1-2 hours before exercise. Try an energy bar, toast, bowl of cereal, bagel, or a banana. Avoid foods that are likely to upset your stomach and intestines such as: greasy foods, high-fiber foods, high protein foods, and caffeinated drinks. Drink 8-16 oz. of water or combine the above in a carbohydrate drink.

During work-out: Water or diluted sports drinks are all that are needed for the majority of the training we will do as a high school cross country team. 4-6 ounces every 15-30 minutes is a general rule of thumb but this may vary based on the intensity of the work being done. All fluids

should be sipped and not gulped during exercise to avoid nasty side cramps. Marathon runners sometimes require carb replacements in greater amounts during their runs.

Post-workout:

Consume 25-50g carbs immediately after exercising. This can be a combination of food and drink. You will need to re-hydrate with water while eating an energy bar, bagel, or some form of carbohydrate. An alternative to combining food and drink is to drink 25-50 grams of carbohydrates in a sports drink if you have a hard time eating right after a workout.

Consume another 25-50g carbs, 30 minutes after exercise. Go for high-glycemic index foods (see charts included) like potatoes, bagels or raisins. Potassium-rich foods like these and especially bananas and orange juice help your body replace electrolytes lost to sweat.

One hour after running consume 50-100g of carbs and 20-40g of protein. This is a great time to eat a well balanced, sit-down meal. Soup and a sandwich, salads, whatever suits your tastes. Chicken and tuna are great sources of protein.

Consume 50-100g of carbs per hour and 20-40g of protein every 2 -3 hours. Continue to do this for 6 hours after your run. You will find that by following this sports nutrition routine, especially on your long run days, you'll feel refreshed rather than exhausted after your workout.

In general you should try to eat about 6 times a day: 3-4 of these may be small meals or snacks.

Different carbohydrate foods can affect your energy level in different ways. Digestion rates are expressed as a "glycemic index." Foods with a **high glycemic index release energy into the bloodstream rapidly**, while foods with a moderate or **low glycemic index release their energy more slowly**.

And how can the glycemic index help runners to choose what foods eat after and before the training? Before the training you should choose low G.I. foods because they provide energy for a long period of time. After the training, go for high G.I. foods that will give you energy quickly to recover from the workout. See some examples in the table below:

Low G.I. foods	GI	moderated G.I. foods	GI	High G.I. foods	GI
Peanut	15	Peach, fresh	42	Pizza, cheese	60
Soy	18	Orange	44	Ice cream	61
Cherries	22	Macaroni	45	Raisins	64
Lentils	29	Rice, instant, boiled 1 min	46	Beets	64
Black beans	30	Grapes	46	Black bean soup	64
Apricots, dried	31	Rice, parboiled	48	Pineapple	66
Fettuccine	32	Tortellini, cheese	50	Gnocchi	67
Yogurt	36	Yam	51	Croissant	67
Spaghetti, boiled 5 min	36	Kiwi	53	Potato mashed	70
Pear, fresh	37	Banana	54	Wheat bread, white	71
Apple	38	Popcorn	55	Watermelon	72
Tomato Soup	38	Mango	56	Pumpkin	75
Carrots, cooked	39	Apricots, fresh	57	Waffles	76
Ravioli, durum, meat filled	39	Rice, white	58	Corn flakes	83

7. How to Pack in all the Calories (Energy) You Need as an Athlete:

As teenagers, your metabolism is extremely high and your body burns a lot of calories just while you grow and develop, along with calories burnt in your active teen lifestyle. An average teen that does NOT do any extra athletic activity requires 2,500-3,000 calories a day. As an athlete you will burn an additional 500-1,000 calories a day. The math is simple: Running especially requires a lot of energy (calories) which means, if you run a lot you need to eat a lot. Teenagers require a lot of energy to grow and develop, teens need to eat more. Soooo, **Teenage athletes need to eat a WHOLE LOT!** If you burn more calories training than you are eating, you will lose weight, which means you lose muscle which results in losing speed, strength and endurance. Maintaining a healthy weight and gaining more muscle is crucial to optimum performance. To keep the weight on and the muscle building you have to Eat a LOT . This is sometimes difficult in a busy day.

Here are some tips and suggestions to help pack in the calories you need to run:

Eat frequently! -- Make time for 3 large meals and 2-3 hefty snacks every day.

Eat larger than normal portions at meals!

Eat higher calorie foods! -- Choose dried fruit, starchy vegetables, dense whole grain breads and cereals, hearty bean soups, nuts...

Add lots of "extras" to food! -- Don't eat anything plain.

Add healthy unsaturated fats: olive and canola oil, nuts, seeds, peanut butter, avocados.

Add healthy carbs and protein: honey, jam, dried fruit, wheat germ, nonfat dried milk powder, soy protein powder.

Make beverages count! -- Drink shakes, milk, juice, etc. instead of water, coffee, tea, and diet sodas.

Do resistance exercises! -- Weight training helps convert the extra calories into muscle rather than flab. Aim for 2-3 times per week.

Try these quick-n-easy breakfast ideas:

- Whip together 2 cups fruit juice, 1 cup fresh, frozen or canned fruit, 1 cup yogurt, 1/4 cup dried nonfat milk powder, and 1/4 cup wheat germ or oat bran for a high energy liquid meal to go.

- Spread peanut butter, honey, or jam on large bagels, muffins, hearty whole wheat bread/toast, graham crackers or stoned wheat crackers. Grab an extra large banana and wash it down with a tall glass of milk

- Fill a plastic bag with raisins and nuts (trail mix) or your favorite dry cereal. Grab an 8 oz container of fruit yogurt and a couple cans/boxes of fruit juice.

- Nontraditional breakfast ideas:

* Heat up leftover pizza, pasta, or Chinese food from last night's dinner.

* Make a peanut butter and honey, grilled cheese, tuna, or turkey sandwich.

* Pop a baked potato in the microwave for 5-10 minutes; top with chopped veggies (frozen ones are quickest) and melted cheese, canned chili, or hearty bean soup.

* Wrap refried beans, shredded cheddar cheese, and tomato salsa in a couple of flour tortillas.

Try these quick-n-easy healthy snack ideas:

P Trail Mix and cereal Mixes: Mix together some of the following: Cheerios, Oat Squares, Wheat chex, granola. And add nuts, raisins or other dried fruits to boost the calories and carbs.

P Pretzels: Look for reduced salt or salt-free varieties if you are watching your salt intake before running. Chocolate and yogurt covered adds calories and taste. Soft pretzels have more carbs.

P Crackers: Stoned wheat, sesame, wheat thins, triscuits. Spread with peanut butter or add slices of cheese to boost the calories and protein.

P Bagels: The bigger the better. Look for whole wheat, pumpernickel, rye, or ones with seeds to get the most nutrients. NOTE: Spread with peanut butter, honey, jam, or low fat cream cheese to

boost the calories.

Ⓐ **Fruits:** Bananas, apples, oranges, grapes, or other fresh fruits. NOTE: Dried fruits (like raisins, apricots, and dates) are especially easy to pack and very calorie dense.

Ⓐ **Nuts and seeds:** Peanuts, pistachios, almonds, cashews, sunflower seeds and other nuts/ seeds are high in calories and good sources of protein, healthy monounsaturated fats, vitamin E, and several other vitamins and minerals.

Ⓐ **Sports bars, breakfast bars, and granola bars:** Prewrapped, very portable, and very tasty.

Foods to Choose When You Need More Calories

Breads: Choose hearty, dense breads such as **whole wheat, oat bran, pumpernickel, or rye (as opposed to fluffy white breads)**. The bigger and more thickly sliced the better! Spread generously with peanut butter, jam, honey, hummus, or cream cheese. Choose bagels and muffins instead of toast with breakfast.

Cereals: Choose dense cold cereals such as **granola**, muesli, Grape-Nuts, Cracklin Oat Bran, Shredded Wheat n Bran or Wheat Chex (instead of flaked or puffed cereals). When making oatmeal and other hot cereals, use milk instead of water. **Add extra nuts and dried fruits for flavor.**

Pizza: Pizza is a great way to get lots of calories packed in together. Add topping for more calories. Frozen pizza or homemade is a better option than from a Pizza place that has a ton of grease.

Pasta and potatoes: Thick pasta noodles and spaghetti are calorie dense carbs, add sauces and cheese for extra calories. Baked potatoes—topped or stuffed is more calories, mashed potatoes: make with milk and butter.

Burritos and Carne Asada: Add extra meats, sauces, cheeses, etc

Vegetables: Starchy vegetables such as potatoes, peas, corn, carrots, winter squash, and beets have more calories than watery veggies like broccoli, cauliflower, zucchini, green beans, and cucumbers.

Fruits: Bananas, pears, apples, pineapple, and all dried fruits (raisins, dates, dried apricots, etc.) have more calories than watery fruits such as oranges, peaches, plums, berries, and watermelon. Buy canned fruit packed in heavy syrup, instead of its own juice, for extra calories.

Nuts: All kinds of nuts are a great high cal snack. A handful of nuts on the run (in between classes even) is a quick burst of calories and protein. Also add nuts to trail mix, cereal, muffins, cookies, breads, yogurt, etc for added taste, calories, and protein.

Soups: Select hearty black bean, lentil, split pea, chili with beans, barley, or minestrone soups. These soups have more calories and carbohydrates than brothy chicken, beef, and vegetable types. NOTE: Creamed soups and chowders are also good high-calorie choices, but they are very high in saturated fat and should be eaten in moderation.

Salads: Rather than filling up on watery lettuce, pile on the garbanzo and kidney beans, green peas and corn, chopped vegetables, sunflower seeds and chopped walnuts, raisins, cottage cheese, lean meats, tuna fish, and croutons. Top with a liberal amount of vinegar and oil type dressing or a creamy low fat dressing .

Beverages: Quench your thirst with fruit juices and nectars, low fat milk, shakes, fruit smoothies, and regular soft drinks. Use a meal replacement drink as your beverage WITH a full meal. Ensure, Nutrament, and Protein shakes can pack healthy calories into a drink to accompany a full meal. Avoid filling your stomach up with non caloric beverages like water, coffee, tea, and diet soft drinks.

Deserts: (After a Meal not before or immediately after a run) Choose, heavy dense cakes, cheese cakes, pies, or icecream. Now is not the time in your life you need to be skipping desserts. Milk shakes are a great way to pack in calories even when you are not hungry for dessert.

Healthy fat calorie additions:

- Add cheese to salads, pasta, sandwiches, etc
- Add margarine, cream cheese, or butter to rice, breads, pastas, potatoes
- Dip your breads at dinner in olive oil, use olive oil on pasta and vegetables.
- Add sour cream to potatoes and Mexican dishes
- Add avocado to salads and sandwiches
- Add Peanut butter and Nutella to fruits, sandwiches, crackers, breads
- Add chocolate syrup to milk and yogurts, add chocolate chips to trail mix, pancakes, muffins, etc (Note: Dark chocolate is a proven antioxidant, low in saturated fat, and hot chocolate is recommended as a good recovery drink an hour after running!)

Healthy carbohydrate and Protein calorie additions:

- Add Carnation Instant Breakfast, Nestle's Quick, Ovaltine, or malt powder to flavor low fat milk.
- Add dried fruit, sugar, or maple syrup to sweeten hot or cold cereals.
- Spread honey, jam, or jelly on breads, bagels, and crackers.
- Add wheat germ or oat bran to casseroles, hot cereal, or power shakes.
- Mix dry milk powder or soy protein powder into shakes, casseroles, mashed potatoes, soups, and hot cereal.
- Add Yogurt or cottage cheese to cereal, fruit salad, smoothies.
- Add in tuna, chicken, shrimp, lean beef, beans or tofu into your salads, pasta sauces, soups, stir-fry and macaroni and cheese.
- Add peanut butter to apple slices, celery sticks, bananas, smoothies, bagels, etc

Not so healthy but tasty alternatives packed with calories:

There are no “bad foods, just bad eating habits. Foods that are high in fat and sugar are often easy ways to pack in calories, but since they also have negative health benefits in when regularly consumed as, they should be eaten with more moderation than the healthy options above. You are a teen and a runner at that, so **enjoy** your Krispy Kreme Donuts, Snicker Bars, Coldstone Icecream, pizza, and In and Out burgers and fries. Just don't have them all everyday or in place of balanced meals and DON'T eat any of this stuff 2 hrs before or 2 hrs after a run. If you are especially struggling to gain weight, **adding** some of these snack items to your balanced diet (not replacing items in your diet with them) is often helpful with weight gain without sacrificing nutrition.

It is your responsibility to take in the calories you need for your body to perform well. Like a car, You can't run on empty and you can't run as well on cheap gas.

If it seems hard during school to Eat Properly because of not enough time or the **right options, we will help you to succeed with the Cross Country Cafe.....**

8. Track and Field Café:

What is it?: A “ Lending Snack Chest” stocked with healthy foods for athletes to grab before and during school on a “Take a snack now, Leave a snack later basis”.

When?: Open from 7AM until after practice whenever the Café Manager (Coach Peters) is in shop. You may come by before school, During passing periods and break, Lunch and After practice.

Especially Anytime you :

- Skipped Breakfast due to time constraints or know food available at home.:
This Should NOT become a habit.
- Forgot to pack a lunch, have no money to buy lunch, have no time to wait in line, or can not find a healthy menu option
- Forgot to pack snacks, want to avoid the bad stuff in the snack machines, want a place to feel comfortable sticking to a healthy, high calorie diet.

Where? Room 580 in Kodiak Building, (Coach Peters’ classroom)

What is available?: Always on hand: Peanut butter, Jelly, Bagels, Crackers, granola, cereal bars, fruit, canned tuna, ramen noodles, etc. Limited Refrigerator and microwave access.

How do you participate: Anytime you take an item you sign out on the Café sign-out sheet and later, you sign back in your replacement item. Does not have to be the same exact item just another type of snack. Do NOT spend money buying replacements, just bring in something from home. You will receive a suggested list later

Rules: If you go over a week with more than 2 items signed out without replacement your privledges are suspended temporarily and we may add 50 laps to your workout (kidding☺)

9. Sleep Tips for Teen students and Athletes

Adequate sleep is critical for students to be at their best in school and during practice and competitions!

Seven Sleep-Smart Tips for Teens:

1. Sleep is food for the brain: Get enough of it, and get it when you need it. Even mild sleepiness can hurt your performance -- from taking school exams to playing sports or video games. Lack of sleep can make you look tired and feel depressed, irritable, and angry.
2. Keep consistency in mind: Establish a regular bedtime and waketime schedule, and maintain it during weekends and school (or work) vacations. Don't stray from your schedule frequently, and never do so for two or more consecutive nights. If you must go off schedule, avoid delaying your bedtime by more than one hour, awaken the next day within two hours of your regular schedule, and, if you are sleepy during the day, take an early afternoon nap.
3. Learn how much sleep you need to function at your best. You should awaken refreshed, not tired. Most adolescents need between 8.5 and 9.25 hours of sleep each night. Know when you need to get up in the morning, then calculate when you need to go to sleep to get at least 8.5 hours of sleep a night.
4. Get into bright light as soon as possible in the morning, but avoid it in the evening. The light helps to signal to the brain when it should wakeup and when it should prepare to sleep.
5. Understand your circadian rhythm. Then, you can try to maximize your schedule throughout the day according to your internal clock. For example, to compensate for your "slump (sleepy) times," participate in stimulating activities or classes that are interactive, and avoid lecture classes or potentially unsafe activities, including driving.
6. After lunch (or after noon), stay away from coffee, colas with caffeine, and nicotine, which are all stimulants. Also avoid alcohol, which disrupts sleep.
7. Relax before going to bed. Avoid heavy reading, studying, and computer games within one hour of going to bed. Don't fall asleep with the television on -- flickering light and stimulating content can inhibit restful sleep. If you work during the week, try to avoid working night hours. If you work until 9:30 pm, for example, you will need to plan time to "chill out" before going to sleep.

10. Tips for Choosing the Right Running Shoes for Training

Your choice of running shoes can make the difference between having a good or bad experience, running in comfort or pain, and, most importantly, whether you stay healthy or get injured.

The biggest and most common mistake novice runners make, is to bargain shop for an inexpensive first pair of running shoes right off the shoe store clearance table, or worse, off the rack at a department store. Forget bargains. What you need to start running is the right shoe, not the cheapest.

Choosing the right pair of running shoes can be an overwhelming task given all the high-tech shoes available today and all the special features each shoe claims to have. Follow the steps below, to help discover which shoes are best for you.

1. [Understand Pronation](#)
2. [Determine Your Foot Type](#)
3. [Choose the Right Running Shoe](#)
4. [Go to a Local Speciality Running Store](#)
5. [Ensure Your New Shoes Fit Properly](#)
6. [Top Recommended Running Shoe Merchants](#)

Understand Pronation: Pronation is the rolling of the foot from heel to toe through the foot strike. A proper or neutral pronation is hitting the outside of the heel and up to ball of your foot evenly across the front. This is how your foot reduces the stress of impact.

Underpronation is not enough evening out so the outside of your foot takes most of the shock instead of finishing in the neutral position.

Overpronation is too much roll across from the outside to the inside of your foot.

To determine your level of pronation, look at your shoes you walk or run in. Most everyone will begin on the outside of the heel, the real indicator would be the wear on the forefoot. If most of the shoe wear is:

- On the medial (inside) side then you **Overpronate**
- On the lateral (outside) side then you **Underpronate**
- Uniform across the forefoot then you have a **Neutral Stride**

Determine Your Foot Type: Another method of determining pronation and, ultimately, foot type is by checking your arch height. The easiest way to figure out your arch height is by using the Wet Test. To take the test, wet the bottom of each foot and stand normally on a paper bag. After a minute or so, step off and **observe the imprint left by your foot. (Trace the outline with a pencil if you want to look at it later.)**

You have a normal arch (neutral pronation) if: There's a distinct curve along the inside of your foot with a band a little less than half the width of your foot connecting the heel and toe.

You have a low arch (flat feet/overpronator) if: There's not much of a curve along the inside of your foot and your imprint shows almost the entire foot. People with low arches are more likely to overpronate (roll too far inward), which can lead to overuse injuries.

You have a high arch (underpronator) if: There's a very sharp curve along the inside of your foot and your imprint shows a very thin band between your heel and toe. People with high arches typically don't pronate enough.

Choose the Right Running Shoe. : Typically, running shoes come in three shapes (straight, semi-curved and curved) which correspond to the three types of prints revealed by the wet test. Most experts believe that:

- **Overpronators** should wear a running shoe with a **Straight** shape.
- **Underpronators** should wear a running shoe with a **Curved** shape.
- **Normal/Neutral** pronators should wear a running shoe with a **Semi-Curved** shape.

Finally, choose the right running shoe for you. Shoes will have on their description certain key words or symbols for specific characteristics:

If you have **flat feet and overpronate**, look for a **Motion-Control** shoe. Motion control shoes prevent your foot from rolling in too far, have a straight shape that gives maximum support to your foot and are the most rigid, control-oriented running shoes.

If you have **high-arched feet and underpronate**, look for a **Cushioned** shoe. Cushioned shoes allow your feet to roll inward (absorbing shock), have a curved shape to encourage foot motion and have the softest midsole with the least medial support.

If you have **normal arches and pronate normally**, look for a **Stability** shoe. Stability shoes offer a good blend of cushioning, medial support and durability. They often have a semi-curved shape and don't control foot motion as strictly as motion-control shoes.

Go to a Local Speciality Running Store: If you've followed all the steps listed above, you probably have a pretty good idea of what type of running shoe you should be looking for. However, it still pays to go to a specialty running store (at least for your first running shoe purchase). The people who work in these stores are knowledgeable and will guide you to the appropriate shoe models. Here are some tips for a successful shopping trip.

- Shop in the late afternoon when your feet are at their largest. Your feet will expand while running.
- Bring your old shoes with you when you go shopping. Shoe wear will assist the salesperson in determining your degree of pronation.
- Wear or buy the socks you'll wear when you run.
- If you wear **orthotics**, bring them also. You need to see how the shoe fits with the orthotic inside.
- Do NOT make the most common mistake new runners make by buying the latest fad shoe. It is highly likely this will not be the ideal shoe for you.
- Make sure the salesperson measures both of your feet. Often, one foot is slightly larger than the other. You should be fitted for the larger foot.

Ensure Your New Shoes Fit Properly: A proper fit is THE most important step in finding the right running shoe. A shoe that fits will be snug but not tight. A common mistake that's a killer is to buy shoes that are too small.

Use the following guidelines to ensure a proper fit:

- Check for adequate room at the toe box by pressing your thumb into the shoe just above your longest toe. Your thumb should fit between the end of your toe and the top of the shoe.
- Check for adequate room at the widest part of your foot. The shoe shouldn't be tight, but your foot shouldn't slide around, either.
- The heel of your foot should fit snugly against the back of the shoe without sliding up or down as you walk or run.
- The upper (part of shoe that wraps around and over the top of the foot) should fit snugly and securely without irritating or pressing too tightly on any area of the foot.
- Once you've found running shoes that feel right, walk/jog/run in them as much as you can. Some stores have a treadmill, others allow a run around the parking lot and some don't let you do anything other than bounce up and down. You need to feel the shoes in action

Recommended Local Running Shoe Merchants : Call the numbers listed for hours and directions. These stores give a 10 -15% discount to high school athletes.

Movin' Shoes (Encinitas): 760-634-2353
Running Center (Escondido): 760-720-7475
Road Runner Sports (San Diego) 858-974-4455

11. Injuries Prevention Tips and Techniques

Run on Softer Surfaces

Pay Attention to Injury Warning Signs: If you think you might be injured, immediately begin preventative measures in order to keep damage to a minimum and to speed your full recovery. Depending on the type of injury, this could mean using the **RICE (Rest, Ice, Compression, and Elevation)** method to enhance recovery, taking anti-inflammatory medication (aspirin, ibuprofen), and taking a day or two off of running to allow the injury to heal. Secondary running injuries often occur by continuing to run through pain, favoring the injured area, and thereby changing your natural running style. **COMMUNICATE WITH YOUR COACH**, anytime new pains occur so that we can immediately assess the situation and if needed have the athletic trainer determine the treatment needed.

Run in Shoes with Proper Cushioning and are Right for Your Feet (See above) and Use Fresh

Shoes: Running on worn out shoes is a prime cause of many running injuries. When the mileage totals from your running shoes reach approximately 400 miles, it's time to purchase a new pair of shoes. High mileage shoes are a quick way to get injured. The shoe breaks down, and in turn, throws off your running stride. One tip to increase the life of your shoes is to purchase and use more than one pair of shoes if possible. Running in different shoes on alternating days more evenly distributes the stress on your feet and legs.

Stay Hydrated: To avoid heat injury while running, remember to drink plenty of non-dehydrating fluids such as water, or a sports drink. See above section on hydrating.

Stretch Regularly: Lack of stretching or improper stretching can lead to running injuries. Stretching is an important complementary aspect of any running program. We know that running creates stress on

certain muscle groups. Soon after you stop running, muscles that have been stressed begin to tighten. The best way to avoid stiffness and eventual soreness from stressed, tightening muscles is to stretch for **at least 20 minutes**, immediately after your run and throughout the day if you feel stiff.

Cross-Train: Cross-Training is a great way to avoid running injuries. Be sure to include some cross-training/aerobic exercises that supplement your regular running program. Cross-training will develop parts of your body that running neglects, fights muscle imbalance injuries, burns additional calories, and increases aerobic capacity. Some examples of cross-training include cycling, swimming, cross-country skiing, stair machines and hiking. Running everyday can overstrain the same muscle groups.

Make Use of Recovery Techniques:

Take time to take care of yourself. Common recovery techniques can help you avoid running injuries. Some ideas for recovery from stressful runs and the cumulative effects of hard training include getting a massage, pouring cold water on tired legs after a long run or race, soaking your legs in a warm water whirlpool (wait two hours after a race or long run), going for a walk or taking an easy bike ride.

Common Running Injuries, Causes and Treatments

Shin Splints:

Shin splints are tiny tears of the front lower leg muscles away from the shin bone and are one of the most common running injuries for beginner runners. Shin splints are caused by tired or inflexible calf muscles, weak shins, overstriding, overpronation and running on hard surfaces such as concrete sidewalks.

The best treatment for shin splints is to ice the inflamed area, take anti-inflammatory medication, cut back on run mileage, and to run on soft, forgiving surfaces whenever possible. Specific Calf muscle stretches and strengthening can also help prevent shin splints. See your Coach for these.

Plantar Fasciitis/Heel and Arch Pain:

Plantar Fasciitis is an inflammation of the plantar fascia, a fibrous band of tissue that runs from the heel to the toes. Pain is felt along the inside bottom of your foot anywhere from the heel through the arch. The plantar fascia typically becomes inflamed when it works through more of a range of motion than it's designed to do. Runners with tight Achilles tendons, who overpronate, have high arches, have rigid feet, and inflexible running shoes are most likely to suffer with Plantar Fasciitis. The best treatment for Plantar Fasciitis is to **ice the bottom of your foot from heel to ball and to make sure that your shoes have the proper combination of motion control and cushioning.** Also, roll your foot over a tennis ball several times after conducting stretches provided by your coach.

Stress Fractures:

Stress fractures are very small, incomplete breaks or cracks in a bone. Runner's most often get stress fractures in their feet. Stress fractures are caused by continuous stress on bones that become overworked. Common running errors such as building mileage too quickly, wearing shoes without enough cushioning, and running too much on hard, non-forgiving surfaces are common contributors to a stress fracture running injury. The **treatment for a stress fracture injury is to stop running.** Continuing to run will make the injury worse and could result in a complete break. If you know you have a stress fracture, take several weeks off from running while severely limiting other weight-bearing activities. You can water run or swim to keep in shape while the fracture heals

Runner's Toe: Runner's Toe occurs when the nail is either pressed down too much on the bed underneath it or the nail tears from the bed itself. Either condition causes blood to pool between the nail and the bed. The nail eventually turns black. Runner's Toe can be caused by poor fitting shoes (most common cause), excessive downhill running, and wet shoes. The primary treatment is to ensure that your shoes are long enough and fit correctly. If bleeding continues and pressure builds beneath the nail, you will require professional advice to release the fluid.

Achillies Tendinitis: Achilles tendinitis is a painful inflammation of the Achilles tendon. This large

tendon is an extension of the two calf muscles and runs down the back of the lower leg and attaches to the heel bone. The Achilles tendon connects the strong leg muscles to the foot and gives us the ability to rise up on our toes, facilitating the act of walking and running. Achilles tendinitis is caused by many of the same things that lead to plantar fasciitis as well as overpronation, tight calf muscles, and shoes that fit too high against your heel. **Typical treatment include icing, taking anti-inflammatory medication, cutting back on running if your normal stride is altered, and wearing lifts in your street and running shoe heels until the pain subsides.**

Iliotibial Band (IT Band) Syndrome

Iliotibial Band Syndrome is inflammation and pain on the outer thigh from the knee to the hip. The iliotibial band is a thick ligament that runs from the pelvis to the outside of the thigh connecting just below the knee. It stabilizes your thigh muscles and knee when you run. Causes of Iliotibial band syndrome are bowleggedness, overpronation, worn-out running shoes, running on uneven surfaces, and excessive downhill running. **Treatment for iliotibial band syndrome includes backing off run mileage, taking anti-inflammatory drugs, and icing it often. Specific prevention tactics are to increase the band's flexibility through stretching and running on even surfaces.**

Hamstring Tears:

A hamstring pull is actually a type of muscle strain. Muscle fibers are torn either partially or completely. Hamstring problems for distance runners are typically low-grade, chronic microtears that build up over time. Hamstring problems are typically caused by poor flexibility and a neglected stretching routine. **Treatment strategies to help heal this common injury are icing, anti-inflammatory medication, no running during acute stages of injury, gentle stretching, and strengthening.**

Runner's Knee:

Runner's Knee or Chondromalacia is a softening, wearing away, or cracking of the cartilage under the kneecap. This softening and inflammation prevents the kneecap from riding smoothly over the knee. Pain typically occurs around or behind the kneecap and worsens when sitting with legs bent for a long period of time or climbing stairs. Runner's knee is caused by several factors, including wide hips (female runners), and pronation of the feet. Most often, weak quadriceps muscles will be the problem, as they do not absorb a sufficient amount of the impact or running, passing down the impact onto the knees. **Common Runner's knee treatments include icing the area around the knee, using running shoes with better motion control, utilizing orthotics, and avoiding uneven surfaces. Prevention is helped by weight training for quadriceps.**

12. Fun Motivational and Athlete Quotes: for Inspiration and Smiles:

1. The question isn't how much more can you take but how much more can you give. Just when you're about to quit your mind says push harder; you listen sensing an inner strength that wasn't there before and suddenly you discover-you no longer feel the pain.
2. People ask me why I run...what do you do when you hear a gun go off?
3. Nothing makes you feel more like a man like running long distances to exhaustion in skimpy little outfits.
4. Running isn't a sport its a way of life
5. Every day I hit the wall..... But I run right through it.
6. Never get passed at the tape
7. I CAN AND I WILL!
8. Someday, someone will beat us. Just not today.
9. Satisfaction is the death of desire
10. Fall 7 times... stand up eight
 11. You're worst enemy is the little voice inside your head telling you to stop
 12. There's no telling how many miles you'll run when chasing a dream.
 13. shoot for the moon, if you miss you will still land among the stars
 14. We're all here because we're not all there
 15. It's not how good I am; It's how good I can be
 16. Train hard win easy
 17. All it takes is all you've got
 18. The price of excellence is discipline.
 19. The cost of mediocrity is disappointment.
- William W. Ward
 20. Winner's don't do different things. Winners do things differently.
 21. "To do anything less than your best is to sacrifice the gift.
- Steve Prefontaine
 22. The harder you work, The luckier you get!
 23. The meeting of preparation with opportunity generates the offspring we call luck.
- Anthony Robins
 24. You cannot propel yourself forward by patting yourself on the back.
 25. "Champions do not become champions when they win the event, but in the hours, weeks, months and years that they spend preparing for it. The victorious performance is merely the demonstration of their championship character."
- T. Alan Armstrong
 26. Somewhere in the world someone is training and you are not. When you race him, he will win.
 27. "You think, 'Why should I do this? I don't have to run this hard.' But that's when I think about them. They keep me going."
- Steve Prefontaine
 28. "You have to wonder at times what you are doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where I have started. It comes to self-satisfaction and a sense of achievement."
- Steve Prefontaine
 29. "I am going to try to work it out so at the end it'll be a pure guts race. And if it is, I am the only one who can win."
- Steve Prefontaine
 30. "Fear of slacking resides deep in the heart of every runner."
- Mark Will-Weber
 31. It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could of done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives

valiantly; who errs, and comes up short again and again, because there is no effort without error and shortcoming; but who does actually strive to do deeds; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who at best knows in the end triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory or defeat.

- Theodore Roosevelt

32. CAUTION Fast Children At Play
33. 3.1 miles.....there are no timeouts
34. A goal without action is only a wish
35. A run begins the moment you forget you're running.
36. A successful team beats with one heart.
37. Accomplishing more than we thought we could, by giving more than we thought we had.
38. Determined to reach our destiny with the desire to dominate
39. Your pace or mine? Apparently mine.
40. I ask myself why run and then I cross the finish line
41. It doesn't get easier, it just gets faster
42. It is easier to go down the mountain than up, but the view is best from the top.
43. No one said it would be easy, they only said it would be worth it
44. Pain is nothing compared to what it feels like to give up.
45. She who spends more time in practice spends less time in race.
46. Success is never final, Failure is never fatal, it's Courage that Counts
47. The best thing about pain is you know your not dead yet.
48. The race may be 3 miles, but somehow you've gone much further.
49. The Will to win is nothing...Without the Will to Prepare
50. There are no short cuts to any place worth going.
51. To be first you must train like your second.
52. Winners are simply losers who got mad!
53. TIRED but INSPIRED!
54. Triumph is just a little "umph" added to tri.
55. Some have hopes and dreams...we've got ways and means
56. Extra effort is the key to success
57. Our team is not responsible for broken records or stolen pride.
58. Goal oriented people find ways
59. Is the race really won at the finish line, or on the course when no one is watching?
60. The teams with the greatest desire are the ones who succeed, because they have so much pride in there performance that it is impossible for them not to go all out
61. Nothing is successful until accomplished
62. Where there is direction, destiny will follow
63. The only one who limits you is yourself
64. Talk means nothing, you are what you do
65. You must always respond mentally or you body will rule you
66. There's a time to let things happen, and there's a time to make things happen
67. The race may be miles long, but the difference between winning is often a matter of feet
68. The teams with the greatest desire are the ones who succeed, because they have so much pride in there performance that it is impossible for them not to go all out
69. One of the most dangerous forms of human error is forgetting what one is trying to achieve
70. There are no secrets to success, it is the result of preparation, hard work, and learning from failure
71. The glory of great men should always be measured by the means they have used to acquire it
72. Only those that can see the invisible can do the impossible

73. Always give 100% and you'll never have to 2nd guess yourself
74. It is easier to keep up, than to catch up
75. Failure is the opportunity to begin again, intelligently
76. The pain of living with yourself after a poor performance is much worse than the pain of the effort
77. The race doesn't always go to the strongest or swiftest man, but sooner or later the man who wins is the one who thinks he can.
78. Do not allow yourself to be trapped and sucked in by limits set for you by someone else .
79. "Trophies collect dust memories live forever." Mary Lou Retton, Olympic Gymnast
80. Respond, don't react. .
81. To predict the future, create it.
82. "Gold medals aren't really made of gold. They're made of sweat, determination and a hard to find alloy called guts" Dan Gable - Olympic wrestler.
83. "Sports do not build character. They reveal it."
84. "Perseverance is the hard work you do after you get tired of doing the hard work you already did."
85. "Sports serve society by providing vivid examples of excellence."
86. "Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. You've always got to make the mind take over and keep going."- George S. Patton, U.S. Army General / 1912 Olympia
87. "Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" - Peter Maher, Olympian and sub-2:12 marathoner
88. The journey of a thousand miles begins with the first step.
89. Every second brings a fresh beginning, every hour holds a new promise, every night our dreams can bring hope, and every day is what you choose to make it.
90. Don't bother getting out of bed if you're not going to have any fun.
- 91. What you do today directly affects what you GET to do in the future.**
- 92. Keep your head and your heart going in the right direction and won't have to worry about your feet."**
- 93. Sometimes not taking a risk, for fear of making a mistake, is the true mistake."**
94. Try and fail is the manner of losers; try and learn is the way of the strong.
95. Suffer the pain of discipline or suffer the pain of regret!" - Unknown
96. "Only the weak attempts to accomplish what he knows he can already achieve."
97. "I have met my hero, and he is me."
98. "No negative thoughts cross my mind on race day. When I look into their eyes, I know I'm going to beat them."
99. The will to win means nothing if you haven't the will to prepare.
- 100. Once you realize your full potential, the competition doesn't stand a chance."**

2005 MHHS Track and Field Schedule

Sport: Track and Field

Coaches: Laura Peters and Kyle Billings

Kyle Billings: 760-290-3685

Email: kbillings@smusd.org

Laura Peters: 760-290-3585, cell: 760-473-1555

Email: lpeters@smusd.org

Day	Date	Opponent	Location	Time	Bus	Student Release
Thurs	3/10/05	OC/ SM (pre-season)	Home (MHHS)	3:15 PM	N/A	2:00
Thurs	3/17/05	San Pasqual	San Pasqual HS	3:15 PM	1:45PM	1:30
Sat	3/19/05	Bronco Invite	Westview HS	9:00 AM	7:30AM	N/A
Thurs	4/07/05	Ramona	Ramona HS	3:15 PM	1:15PM	1:00
Sat	4/09/05	Titan Invite	Poway HS	9:00 AM	7:15AM	N/A
Thurs	4/14/05	Orange Glen	Home (MHHS)	3:15 PM	N/A	2:00
Sat	4/16/05	Jaguar Invite	Valley Center HS	8:00 AM	6:15AM	N/A
Thurs	4/21/05	Escondido	Home (MHHS)	3:15 PM	N/A	2:00
Wed	4/27/05	Valley Center	Home (MHHS)	3:15 PM	N/A	2:00
Thurs	5/5/05	San Marcos	Home (MHHS)	3:15 PM	N/A	2:00
Tues	5/10/05	League Pre-lims	Home (MHHS)	3:00 PM	N/A	1:45
Fri	5/13/05	League Finals	Home (MHHS)	3:00 PM	N/A	1:45
Sat	5/21/05	CIF Pre-lims	Mt Carmel High School	9:00 AM	N/A	N/A
Sat	5/28/05	CIF Finals	Mt Carmel High School	9:00 AM	N/A	N/A
Sat	6/04/05	State Champ	Fresno State	9:00 AM	N/A	N/A