

Prospect Knights XCTF Parent Booklet

The Guide to Success (T&F 2017)



Sports education is vital to promoting passion, commitment, and responsibility in our youth. My goal is to build athletes that are well rounded, learn proper training techniques, develop a love for the “team,” possess a positive attitude, and walk away with the knowledge necessary for a lifetime of fitness and health. The goal is to not only prepare our athletes for important competitions, but also for the challenges they will face throughout life and the focus is on being: The best, YOU can be.

The Five Components of Being the Best, YOU can be.

COMMITMENT- Sticking to it through thick and thin. Commit to your individual goals and entrust in your teammates and coaches to support you. Commit to the program and celebrate in the successes of YOUR Team.

COMMUNICATION – Communication is a life skill and it is essential that individuals learn to communicate honestly. Those athletes that communicate early and often are doing the “right” thing. Do the right thing and communicate from the beginning.

CONSISTENCY - Improvement in every aspect of your life requires continual practice and preparation. Learn to train at a high level each and every day. Treat each workout with the importance of the next and never overlook a day of training..

RESPONSIBILITY - You and only you are responsible for your actions so do the next right thing. Your actions represent you, your team, your school, and your family. Do everything you do to the best of your ability and are proud of it.

PERSEVERANCE – It is not about how many times you fail but rather it is how many times you get up. The great ones failed over and over again but it is their triumphs we remember. “I’ve failed over and over and over again in my life. And that is why I succeed.” – Michael Jordan

“Don’t Give up, Don’t Ever Give Up” – Jimmy Valvano

RUN, FIGHT, WIN, KNIGHTS!!

PROSPECT GIRLS' TRACK & FIELD EXPECTATIONS

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HOW TO STAY CONNECTED WITH PROSPECT XCTF

There are a number of ways you may stay up to date with the latest happenings in Prospect Girls Cross Country and Track & Field news.

- 1) Athletes receive most of the weekly updates, meet info, results/splits, through our Schoology Group, Girls Track. The access code is PXFBW-4TNNG
- 2) Visit our Prospect T&F website for weekly schedule, calendar, results, newsletters, etc. (T&F info)
<https://sites.google.com/a/d214.org/prospect-girls-track-field/home>
- 3) Visit our new Prospect XCTF website for the race results, history, schedule, etc. (mostly XC info)
www.ProspectXCTF.com
- 4) Follow us on Twitter for race results, highlights, and team notices
www.twitter.com/ProspectXCTF
- 5) Like us on Facebook and follow our Prospect XCTF Facebook page
www.facebook.com/ProspectXCTF
- 6) Parents and athletes on the current team may also wish to receive updates from Remind101 text messaging. This will be used to communicate notices and news that is only meant for our team.

Remind101 is an app that allows teachers/coaches to message a group of students and parents in seconds. Athletes and parents join by sending a text message (see below for more info) and away we go. This will be used to communicate last minute changes to meets, practice, and notices that are meant for Prospect athletes and parents only.

1. To join Prospect T&F 2017 (parents only), simply message/text @prospect17 to 81010
2. To join Prospect T&F 2017 (athletes only) simply message/text @phstf2017 to 81010
3. To join Prospect XC (athletes/parents), simply message/text @pxc2016 to 81010 (not used much in TF)

PROSPECT GIRLS T&F COACHING STAFF

Pete Wintermute (Head Coach/ Distance)

Lance Burmeister (Sprints and Relays)

Cheris Beaty (Hurdles and Sprints)

Michele Burnett (Jumps and Sprints)

Andy Weis (Long Jump and Triple Jump)

Jim Wormsley (Throws)

Dave and Judy Raub (Pole Vault)

Melissa Jones (Sprints and Hurdles)

Lisa Cottrell (Distance)

PROGRAM PHILOSOPHY

Every day it is expected that you be the best YOU, YOU can be. My goal is to develop successful individuals in all facets of life. Through being a member of the Prospect XCTF program athletes are encouraged to communicate for themselves, make life choices, and through hard work and dedication gain a positive perception of themselves and their personal accomplishments. Through my passion for running and educating kids, we promote life-long commitment to fitness and to cherish each and every year of good health.

Be consistent in all that you do and commit yourself to both your team and individual goals.

Take pride in everything you do. Excel on the track/grass AND in the classroom (No D's and F's).

Look and act like someone who deserves respect.

Be respectful of your teammates, other teams, coaches, and officials at all times. Treat others how you'd want to be treated.

Show integrity and know that you are a constant representative of yourself, your family, Prospect XCTF, and your coaches. Do them proud.

And most importantly be passionate about what you do and HAVE FUN!!

TRAINING GROUPS AND LEVELS

Training groups are based upon training zones/paces and are used to create workout groups. These workout groups best resemble athletes of similar abilities and the groups encourage one another to do their very best. Athlete's training paces are determined by their performances in meets as they "earn" the right to run faster workouts and to move up training groups.

Athletes also vary in the volume of work they are expected to complete. The volume of work is based upon their experience. There are 5 levels in our training program and each level represents another year's experience. Athletes progress one level a year and the volume increase is approximately 10% between each level.

ATTENDANCE

1. Prospect XCTF meets 6 days a week and athletes are expected to attend all practices and meets. Daily attendance allows our athletes to gain the full benefit of our program and increases team unity and improves team dynamics. Be punctual. "If you're not five minutes early, you're late."
2. Holidays (Labor Day, Columbus Day, and Jewish holidays) Yes, there is practice. Saturdays when there is no meet practice will begin at 8am. Institute Days and School Day Practices are at 3:15pm. We meet at the Prospect Track. In case of inclement weather, there will still be practice and athletes will meet in the Prospect Fieldhouse Foyer. The team will lift, cross train, conduct meetings, and wait for the weather to clear.
3. Attendance expectations: Everyone is expected to attend all team practices, meets, meetings, etc. Absences should be for "emergency" purposes only.
 - a. If you cannot attend, the head coach must be notified in advance of the absence AND the athlete's specific coach as well.
 - b. Emergency: you must personally tell the head coach before leaving.
 - c. Not in school: parent must leave a message on Mr. Wintermute's voice mail (847-718-5509) or email Mr. Wintermute at pete.wintermute@d214.org (preferred method).
 - d. Pre-arranged absences (doctor appointments, family obligations, school conflicts, etc.): must be included on the start of the season "Conflict/Absence Form." This is imperative so that we can create a training plan that best meets your daughter's needs. Our season's training and meet schedule is based on reaching each athlete's ultimate performances in May (Championship season).
 - e. Keep all absences to an absolute minimum. If you are expecting varsity level performances, athletes must attend DAILY. For anyone wanting to compete at the varsity level, there will be a maximum of one meet missed (none of which are MSL conference, HIS Sectional, or IHSA State).

4. Some athletes have nerves/fears on meet days, hard workout days, and inclement weather days. Often their stomachs may hurt (like butterflies, etc.) or injuries appear larger than previously noticed. Please try to distinguish between these “normal” anxieties and real illness or injury. The team needs to be able to count on people through thick and thin.
5. Attendance consequences:
 - a. An athlete may be held out of a meet or meets due to excessive absences from practice. If your absence is the day before an invitational meet, the athlete may be held out of the meet. These situations will be dealt with on a case by case basis and therefore it is essential that athletes communicate with their coaches.
6. If school is unexpectedly canceled, an optional practice will be held at 8:00 (unless otherwise notified), with the workout decided by the individuals in attendance. It will finish within 2.5 hours of the start, depending on what is done.
7. Punctuality expectations: Everyone is expected to be on time for everything (practice, meetings, bus, etc.).
 - a. If you miss a bus to a meet or the start of warm up for a home meet, you will not be allowed to compete unless it was approved in advance.
 - b. If you are late to practice, you need a pass from the teacher/person who detained you with the date, time, and reason marked on it.
 - c. If you have an injury that needs to be treated prior to practice, you are to go directly to the training room immediately after school and hustle out to practice. If it is a non-school day (e.g. Saturday, holiday), you must come early enough to get treated before practice; you should not be late!
 - d. When you arrive at practice late, you need to contact your coach and see what you missed.

MEETS/COMPETITION

WE FOLLOW ALL IHSA, MSL, DISTRICT 214, AND PROSPECT H.S. GUIDELINES.

1. The meet schedule and meet directions are located on the team website. Please visit the site for more information. Meet specifics will be communicated to your daughter at practice and meet info/race times will be posted for your daughter weekly. It is important that you talk to you daughter about her race times and the schedule for the week and visit the Prospect T&F website for more info.
2. Athletes should be properly prepared for all meets – clothing for all possible weather conditions, competition shoes, proper food for before, between, and after events, etc. Make a check list, to always check out before leaving home and school.
3. Everyone travels to and from meets on the bus. Your parent may take you home after a meet if it's an emergency and your parent personally sees Mr. Wintermute. All other travel plans have to be pre-approved by Mr. Wintermute. Any violation of this is serious and is an immediate suspension from an invitational and possible code violation.
4. Athletes will be assigned team equipment to carry on to the bus and off the bus both to and from the meet. It is that group's responsibility for the equipment to get both to the meet and stored back at Prospect HS.
5. Upon arriving at a meet, the team needs to get situated as soon as possible.
6. Everyone performing that day warms up at the same time (somewhat together), unless there is a special need for some individuals who are performing in too short of time.
7. Athletes not performing or not performing in early events will help set up the team camp (tent, etc.) and athletes not performing or not performing in late events will help break down the camp and clean up. We will not leave until our area is at least as clean as we found it.
8. Athletes will prepare (warm up) for events as directed by their individual coach for that event.
9. Uniforms are to be “worn as the manufacturer intended”, which means shirt tucked in and no rolling of shorts. Athletes not complying with this rule may be disqualified from their event.
10. When the event finishes, quickly put on sweats, change the shoes, and do a proper cool down; also try to take in a little carbohydrates and protein (about a 4:1 ratio) as soon as possible. If it is wet out, sit on your garbage bag to put on sweats and change shoes.

11. If not warming up, performing, or cooling down for your event; help, cheer on, and encourage your teammates. Make it a point to visit teammates each meet. Make it a point to visit a new event each meet and cheer for someone you haven't supported before. If you don't know the person's name, make it a point to find out what it is and don't forget.
12. Cell phones are not to be used and should be turned off at the meets. Brief phone calls can be made for arranging transportation only, or other reasons if OK'd by a coach.
13. All electronics are illegal to be used "in the field of competition", which is usually interpreted at meets as on the track (like during warm up) and inside the track, although it can be at individual event venues (like throws and jumps) as well.
14. Parents, family members, and friends should not be on the infield unless they are currently working there. Non-workers should stay in the stands with other spectators. Athletes should not be in the stands – they should be participating or at the team camp with their teammates. Athletes found lingering with non-teammates or leaving the stadium may not be permitted to participate in future invitationals.

INJURIES/TREATMENT

1. Words to live by: "An ounce of prevention is worth a pound of cure." (author unknown)
2. All injuries must be reported to the coach, preferably before the workout. Updates need to be given daily until an athlete is healthy.
3. Injuries need to be treated at school. Anyone sustaining injury must attend practice to receive treatment. If this is not enough, then an outside party may get involved. See the coach if uncertain on this.
4. Any lingering injuries or injuries hurting performance need a plan of attack to help improve and, although the coach will help, it is the sole responsibility of the injured athlete to follow this plan. Injured athletes are very highly encouraged to do cross training. It is probably the best workout they can do in the week!
5. Do not see the trainer DURING practice except in extreme emergencies or when told to see them by the coach. See the trainer AFTER practice is complete.
6. Any training room needs (taping, etc.) before practice should be done as soon as possible. If this is on a non-school day, you should come in 15-30minutes early to go to the trainer before practice starts. On non-school days, you are expected to be ready to practice on time.
7. If injury seems minor, ice after practice for 20 minutes, then once again before bed for 20 minutes. DO NOT APPLY HEAT!
8. If injury appears to be tendonitis (which most are), after a week of no progress toward better health, athlete should consider taking an anti-inflammatory (e.g. ibuprofen). Talk to the athletic trainer or coach for more specifics.
9. Do not see a doctor about an injury until meeting with the coach on the subject. Almost all family doctors have a basic rule of 2 weeks with no activity, and then the athlete may resume activity. These doctors often give no alternative exercises, no rehab plans, no partial limits and thus have done very little to correct the issue that caused the injury. A sport specific doctor is usually more aggressive and will provide a problem solving approach that is much more successful for the athlete. Please talk to your coach about recommended sports doctors.
10. A lot of running injuries are caused by a new style of shoe or overuse. If a certain shoe brand and style works for you, try to stay in the same model (not just the same brand!). When buying new shoes buy the shoe that fits your foot and provides support and not the pretty colorful ones. (Caution: Nike Frees) Overuse means your body can't handle the stress, you have too much force being applied to the ground for your strength. This can be overcome mostly in the off-season. The three major causes of too much stress are not enough lower leg strength, too much body weight, and too quick an increase in the amount of work applied to the ground. A sound diet, off-season training, and year-round lower leg strengthening are requisites to solving these problems.

Three good sources for running shoes and gear are: (Running Specialty Stores in the Area)

Dick Pond Athletics, 29 S. Prospect Avenue, Park Ridge, IL (847) 720 - 4083 - great prices, large selection of both trainers and spikes, gait analysis, and don't forget to mention for Prospect HS Girls XCTF for additional discounts and a credit to our "team account."

Runners High 'n Tri, 121 W. Campbell St. Arlington Heights, IL (847) 670 - 9255 - family run business in downtown Arlington Heights and rated as one of the 50 Best Running Stores in the nation by Competitor Magazine. Great prices and discounts when you mention you run for Prospect HS Girls XCTF.

Road Runner Sports, 20291 N. Rand Road, Kildeer, just before Deer Path shopping center and across the street from Whole Food. (847) 719-8949 - new location with good selection.

11. If you are injured and involved in other activities at the same time, we must develop a plan for recovery for **both activities**. It does you no good in rehab to hold back in one activity and not in the other.

Three good sources for medical advice on injuries are:

Foundation Sport and Spine (Dr. Nathan Porcher) 115 N. Arlington Heights Road Suite 104, Arlington Heights, IL (847) 342-3000 - Dr. Porcher is a chiropractor that focuses on functional rehabilitation, Activation, and uses Active Release techniques. Dr. Porcher was a 2003 Prospect graduate and ran Track & Field at Anderson University during his college years. Dr. Porcher has helped coach hurdles at Prospect HS and works hard to get our athletes back running and on the playing field.

Davenport Chiropractic (Dr. Michael Davenport) 3350 W. Salt Creek Lane, Arlington Heights, IL (847) 368-3200 - Dr. Davenport is a chiropractor that is amazingly good with soft tissue injuries. He has gotten many a runners with IT band issues back up and running in just a few days with the use of his magic.

Dr. O'Brian Podiatry and Sports Center (Dr. David W. O'Brian) 10 N. Roselle Road, Roselle, IL (630) - 529 - 6634 - Leading podiatrist in the Chicagoland area. Dr. O'Brian worked with Dr. Durkin who was team doctor with Joe Newton (York HS) and the 1988 Olympic Track & Field team. Simply amazing is the work Dr. O'Brian does with our athletes.

Lindy Camardella, Advance Health Institute of Arlington Heights, 45 S. Dunton Ave, Arlington Heights, IL (847) 637-5242 - Lindy Camardella specializes in East Asian Medicine techniques and acupuncture and offers some of the best massages in town. With the use of herbal medicine and other Eastern medicine practices she can lead you to brighter days ahead.

RECOVERY/RESTORATION

1. A healthy teenage athlete should get 8 – 10 hours of sleep each night. Receiving the proper rest allows the body to fully recover from the workouts in appropriate time and also helps cut down on the frequency of illness(es). Try to be as efficient as possible so this can be achieved. One activity other than an IHSA sport is about all a body can handle. Choose at most one of these: very part-time job, occasional club sport activity or club, heavy AP schedule, etc. You can pick up more activities in the off-season but during the season you must be aware of your time commitments.
2. A healthy teenage athlete eats the “food pyramid” daily, with only occasional variances from the suggestions. Too much of any food category (even foods that are considered “good”) ends up being stored as fat. Dr. Roger Bannister (the world’s first 4 minute miler) believes that sugar is evil! A physical therapist of one of our athletes has said the major cause of shin splints is too much carbohydrates and any amounts of sweets!
3. Receiving the proper nutrients and rest allows the body to fully recover from the workouts in appropriate time and also helps cut down on the frequency of illness(es). The sooner nutritious food

is put in the body (especially the 1st 2 hours), the more rapid the recovery process occurs. Most research suggests 20-30g of carbohydrate and 8-10g of protein.

4. Hydrotherapy (water), cryotherapy (ice), massage, and other modalities are great forms of recovery. Use these regularly if you are sore, injured, or have a history of injury. Try to use these regularly, even when not feeling sore or injured. Icing should never be done for more than 20 consecutive minutes.

NUTRITION, HYDRATION, AND VITAMINS/MINERALS

Runners are highly active individuals and need to fuel themselves in order to maintain a high output. Coach Wurster said, “runners are like formula 1 race cars and need premium fuel.” This is very important in aiding in an athlete’s recovery, avoiding injuries, and preparing the body for the next days work. Athletes need to make sure they are eating the right foods, as “they are what they eat.” If they are taking in garbage food they will feel like garbage and it is difficult to perform at your best when you feel like garbage. Athletes may be very moody if they are devouring junk food and it may affect their sleep patterns. Below is list of tips to a healthy diet.

- 1) Eat regular meals and snacks daily. Three meals and 2-3 healthy snacks a day help to even out the energy consumption in a day and alleviate peaks and valleys.
- 2) Take a daily multi-vitamin with iron (more info on iron consumption below). Taking a daily vitamin is like adding an insurance policy to your health. The body will absorb what it needs to help regulate daily function.
- 3) Hydrate daily by consuming 10-12 cups (80-96 fluid ounces) a day of water or semi-clear liquid. Athletes should carry a water bottle during the school day to help you hydrate. During the school day when you pass a fountain get a drink. You will know if you are staying hydrated by the color of your urine. It should be nearly clear and odorless.
 - i. 1.5% water loss reduces your muscle power by 5%
 - ii. Water loss reduces the body’s ability to sustain exercise for long than 1 to 2 minutes.
- 4) Eat a variety of food because different foods have different benefits.
 - Carbohydrates our primary fuel during exercise. Eat high fiber whole grains like organic whole wheat, brown rice, oatmeal, quinoa, millet, etc.
 - Protein is essential to an athlete’s diet because it is used to build and repair new muscle tissues and to avoid iron deficiency/anemia. As we work out we strain the muscles in our body for the purpose of them coming back stronger. Your goal is to eat 15-30 grams of protein immediately after a hard workout (chocolate milk, Endurox, Cliff Bars, almonds, etc.) Good sources of protein in your meals are fish, chicken, and red meat. A female athlete should be eating between 60-100grams of protein a day.
 - Fats are essential in maintaining a healthy body system and aid in the absorption of fat-soluble vitamins A, D, E, K. Poly and monounsaturated fats are the good ones found in found flax seed oil, olive oil, nuts, seeds, and avocados. Avoid saturated and trans fats as they may increase your risk for heart disease.
 - Vegetables/Fruits are rich in antioxidants and help to combat the free radicals, which increase from intense workouts. Your goal is to eat 9-14 servings of fruits and veggies a day and 5-7 of these servings should be dark green leafy vegetable.
 - Vitamins and Minerals have a very important role in the body’s functioning. Talk to your doctor or pediatrician for recommendations.
 - i. Vitamin D – the “sunshine vitamin” helps in regulating the absorption of calcium and phosphorous and is important to maintaining healthy and strong bones.
 - ii. Calcium – 50% of runners do not get enough Calcium. As a runner you need strong and healthy bones. “Milk, it does a body good.”
 - iii. Vitamin C – when taken with iron supplements or meals with high iron content increase the absorption rate. It also helps keep the body healthy.
 - iv. Zinc – is found in cells throughout the body and is needed for the body’s immune system to work properly
 - v. Folic Acid – is used in preventing and treating low blood levels of folate and “tired blood” (anemia).
 - vi. Iron – is an essential element for blood production. 70% of the body’s iron is found in our red blood cells called hemoglobin and in muscle cells called myoglobin.
 - vii. Fish oil - supports healthy cholesterol levels (HDL to LDL ratios). Also promotes healthy bone support and may offer mood support.

IRON/FERRITIN LEVELS IN FEMALE ATHLETES

It is estimated that 25-60% of competitive female runners and (up to 20% of male runners) have low iron stores or iron depletion. Low ferritin or iron levels may result in the condition call “anemia” where athletes fill chronic fatigue, weakness, dizziness, and difficulty while running for prolong efforts (over 5minutes).

Iron is an essential element used in blood production. Specifically it is used for the production of hemoglobin in your red blood cells. Runners are prone to lose more iron than non-runners due to the foot strike hemolysis (breakdown of red blood cells when the foot/heel strikes the ground). Iron affects your running because your red blood cells contain hemoglobin. Oxygen attaches to the hemoglobin of the red blood cells at your lungs and is then carried to your muscles and other tissues where it is used to produce energy aerobically. If you have low iron levels, you produce fewer red blood cells, your hemoglobin levels decrease, and less oxygen is transported to your muscles resulting in poor aerobic performance.

TREATMENT AND SUGGESTIONS

1) Runners should be getting their iron intake from both Heme and Nonheme and should be getting about 15-20mg per day.

Good food sources of iron include:

Food Sources of Heme Iron: chicken and beef liver, oysters, lean ground beef (hamburger), turkey, sirloin steak, tuna, chicken, poultry, fish, pork

Food Sources of Nonheme Iron: Ready to eat cereal (100% iron fortified), instant oatmeal (fortified), beans (white, red/kidney, black, navy, pinto, lima), spinach, tofu, quinoa, dried fruit,.

2) Increasing your vitamin C intake during meals will increase iron absorption.

3) Coffee and tea may reduce iron absorption and should be avoided.

4) *******SCHEDULE YOUR FERRITIN (SERUM FERRITIN) TEST TODAY** and become informed.

Now is the time to determine if your daughter’s diet is providing the necessary iron and it serves as a baseline for future tests. **THE COST IS ONLY \$29.** Instead of going to your regular doctor and defending why you need a ferritin test, you can now schedule an appointment online at <http://requestatest.com/> and chose from one of two locations in Arlington Heights. All you have to do is set up an account, order your test, and take your email confirmation to your location (no appointment needed). The results take only one business day and you are notified by email when your results are ready. To see your results login to your account and go to your test results section.

5) If you use an iron supplement, the ferrous forms (ferrous sulfate, ferrous gluconate or ferrous fumarate) are most easily absorbed. Iron supplements come in both pill and liquid form and may take some playing around with to see which is the best for your stomach. One of the better iron supplements for runners is “Ferrosequel.”

****SCHEDULING A FERRITIN TEST** (especially with distance runners)**

You are strongly encourage to get your daughter’s iron levels checked regularly (at least once a year) because low iron is a common injury to many female runners and it is nearly always preventable if we know in an advance your daughter’s ferritin levels. The serum ferritin test measure the amount of iron being stored in the blood. Low ferritin levels are directly related to the onset of anemia, which can take weeks to overcome if you begin adjusting your daughter’s diet immediately. Anemia, the clinical term for low iron levels, means the blood cannot carry oxygen to the muscles in the necessary and usual amounts and results in early fatigue and limits an athlete’s ability to perform at their best.

Serum Ferritin levels below 30 indicates the levels are low and supplementation is needed.

A Serum Ferritin level below 20 indicates more concern and often times are affecting an athlete’s performance. (see flow chart for more info)

See attached articles for more information on Iron and Ferritin.

SLEEP

It is an important for an athlete to have a well-balanced and healthy diet. But equally important to fueling the body is assuring they are getting the proper amounts of sleep. High school athletes/runners need 8-10 hours of sleep a night. During these long periods of sleep the body moves in and out of REM sleep and it is during these sleep cycles that the body repairs damaged muscle tissues and prepares the body for the next day's work.

- 1) Get 8-10 hours of sleep a night.
- 2) Keep a consistent bedtime as those that go to be within 30mn of their usual bed time each day of the week are 80% less likely to get sick. The body likes routines, get one, and keep it. It is better to go to bed at your usual bedtime and wake up early if necessary.
- 3) No electronic devices within 30min of bedtime.
- 4) Turn off your iPad, cell phone, and use an old school alarm. This eliminates the athlete's desire to read and respond to every text/email that comes through during the night. A good idea is to leave the phone and iPad charging downstairs in the study or kitchen as not to be tempted to be on it late at night.
- 5) Usual a planner/calendar to help you organize your schedule, to be efficient, and to prioritize.

PRE-RACE NUTRITION AND POST-RACE RECOVERY

PRE-RACE NUTRITION

2-4 hours before: Eat a balanced/nutritious meal to allow adequate time to digest plus 2 cups of water.

2 hours before: Eat a turkey sandwich or peanut butter w/ banana sandwich, or fruit smoothie plus 2 cup of water.

1 hour or less: half of a plain bagel, granola bar, 1 cup of low fiber cereal, fruit and 1 cups of water

Within 1 hour of race day: Gel or Gummies to top off your glycogen levels prior to racing. (30-45min before race time)

Hydrate with water and/or sports drink but don't drink too much 1hr before the race. The best hydration is done many hours before your race and even days before (use the color test of your pee to assess your hydration level- clear to light lemonade color)

POST-RACE NUTRITION

Receiving proper nutrients and rest allows the body to recover from workouts and helps to cut down on the frequency of illnesses. The soon nutritious food is put in the body the sooner the body can go to work in beginning the recovery process.

The first 30minutes after a workout/race is the optimal time to refuel.

Then within 1 hour of the race is next best.

Research suggests a 3:1 ratio for carbohydrates to protein.

20-30grams of carbohydrates and 8-10 grams of protein

Energy Bar (Cliff Bar, Power Bar, etc) with 8-20grams of protein and an apple.

Or one cup of low fat milk and a cup of cereal

3oz. turkey sandwich on whole wheat bread

AND 2-3 cups of water.

After most workouts and races the team often Gatorade, Endurox, and/or Chocolate milk to help the athletes quickly refill their tanks. This does not serve as a dinner it is just a quick start to the recovery process.

And finally a full meal should be eaten within 2 hours of a hard workout/race. The meal should include protein, carbohydrates, fruits/vegetables, and more water (2 cups of water or more). The meal should have all the colors of the rainbow and lots of fruits/vegetables.

TRAINING/RACING ATTIRE

1. Proper attire is to be worn for practices and meets. It is a “no-win” situation when an athlete is unprepared for a practice or a meet.
2. Shoes that are not worn out, fit properly and have been proven to help you avoid injuries are a necessity. If you have injuries, try a new model of shoe; also check the wear on your shoes. You should have a new pair of shoes at the start of each season.
3. All meets: the uniform is to be worn as the manufacturer intended it to be worn; thus no rolling of waistbands or shoulder straps. Your uniform top should be tucked in for competition. Violations of this could result in disqualification.
4. All meets: if you are wearing a t-shirt or long-sleeved shirt under your uniform top, it must be of solid white color. If you are wearing tights under your uniform shorts, they must be of solid navy blue color. If your sports bra is exposed, it may be of any single color, preferably white or navy.
5. All outdoor meets, especially with wet weather conditions, bring an extra pair of socks (or have performance socks different than warming up socks) to make sure you have dry socks when competing.
6. All outdoor meets, especially with wet conditions, bring a garbage bag. You can use it to keep your wet clothes separated from your dry ones and you can sit on it while putting on / taking off shoes / pants, and you can use it to keep your personal bag dry.
7. All practices and meets outdoors: all athletes must wear a long sleeve top and pants. The coach of your respective event(s) may allow you to take off some of the clothing for the workout. During competition, it is mandatory to perform in your uniform, with nothing over it.
8. All meets indoors: all athletes must wear a long sleeve top and pants. The coach of your respective event(s) may allow you to take some of the clothing off during the meet. During competition, it is mandatory to perform in your uniform, with nothing over it.
9. All meets, and practices where fast timing is required (relay handoffs, 3 step hurdling, jump event run throughs, etc.): wear attire as close to that expecting to be performing in. If weather is an issue, tights and weather-proof jackets are a good start. Do not wear baggy clothing!
10. When wearing spikes, never wear baggy pants or pants that may come in contact with the spikes.
11. Spikes should be checked before warming up for each event and each practice they are worn. Ask you coach if you are unsure of your allowed size of the implements in your spikes.
12. When warming up for a practice or meet, never take off clothing, it defeats the purpose of “warming up”. When it is time to take off sweats, the best way to take off pants is to unzip the pant leg, point your toe, and pull your pants down starting at the bottom of the pant leg; as soon as you can go no further, go to the waist and pull your pants down inside-out until they clear your foot, fold them up to look like you are cool and under control.
13. All school-issued equipment is to be worn for practice, training, and meets only. These should not be worn in social situations, PE class, etc.
14. School-issued equipment should never be loaned to others. You are solely responsible for it. If you are caught loaning this, it will be taken from you without replacement.
15. School-issued equipment is expected to be returned on the date announced to the team at the conclusion of the season.
16. For team unity, pride, and class, wear Track & Field attire on the day of any meet. If the meet is on a day off (like a Saturday), dress up in nice clothes the day before the meet.
17. When receiving an award in public (like award ceremonies at invitationals), “Prospect” track-wear must be visible.
18. When cleaning school-issued attire, wash them in cold water, hang them to dry, and do not iron them. If they are washed and hung in the evening, they will be dry by the morning.
19. All personal t-shirts, shorts, sweats, etc. should have your initials on the tag. If they are lost or misplaced, they will be easier to retrieve.
20. Never wear clothing with inappropriate messages on them.
21. For hygiene purposes and to not lose clothing, clothing should not be shared among teammates. Be responsible yourself so you don’t put a teammate in a situation like this.
22. Dri-Fit or similar fabrics that wick perspiration away from the body should be worn as undergarments and under layers of clothing.

RUNNING ESSENTIALS AND EQUIPMENT

NEW training/running shoes- it is best to purchase new training shoes at the start of the next training cycle to avoid getting hurt at the start of the season and while you are building your mileage. Then about halfway through the lifespan of your shoes it might be best to rotate a new pair in every other day to give your legs a rest if your shoes are wearing out. Most shoes last 400-600miles but some like the Nike Free may be closer to 200miles. If you run 40mpw this would be 10-15 weeks and as short as 5 weeks. Just like your appliances at home shoes don't last like they used to and you will go through approximately 3-4 pairs a year (if you are wearing minimalist shoe maybe even more). See shoe info on the next page for selecting the right shoe for you.

Sports Bra- a proper fitting sports bra is one of the most important purchases a runner will make. An ill-fitting sports bra or a sports bra lacking the proper support may result in poor posture, early fatigue, and even result in lower body injuries. You do not need to go out and buy something expensive you just need to make sure it provides the necessary support. Top Choice: Champion sports bras sold at Target.

Spikes- majority of athletes wear spikes for meet days and time trials. They are lighter and fit snugger and help athletes perform at their fastest. The more expensive spikes are generally a result of being lighter in weight. If you are light on your feet and do not heel strike you may be comfortable in a very light spike. Talk to your coach when purchasing a spike if you have questions.

Watch- Timex Ironman watch (30-50lap) is preferred because of its ability to chrono and to set a timer for workouts, Nike also makes some good running watches. (distance runners)

Socks – a week's supply of good running socks are important

Tights/capris/running pants- keeps your muscles warm while training and help to prevent muscles tightness

Light weight running jacket- keep the brisk breeze out while keeping the heat in. Many running jackets break the wind and are well ventilated to prevent the overheating during a hard workout.

¼-zip running tops- allow you to zip up and stay warm on a cold day but as the workout heats up it also allows you to zip down disperse heat

Hat, gloves, ear warmer- a must to be a distance runner in Chicago

OPTIONAL

Foam Roller, "The Stick," Lacrosse ball- are all used to massage muscles before and after exercise
Thera-bands, resistance bands, ankle bands- may be used to strengthen hips, lower legs,
Stretch out strap, exercise strap, or piece of rope (6ft of 1" poly-prop webbing)

HOW TO PICK THE RIGHT SHOE

SHOES: TRAINING SHOES, MINIMALIST SHOES, SPIKES, SPECIALTY SPIKES (Jumps/throws)

WHERE TO BUY?

Dick Pond Athletics is located in either downtown Park Ridge or in Hoffman Estates. The Dick Pond in Park Ridge is at 29 South Prospect Avenue (847) 720-4083. They have a large selection, well-educated staff, and are well priced. Look in the closeout bin for bargain shoes and spikes (last years models). If you mention you run for "Prospect HS Girls XC/Track" a portion of your bill goes into our "Team Bucks" and is used to purchase new apparel for the team and you will also receive credits back for every \$100 you spend.

<http://www.dickpondathletics.com/>

Runners High n' Tri is located at 121 W. Campbell Street in Arlington Heights (847) 670-9255. It is a family owned business in downtown AH and is rated as one of the 50 Best Running Stores in the nation by Competitor Magazine. Good prices and discounts when you mention you run for Prospect HS Girls XCTF.

<http://www.runnershigh-n-tri.com/>

Road Runner Sports is located on 2029 North Rand Road in Kildeer (847) 719-8949. The Road Runner store is just before the Deer Path shopping center and across the street from the Whole Foods. New location with a good selection.

<http://ww2.roadrunnersports.com/retail/kildeer.html>

COST:

Between \$70-100+, often price is a result of a decrease in weight or new technology used but a more expensive shoe does not necessarily result in better protection for your feet and legs. Purchase your shoes based upon your foot type, comfort, and NOT in terms of color or name brand.

HOW MANY MILES OR HOW LONG DO SHOES LAST?

It is best to purchase new training shoes at the start of the next training cycle to avoid getting hurt at the start of the season and while you are building your mileage. Then about halfway through the lifespan of your shoes it might be best to rotate a new pair in every other day to give your legs a rest if your shoes are wearing out.

Most shoes last 400-600 miles but some like the Nike Free may be closer to 200 miles. If you run 40mpw this would be 10-15 weeks and as short as 5 weeks. Just like your appliances at home shoes don't last like they used to and you will go through approximately 3-4 pairs a year (if you are wearing minimalist shoe maybe even more).

ADVICE WHEN BUYING NEW SHOES:

Advice #1: Bring your previous shoes to the shoe store when purchasing new shoes because often times your "wear patterns" is what determines your needs.

Advice #2: If you have been buying a specific type of shoe, it feels good, and you have been injury free then don't change. Stick with what works.

Advice #3: You need about 3-4 pairs of shoes a year and keep track of how many miles you run in them. Your body may tell you when it is time to change but you tracking your mileage/weeks is also helpful

WHAT TYPE OF SHOE IS BEST FOR ME?

Low arch/flat feet- foot looks like a blob from toes to heel, you see the inward turn from inward curve from big toe to heel in your footprint, tend to overpronate (feet roll inward while running). Generally need a motion control or stability shoe. May need to wear orthotics if doing strengthening exercises do not correct the issue of overpronating.

Medium arch/normal/neutral- footprint tends to show $\frac{3}{4}$ of an inch, can be a neutral but not a shoe with a lot of stability or motion control

High arch- foot print shows little to no arch, if you push against your foot with your hand your foot will regain rigid, tend to supinate or underpronate (feet roll outwards as you run), continue to check with time to see if their arch has fallen, need to look for a neutral/cushioned running shoe with a soft midsole and that absorbs the shock, look for "cushioned" or "flexible" shoes

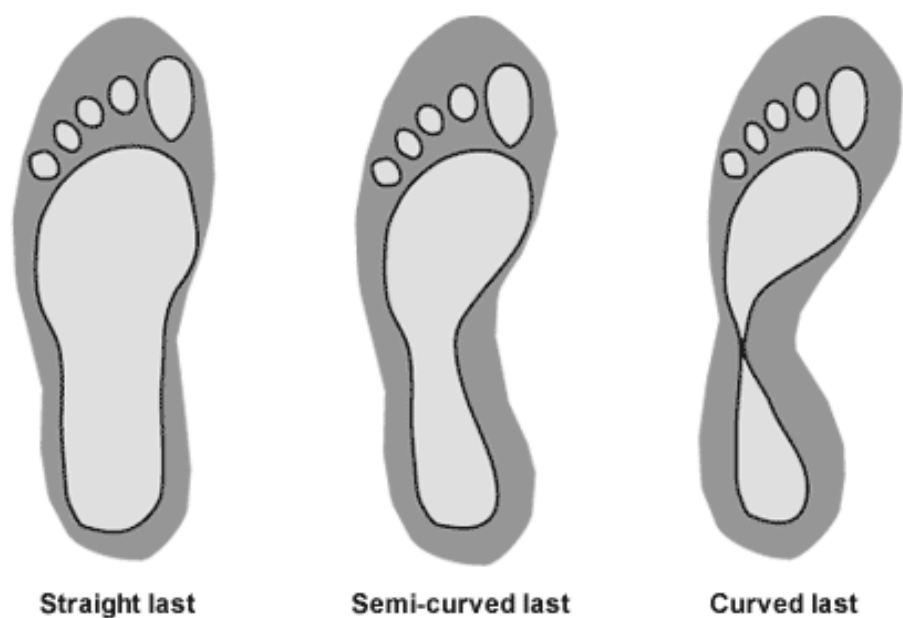
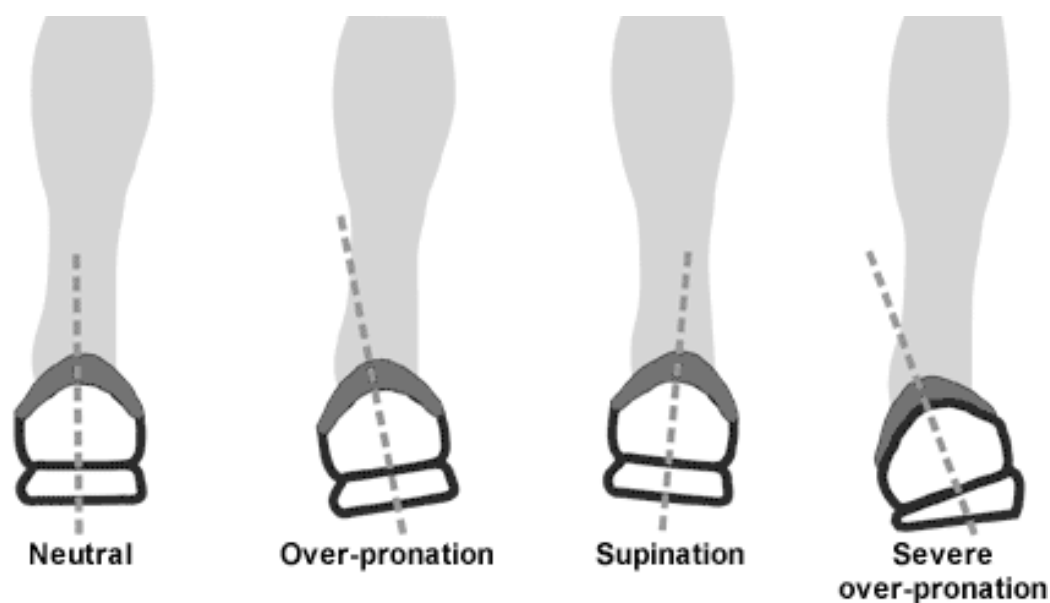
Minimalist shoes/barefoot shoes- this is the new-fade but one must have the strength in their feet to support this type of shoe, often it is best to progress from a traditional running shoe with a 10mm heel drop to a minimalist with a 4-6mm heel drop and then work your way to a zero drop which is a so called barefoot shoe. If you are new to minimalist shoes it is best to start out slow and gradually increase your time and distance you spend in these shoes so that you can let your feet, muscles and especially Achilles tendon adjust. The Nike Free is the #1 seller of minimalist shoes but know these are not for everyone and it takes time to adjust to these as your daily training shoe.

<http://running.about.com/od/shoesapparelandgear/a/foottypes.htm>

<http://www.runnersworld.com/running-shoes/take-wet-test-learn-your-foot-type>

<http://www.rei.com/learn/expert-advice/running-shoes.html>

	Pronators	Overpronators	Supinators
Foot mechanics	Normal inward roll	Excessive inward roll	Excessive outward roll
Foot shape	Low arch	Flat foot to low arch	Medium to high arch
Shock absorption in stride	Good	Good	Poor
Recommended shoe last	Semi-curved	Straight	Curved
Recommended type of shoe	Stability	Motion Control	Cushioning



PROSPECT XCTF: RUNNING LINKS

Twitter: www.twitter.com/ProspectXCTF

Facebook: www.facebook.com/ProspectXCTF

Prospect Girls XC webpage: www.ProspectXCTF.com

Prospect Girls Track webpage: <https://sites.google.com/a/d214.org/prospect-girls-track-field/>

Prospector Now (Prospect High School newspaper): <http://prospectornow.com>

Prospect Athletics Page: <http://phs.d214.org/athletics/default.aspx>

Prospect High School Website: <http://phs.d214.org>

ILLINOIS HIGH SCHOOL RUNNING WEBSITES:

www.ihsa.org Official IHSA Website with general sport and State series information

<http://il.milesplit.com/> Amazing website with Illinois Meet results, write-ups, pictures, videos, etc. There is a membership option as well but a lot of the information is able to be view without purchasing a membership.

<http://www.dyestatil.com/> Outstanding coverage of IHSA XC and T&F. Includes meet results, rankings, and write-ups on the weekend's competitions.

<http://nxnmw.runnerspace.com/> Nike Cross Midwest is a post-season event, which provides an opportunity for qualification to the Nike Cross Nationals (NXN) in Portland, Oregon.

<http://footlockercc.com/index.shtml> Footlocker Cross Country Championships is another postseason race, which must be qualified for through the Midwest Regional run at UW-Parkside course in Kenosha, WI. (click the Region: Midwest for more info)

<http://itccca.com/> Illinois Track and Cross Country Coaches Association site has a few good articles, information about senior meets.

<https://www.iesa.org/> Illinois Elementary School Association (IESA) is the location to find junior high/middle school results

NATIONAL HIGH SCHOOL RUNNING WEBSITES:

<http://www.dyestat.com/> Expanded view of what is going on across the nation

<http://www.milesplit.com/> Mile Split USA is expanded coverage of the nations top high schools and performers.

<http://www.usatf.org/Youth.aspx> USATF Youth is the location to go to for USATF Youth Racing such as Junior Olympics and Midwest/Regional qualifiers.

COLLEGIATE AND PROFESSIONAL RUNNING WEBSITES:

<http://www.flotrack.org/> Lots of videos and articles on collegiate XC and T&F. Good Olympic and World champ coverage as well. There is "Workout Wednesday" videos are pretty awesome to see other training done by college and pro athletes.

<http://www.letsrun.com/> Lets Run is an amazing site with information about all the latest happenings in the sport from collegiate updates, to professional races, and road race updates.

<http://www.runnerspace.com/> Runners Space provides news on HS, Collegiate, Professional Road Racing, and Training.

<http://runnergirl.com/> Runner Girl provides an array of articles that provide expert advice for the well being of girls/women.

<http://www.ncaa.com/> National Collegiate Athletics Association has info about all NCAA sports.

<http://www.ustfccca.org/> US Track & Field and Cross Country Coaches Association – good site and reporting for all collegiate levels: DI, DII, DIII, NAIA, and NJCAA

<http://www.usatf.org/> USA Track & Field

RUNNING TRAINING PACE CALCULATOR:

<http://www.runnersworld.co.uk/general/rws-training-pace-calculator/1676.html> Runner's World Training Pace Calculator. Put in the result from a previous race and it puts out your approximated training paces. Note: XC races there will be some variance due to the measurement of the course and the difficulty of the terrain.

ROUTE TRACKING AND GPS MAPPING:

<http://www.mapmyrun.com/> Map My Run

<http://www.usatf.org/routes/map/> USATF America's Running Routes- Map It

<http://www.gmap-pedometer.com/>

LOCAL NEWSPAPERS AND MEDIA:

http://www.journal-topics.com/news/mt_prospect/ Mt. Prospect Journal and Topic

<http://www.dailyherald.com/> Daily Herald

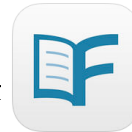
<http://www.chicagotribune.com/sports/> Chicago Tribune

MAGAZINE SITES:

Flipster is a app that allows you to download magazines such as Runners World and Running Times for a week or read online. Download the app and to access the District 214 account Prospect athletes and parents will need to email requesting access to the login and password.

<http://www.runnersworld.com/> Runner's World Magazine

<http://www.runnersworld.com/running-times> Running Times Magazine



COLLEGIATE RECRUITING:

<http://www.athleticscholarships.net/ncaa-clearinghouse.htm> NCAA Clearinghouse (now called NCAA Eligibility Center)

http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp NCAA Eligibility Resources

<http://www.ncaa.org/student-athletes/resources/recruiting-calendars> - Information about

NCAA Recruiting calendars and common questions

<http://www.athleticscholarships.net/2014/10/23/ncaa-rules-loopholes-for-contacting-coaches.htm> - Info about the Sept 1 contact time for underclassmen and loopholes in the process

<http://www.athleticscholarships.net/2013/09/04/september-1st-and-the-ncaa-recruiting-calendar.htm> -Info about the Sept 1 for each graduating class (the year may not match up as this is not an updated file but 2014 represents this year's senior class)

COACH W's FAVORITE QUOTES

"The Good Lord gave you a body that can withstand anything, it is your mind you have to convince." - Vince Lombardi

"Don't give up, don't ever give up." - Jimmy Valvano

"It's not about how many times you get knocked down that count, it is about how many times you get back up." - George A. Custer

"Whether you think you can, or think you can't--you're right." - Henry Ford

"To give anything less than your best is to sacrifice the gift." - Steve Prefontaine

"I've failed over and over and over again in my life and that is why I succeed." - Michael Jordan

"Remember tomorrow is promised to no one." – Walter Payton

"Pain is temporary. Quitting lasts forever." – Lance Armstrong

"If you're not five minutes early, you're late." – Bear Bryant

"I was taught you never, ever disrespect your opponent or your teammates or your organization or your manager and never, ever you uniform." - Ryne Sandberg

"Do you know what my favorite part of the game is? The opportunity to play." – Mike Singletary

Success isn't given. It's earned. On the track, on the field, in the gym. With blood, sweat, and the occasional tear." - Nike

"Set your goals high, and don't stop till you get there." - Bo Jackson

"One important key to success is self-confidence. An important key to self-confidence is preparation." – Arthur Ashe

Be strong when you are weak, brave when you are scared, and humble when you are victorious.

Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

Push yourself. Because no one else is going to do it for you.

Your mind will quit 100 times before your body ever does. Feel the pain and do it anyway...

The pain you feel today will be the strength you feel tomorrow.

Take care of your body. It's the only place you have to live in."