

## Colwell's Tips for a Healthy & Successful Track Season

### **Family:**

*Family comes before track.* Do; take the time to introduce your family to the sport so they understand what they are watching at meets. There are even movies such as, "Chariots of Fire" & "Without Limits" to help you increase your excitement for the season and increase yours and your family's knowledge. In addition, the 2012 Summer Olympics had some great highlights – check the internet for some amazing footage.

### **School:**

Keep up your grades & be respectful to the faculty and staff at Donegal. It will keep you, your teammates, and your coaches happy :) )

### **Nutrition:**

Eat breakfast!!!!

Eat a variety of foods including fruits and vegetables of multiple colors, lean meat, whole grains, & get enough calcium.

When school ends, eat something small to help carry you through practice, i.e. PBJ sandwich, granola bars, fruit, etc.

You do not need to eliminate sweets, but please err on the side of caution. In the words of my late IUP track coach, "Eat a donut, run like a donut." Likewise for fast food, I know you're teenagers, but go easy on the artery clogging, deep fried goodness :D

NO SODA.

STAY HYDRATED! You should drink approximately 64 ounces of water BEFORE practice.

### **Physical:**

Get enough sleep (8 to 10 hours)

Make sure you REST when your event coach advises you to REST. More is NOT always better! This might mean doing absolutely nothing, kicking your feet up, & watching a movie. That may also mean doing something light but active such as stretching, a light jog, and/or foot work drills instead of a two hour practice.

### **General:**

Competing in a track meet is unlike any other sport. There are different events going on all over the competition area, do some research and get to know the other events. This will help you appreciate what your teammates are working towards.

Mentally, it's all you. You can't hide behind your teammates as they pick up your slack. You will have days when another athlete comes out and destroys you; runs faster, jumps higher, throws farther... You will become stronger! Overcome disappointment, challenge yourself, and step up your game. The mental side of track & field will aid in all other activities you do.

Track and field is a very technical sport – your event will take time to master. Be patient and trust your coaches to get you where you need to be.

Lastly, track & field is fun. Practice tends to stay calm and relaxed; don't plan on having coaches screaming at you on a daily, weekly, or even monthly basis – this is not "how we roll". We tend to tell jokes, laugh, & dance a little, but when it comes to the task at hand, we are 100% focused. We DEMAND and have HIGH EXPECTATION of our workouts. There is great chemistry between the coaches; we work hard together and we are all friends outside of track. We hope that all of you follow in our footsteps. Remember, the entire coaching staff is here for you; always come to us with your concerns. Make this a great season; good luck and enjoy the experience.

*"To give anything less than your best, is to sacrifice the gift." ~ Prefontaine*



## **SNACKS:**

In the past, the Booster club has asked parents to provide fruit at meets for all of you to help replenish you throughout the meet. This has been a difficult practice to maintain with the number of athletes on the team, and fewer athletes seem to enjoy more of the fruit provided. We are trying something different this year.

A few options...

1. I would like squad leaders to organize whose turn it is to bring in the fruit; if 3 or 4 athletes all bring in a different batch of fruit, then it will be easier for your parents to provide. Fruit and snacks would stay amongst the squad.

### **2. “The Brown Paper Bag”**

Bring the following to a meet to eat before competing and maintain your energy though out the meet:

- PB sandwich
- Several pieces of fruit
- Granola bars
- Crackers
- Water
- Gatorade

