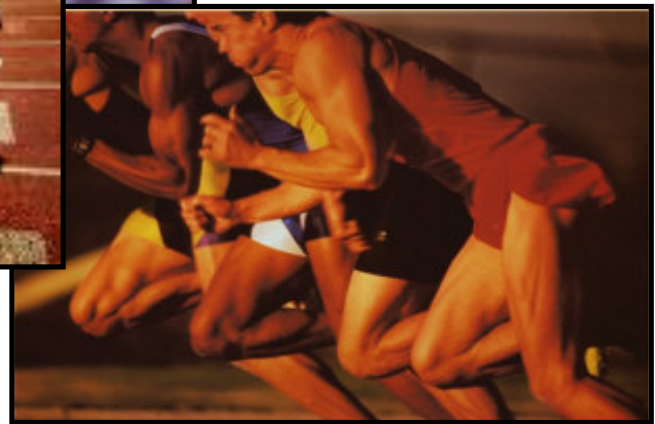


Brotherhood Crusade



Track & Field Handbook

Brotherhood Crusade Track and Field

Welcome BHC Families! We hope that everyone is as excited about the upcoming season as we are. We have an outstanding group back from last year, as well as wonderful additions to our team this year that will surely contribute to a solid season. This handbook is intended to make the lives of our Track & Field families a little easier. We have made every attempt to include useful information and provide you with a handy reference guide when questions arise pertaining to goals, expectations and regulations associated with the Brotherhood Crusade Track program.

Most of this information has been or will be supplied to the athletes by the coaching staff. Please allow this handbook to serve as an additional means of information to ensure that you are aware of the things that have been discussed with the athletes.

Participation in a track club takes an enormous amount of time and effort on behalf of everyone involved, including parents. It is our intent to produce an exciting, well disciplined, team oriented track squad that represents our community each weekend. The team should be a source of pride for the athletes, parents and coaching staff. We believe that everything is in place for a great year and we thank you in advance for dedicating yourselves this season.

Respectfully,
The BHC Track Coaching Staff

Who Are We?

Athletes First, Winning Second:

The Brotherhood Crusade track program focuses on developing young athletes by providing them with the opportunity to run in an organized setting. The coaching staff is comprised of skilled and dedicated volunteers with the desire to help young runners excel in the sport. We are confident that our athletes will learn the fundamentals of individual events as they develop running and conditioning skills. However, it is up to the child to bring the interest and commitment to practice. We welcome all abilities of runners and ask only for their best effort at practice and meets. Though striving to win is an important, even vital, part of all sports – no effort in striving to win will be made at the expense of our athletes' well-being, development, and enjoyment. Brotherhood Crusade believes in Athletes First, Winning Second.

What to Expect: Athlete & Parent Guidelines

Together we are a success and therefore expect you to give your best at practice, work together as a team, and respect your peers, coaches and surroundings.

Guidelines: Athlete

- Do your best to make every practice on time.
- Arrive at practice/meets ready to listen, work hard and learn.
- Be supportive of ALL athletes on your team.
- Show respect for coaches, teammates and opponents.
- Learn the rules, and always compete by them.
- No matter the outcome of your event, you will always be a winner if you do your best.

Guidelines: Parents

- Encourage good sportsmanship
- Support coaching staff in providing your child(ren) with the opportunity to participate in a learning and athletic experience.
- Promote team spirit by volunteering
- Provide transportation for your child(ren) to and from each track meet.

What to Expect: Practice and Track Meets

Practice:

Practice will be held twice a week on Mondays and Thursdays from 6-8pm, with optional participation on Mondays.

Practice will consist of:

- Warm-up / Stretching
- Practice Drills as outlined by coach(es)
- Warm down

Athletes should have the following at each practice:

- Water Bottle
- Active Wear
- Sweats/outer wear
- Training Shoes

- ❖ Practice will be held as scheduled, except in the event of extreme weather. If practice is cancelled; communication will be sent via email and posted at practice location.
- ❖ Due to cramping and nausea often associated with eating heavy foods in proximity to practice start times, we recommend athletes opt for fruit and light foods prior to practice.

Track Meet:

Track meets are held on Saturday and/or Sunday throughout the season. BHC runners may choose the track meets in which they wish to participate. Attendance at all track meets is NOT mandatory, but it is very important to let the coaches know if you will be attending a particular meet. Advance registration is often required and follows a very strict set of rules.

- Meet information will be provided prior to each meet by BHC
 - This will include detailed information regarding the event location, directions to the meet, and meet schedule with event times.
- Athletes' events will be determined by coaches
 - Coaches have to follow a very strict set of rules for most meets. Athletes will be told what events they are competing in the week before a meet.
- There will be a designated area for the athletes/BHC families during meets.
- At each meet, a Clerk of the Course calls for participants in each event to come to a staging area to prepare for the race. It is helpful if all the parents listen and repeat the calls to the BHC kids

Types of Track Meets

The BHC Track Team competes in many organized track meets each season. There are many types of youth track meets, but they fall into three basic categories:

- Recreational League Meets
- All-Comers Meets
- USATF/AAU Meets

Recreational League Meets – Throughout the United States, many civic or corporate organizations sponsor track meet series. BHC Track usually participates in three of these; they are organized by LA84/Mt SAC, Hershey Corporation, and the Southern California Municipal Athletic Federation (SCMAF).



The LA84/Mt SAC Youth Days meet is a one day meet where BHC competes against children from Schools and Parks and Recreation teams from all over southern California. This is a fun meet for all children.



The Hershey and SCMAF programs begin with a local meet where all of our athletes can participate. The top two finishers in each event qualify to compete in the next stage of competition, the Regional Finals. The winners of the Regional Hershey meet might then be selected to receive a free trip to the National Finals in Hershey Pennsylvania. The top four finishers at the SCMAF Regionals qualify to compete at the SCMAF Finals. The competition at these meets gets progressively harder, but the team members really enjoy the challenges.

All-Comers Meets – This type of meet is explained in the name; any youth who comes can compete without having to be a member of a team or organization. These early season meets are organized by individual track teams and usually serve as a fund-raiser. The athletes at All-comers meets have a very broad range of competitive levels; there are many beginners on hand, but most of the top runners in the country attend some of these meets as well. All skill levels go head-to-head in fun competition.

USATF Meets – These two organizations sponsor/accredit meets throughout the country. Individual USATF meets organized by track teams occur almost every weekend during the track season. To compete in these meets, each runner must have a USATF Membership (you can register on-line for about \$20). Individual runners don't have to be part of a team, but Relay Teams must come from USATF-registered teams. The competition at these meets is exceptionally high; these events showcase the best youth runners in the nation. It is a great achievement to make it to the finals at these meets. BHC looks forward to having several athletes from our team compete at these meets.

Track Events:

While participating on the BHC Track Team, your child will be exposed to and/or have the opportunity to participate in the following events based on athlete interest combined with coach recommendations:

Sprints:

- 50M
- 100M
- 200M
- 400M

Relays:

- 400 Meter Relay (4x1)
- 1600 Meter Relay (4x4)

Distance:

- 800M
- 1600M

Field Events:

- Long Jump(LJ)
- High Jump(HJ)
- Softball Throw



Getting Started in Track and Field

All athletes should attend practice and track meets prepared and in the know...

Training Shoes

The most important piece of equipment needed is a good pair of running shoes. This provides the athlete w/necessary support to prevent/minimize injuries associated with running. For their safety, it is absolutely essential that athletes wear the proper shoes during practice. Acceptable shoes are “running shoes” or “cross-country” shoes. Unacceptable and unsafe choices are basketball shoes, Vans, sandals, or flat tennis shoes. Local sports shoe stores have several acceptable choices.

- Tip: youth shoe sizes = unisex sizes = adult men’s shoes sizes.
 - Women’s sizes are about 1 ½ size higher than the others.
 - Women’s Size 6 = Men’s/Youth/Unisex size 4 ½.
 - If you have a girl, try to get her girls/women’s shoes. They are narrower than unisex men’s shoes.
 - Sizes vary significantly for different brands of shoes, but once you have found a brand you like, the sizes are consistent for different models. This opens up a wide range of internet options for shoe purchases.



Shoes for Competitive Events

For most youth meets, regular “practice” running shoes are acceptable. A special pair of shoes used just for meet competition is encouraged. These “Meet Shoes” should focus on minimizing weight while still providing good traction. A good place to start for race day shoes is something called “Racing Flats”. Racing flats look similar to “running shoes” except they are MUCH lighter. They aren’t as cushioned and don’t last as long as normal running shoes, but the decreased weight is a big help at any distance. It also gives an athlete a psychological edge to have a special set of shoes for “race day”. If racing flats are used at competitions, it is normal to bring an extra pair of shoes for in-between race periods.

The final category of competition shoes for Track and Field is “Spikes”. Spiked shoes are lightweight shoes with special screw-in spikes used for racing. These shoes are only allowed at USATF and All-Comers meets, they are **never** permitted at Rec League meets like SCMAF and Hershey.

Team Uniforms

Uniforms are provided and **must be** worn during each meet. **Please do not wear current season uniforms to practices.**

Sweats/Athletic Wear

Keeping muscles warm greatly improves flexibility, reduces stiffness and will allow athlete to put their best effort forward. That said, in addition to athletes practice attire(shorts/shirt) it is important that they are equipped with sweatshirt/pants. This will be required at all practices and meets.

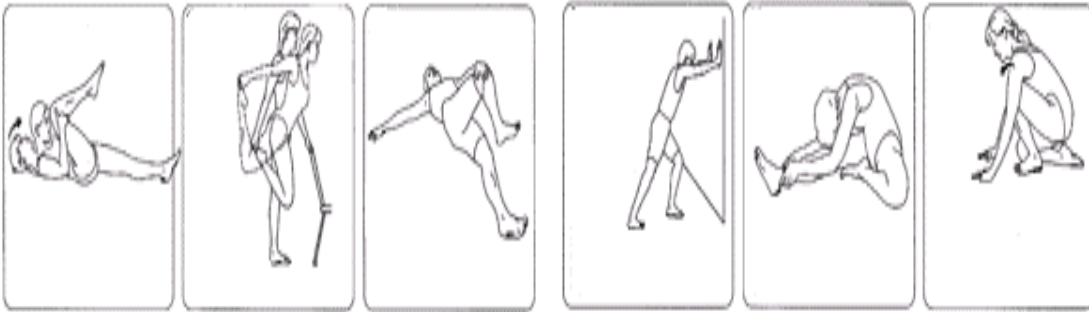
Importance of Water / Fluids

Our bodies need water to regulate body temperature and to provide the means for nutrients to travel to our organs. As we work out, water is lost through respiration and by sweating. This water must be replenished to prevent dehydration. Please make sure to bring bottled water to practice and meets.



Importance of Stretching

Stretching is an important part of the workout, and should begin and end every practice session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. If done properly, stretching will increase flexibility which directly translates into reduced risk of injury.



Nutrition

Snack Hints

These high-carbohydrate foods are good for after school snacks and/or competitions:

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

Pre-competition Meals

Pre-competition meals should be:

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

All Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. **Parents should consider bringing these pre-event foods:**

One hour before competition:

- Juice: Orange or tomato juices
- Fresh fruit: bananas, raisins, grapes, oranges, peaches, or watermelon

Two to four hours before competition:

- Fruit juices and fresh fruit
- Breads, bagels / muffins, with a small amount of cream cheese
- Milk or yogurt

Four hours or more before competition:

- Sandwich with 2 ounces of lean meat or peanut butter
- Fresh fruit / Fresh vegetables

DON'T FORGET WATER!!

It is best to stay away from soda or carbonated beverages.

Communication

We strive to keep our club members informed. To do this, we have three main ways to communicate with you:

In Person

We will verbally communicate information about our program and answer your individual questions at the end of practices and/or during down times at track meets.

Printed Material

When necessary, we will distribute important printed material, such as handouts, flyers, etc. at practices. Important information will be available via our Team Coordinator at the beginning and end of each practice. Please check!

Email

This will be our primary form of communication. Information and updates pertaining to meets and practices will be distributed on a regular basis.

We strive to keep our club members informed. To do this, we have three main ways to communicate with you:

Contact Information

<i>BHC Director</i>	Victor McClinton	bhcsports@sbcglobal.net
<i>Coach</i>	Jymm Adams	bhctrackcoach1@yahoo.com
<i>Coach</i>	Valerie Artis	bhctrackcoach1@yahoo.com
<i>Coach</i>	Chris Daughters	chrisjani@aol.com