

DIABLO VALLEY

TRACK AND FIELD

Established 1968

2012 PARENT AND ATHLETE HANDBOOK

DVTFC

The Diablo Valley Track and Field Club:

- Open to boys and girls ages 9 to 15 (8 year olds with coaching approval)
- Non-profit, tax-exempt community organization since 1968 (www.dvtfc.org)
- Spring and Summer track & field program
- Fall cross-country team
- Affiliated with USA Track & Field (USATF)

USATF

USA Track & Field:

- Nationwide governing body for the sport of track and field, cross-country and race walking for youth, open and masters athletes (www.usatf.org)
- Holds US Olympic trials and selects US Olympic athletes for our sport
- Trains and certifies youth coaches and officials, sanctions youth track meets
- Provides insurance coverage
- Pacific Association of the USATF organizes the equivalent of league meets in the Bay Area and Northern California (www.pausatf.org)
- Sponsors National Junior Olympics and National Youth Championships
- USATF membership included with DVTFC registration fee

OUR COACHING MISSION

Our coaches strive to do the following:

- Teach our athletes the fundamentals of the various track & field events
- Get our athletes in good physical condition
- Teach our athletes about good nutrition and health
- Prepare our athletes for age-group competition during the season
- Foster an atmosphere of fun and camaraderie

DVTFC "alumni" have moved on to high school varsity level competition in their freshman years and many hold records at area middle schools and high schools. While we are proud of the more than 130 State/Regional and 38 National individual or team titles DVTFC has won since 1973, we are just as proud of the athletes who have never won a medal at a track meet but who have bettered their previous personal records, (a "PR") in an event.

ATHLETE RESPONSIBILITIES

Athletes are expected to attend at least 2 practices per week (except during spring break week). They need to arrive on time, ready to work out, and listen to and follow coaches' instructions. DVTFC practices are not play dates, even though your athlete will have fun.

Athletes must participate in at least 2 'mini-meets' that will be held on Saturdays in March and April.

AGE GROUPS

Athletes compete in the same age group the entire year, based on their year of birth. Boys and girls compete separately, although sometimes for convenience the events are run simultaneously.

AGE GROUPS FOR 2012

Age Group	Year of Birth
Sub-Bantam	2004 - 2005
Bantam	2002 - 2003
Midget	2000 -2001
Youth	1998 - 1999
Intermediate	1996 - 1997
Young Men/Women	1994 - 1995

EVENTS

Athletes may compete in following events, depending on their age group:

- Dashes - 100, 200 and 400 meters
- Runs - 800, 1500 and 3000 meters
- Relays - 4 X 100, medley, 4 X 400, 4 X 800
- Hurdles - 80, 100 and 200 meters
- Field events - high jump, long jump, triple jump, shot put, discus and javelin
- All DVTFC athletes are encouraged to enter the maximum number of events at each meet, although they are free to enter fewer if they wish

UNIFORMS

All members receive a DVTFC logo t-shirt when they join the club:

- Athletes who do not wish to invest in uniforms may wear the t-shirt with black or red running shorts to all meets.
- Optional uniform items may be ordered through our club supplier and order forms will be distributed during the first week of practice. These items will include racing singlets, shorts, sweatshirts, warm-ups, jackets, bags and caps.

SHOES

Athletes should wear good quality running shoes with sturdy heel counters, good mid-sole cushioning, forefoot flexibility and correct sizing:

- Buy shoes with training only in mind. Shoes worn to school will not last the season and maintain their protective cushioning.
- Do not send your athlete to practice with tennis, "cross training", or sports shoes that lack the appropriate cushioning or flexibility.
- For meets, "spikes" may benefit sprinters and jumpers and distance runners may benefit by wearing racing flats. However, we advise athletes to consult with our coaches before investing in competition footwear.
- *Athletic Outpost* in downtown Walnut Creek carries running shoes and spikes in children's sizes, is familiar with our needs, and offers DVTFC members a 10% discount. Other stores knowledgeable about running footwear include *Sports Basement* (across from Heather Farms), *Roadrunner Sports* (Willows Shopping Center), and *Forward Motion* (Danville).

PRACTICES

WHEN AND WHERE

Practices are held **Tuesday and Thursday from 4:45 to 6:00 p.m.** at Pleasant Hill Middle School and **Sunday late afternoon (time TBD based on HS track availability)** at Acalanes HS and other local high schools.

- **Athletes should attend at least two (2) practices per week.** Because proper conditioning is a critical component of success on the track, the performance of athletes at meets will reflect their dedication to practice. However, attendance will not be taken after the first 2 weeks and athletes are not required to attend all practices in order to participate at meets.
- **We practice rain or shine.** Parents decide if they want to send their child to practice in inclement weather. The practices during the rain will be modified, with no field events. (NOTE: in cases of heavy, driving rains practice may be cancelled. Notifications will come via email prior to 4pm that day).

WORKOUTS

We try to make training a low-key, fun experience, designed to utilize the whole athlete:

- Practices begin with a period of **warm-up and stretching.** To ensure that we have no avoidable injuries, each athlete must attend the warm up and stretching in order to complete the track workout – so please don't arrive late!
- **After the first two weeks of conditioning, the head coach will publish the schedule that shows which events will be coached on which days.** At each practice, athletes will be able to choose an event group (sprint, middle distance, distance, race walk, jumps, hurdles, or throws) in which to participate based on their own interests. Not every group is offered every day. All athletes are encouraged to try different events (at least a few days) during the season. The majority of event coaching will occur on Sundays.
- Our running workouts consist of relay and chase games as well as form drills, speed and pace intervals, strength training, and over-distance running. Efforts are made to group athletes so that beginners get the basic instruction they need, while those with more experience receive instruction and workout at a level appropriate for them.

WHAT TO BRING

The essentials:

- Athletes should bring a **water bottle** to every practice, as there are no water fountains at the Pleasant Hill Middle School practice track.
- No matter what the weather, athletes will be hot or cold at some point during or after practice, so wear or bring layers that include a warm **sweatshirt (and sweatpants).**
- Athletes should wear **running shoes** to all practices (see section on shoes). Coaches may allow athletes to practice in spikes or racing flats under their direction at certain times.
- Athletes may prefer to bring a **mat or towel** to stretch on, depending on the condition of the grass.
- An **empty bladder !!!!** (restroom facilities are usually available at our practice facilities, but may be locked on occasion.)

MEETS

MINI-MEETS

Each year, our club holds **two mini-meets** early in the season to familiarize our athletes with how a track meet is conducted. It is also a good opportunity to establish baseline times and distances for improving personal records during the season. In 2012 these meets are tentatively scheduled on the Saturdays of **March 24th** and **April 14th** at (tentatively) Acalanes High School from 2pm to 4:30pm. There will be one or two other USATF teams from the Bay Area invited to participate.

The atmosphere of the mini-meets is instructional and informal, however, there will be an official starter, timing/measuring, age-group placing and ribbons. DVTFC **parents volunteer** perform essential tasks such as lane timing, measuring throws, raking the long-jump pit, and recording times and places. Parents are required to work at least one mini-meet during the season and will be charged \$50 if they choose not to volunteer.

SECTIONAL AND INVITATIONAL MEETS

During the regular season, our club attends one or two USATF youth meets sponsored by other Bay Area clubs. Most meets are held at high school stadiums on **Saturdays**, while some can be two-day affairs that span both Saturday and Sunday. There are usually hundreds of athletes participating in these meets, creating an atmosphere of excitement for our athletes - as well as an organizational challenge for the coaches and parents.

Athletes must **register in advance** for these meets (unlike a mini-meet), usually about 7 to 10 days before the meet. We publish the information about upcoming meets via our weekly email communications. DVTFC pays all meet entry fees.

DVTFC will always have at least two coaches in attendance at each meet. They erect our team tent first thing in the morning, obtain the official registration packet and monitor our athletes' performances. **Parents are responsible** for transportation to and from meets, food and supplies for the day and shepherding athletes to events. (Our coaches will provide as much guidance as possible, but they cannot be responsible for getting each and every athlete to the right place at the right time.)

CHAMPIONSHIP MEETS

At the conclusion of our spring session, some athletes may choose to continue training with DVTFC for the championship portion of the season (**beyond May 13**) and compete in some larger sectional and invitational meets in late May/early June. That group can also compete in a series of local and regional qualifying meets, held end of June / early July, for the National Junior Olympics July 23 – July 29 in Baltimore, MD. There is an additional fee for those continuing on in the championship season to cover the additional coaching, meet fees, and facilities costs.

DIABLO VALLEY TRACK & FIELD CLUB 2012 MEET SCHEDULE

Regular Season

March 24	Mini Meet	Acalanes HS (Time TBD)
April 2	Castro Valley Mini-Meet	Castro Valley HS (9am – Noon)
April 14	Mini Meet	Acalanes HS (Time TBD)
April 21	Annual Shor / Sheppard Classic	Mt Pleasant HS – San Jose
May 5,6	Sectional – Hercules Running Rebels/Top Pacers Invitational	Contra Costa College – San Pablo

Championship Season

There will be an additional fee and sign-up process in May for participation in the championship season.

June 9-10	Pacific Association Youth Championships	Mt Pleasant HS – San Jose
June 16-17	Region 14 Multi-Event Championships	Hosted by Central Association – location TBD
June 22-24	PA/Junior Olympic Qualifier (Top 12 qualify for Region 14)	Modesto Junior College - Modesto
July 6-8	Region 14 JO Championships (Top 5 qualify for Nationals)	Hosted by Central Association – location TBD
July 23-29	JO National Championships	Baltimore, MD

NUTRITION

This section is a compilation of ideas from the DVTFC coaching staff. It highlights important nutritional elements that any athlete needs to maintain a healthy body. It also outlines meal and product suggestions that support these key nutritional elements, with the basic idea of reducing or minimizing the amount of refined / processed sugars, trans fats, and other processed ingredients of questionable nutritional value.

Protein and Healthy Fats

Nuts and nut butters: A small amount of Brazil nuts packs a day's worth of Omega 3 fatty acids. Use Peanut or almond butters in sandwiches, on crackers, on celery, etc.

Sunbutter (sunflower and flax seeds) is a great alternative for people with nut allergies.

Choose nut butters that are "natural" or "organic" (the ingredients will only have nuts and maybe salt on the list) and avoid ones (like Jiff or Skippy) that have trans fats and high fructose corn syrup in them.

Soy milk and almond milk have high amounts of protein per glass.

The *combination of rice and beans* makes a "perfect protein."

Meats and cheeses: always go for the unprocessed choices (no Kraft singles or Lunchables!). If possible, choose hormone and antibiotic-free meat and dairy products.

Carbohydrates

Complex carbs are the way to go! Minimize simple refined sugars (soda, candy, white bread, etc) and choose complex carbs like WHOLE GRAIN breads and pastas. The Bay Area makes some of the best bread in the country, so you are bound to find healthy choices your athlete will eat. Be careful in reading ingredients, though, as many "wheat breads" are not whole wheat and contain things like high fructose corn syrup.

Other 'Superfoods':

Avocados
Blueberries
Spinach (the fresh leafy kind)
Broccoli

Breakfast: Most important meal

Almost all of the popular breakfast items have healthier options.

Cereal: instead of sugary cereals like Fruit Loops, get whole grain cereals (they don't all taste like cardboard) and sprinkle in some granola and fresh fruit. Trader Joe's and Whole Foods have good selections of cereal.

Waffles: "Nature's Path" brand makes a great (and much healthier) version of Eggo Waffles. Look for it in the freezer aisle. Again, Whole Foods or other food stores with a selection of organic goods will have these.

Toaster Pastries: "Nature's Path" and "Amy's" brands make their own versions of the Pop Tart, which are better for you and better tasting.

Yogurt, egg whites, and oatmeal also are good ways to get an athlete's energy system off to a good start.

Snacks: Kid-friendly and healthy alternatives

Sports drinks: instead of Gatorade/Powerade, try R.W. Knudsen brand's "Recharge." A 100% natural way to keep the body replenished during exercise.

Sodas: for the occasional soda splurge, aim for more natural sodas. China Cola (can be found at Whole Foods) is a really good all-natural version. Or make your own sodas at home using D'arbo natural fruit syrups (can be found at most stores) and sparkling water.

Candy bars: instead of the usual Milky Way, go for pieces of dark chocolate, which contain high amounts of antioxidants and less sugar. There are some amazingly wonderful, not too bitter, options on the market.

Fruit snacks: Get ones that actually contain fruit juice and other real ingredients. Annie's brand makes some excellent Organic Bunny Fruit Snacks and Clif Bar has its own version called Twisted Fruit.

Cookies: Annie's brand also makes really good bite-sized "cookies" with whole grains and other organic ingredients. My fave is the "Bunny Friends" box that contains chocolate cookies, chocolate chip cookies, and graham cracker like cookies.

Chips: "Food Should Taste Good" brand makes a variety of healthier chip options. Organic tortilla chips also are good options. Avoid Cheetos, Doritos, etc, that have very little nutritional value in their ingredients.

Favorite foods to eat before a meet/on meet day:

Carbs:

1. *Wheat Toast/English muffin with a little jam:* I like to eat carbs the morning of for their slow energy-release through the day. I like the jam for a little sugar to get me energized, but it's not enough to make me crash later.

2. *Granola:* I like that granola or other fiber/grain-heavy cereals fill me up in the morning without being a lot of food. I like granola if I have some time before I have to start warming up. I generally avoid dairy if I'm going to be warming up soon.

3. *Fruit:* Some fruits are a great source of healthy carbs, which I never knew growing up. Bananas and apples are staples of my meet-day repertoire.

4. *Sweet Potatoes:* I really like sweet potatoes. I don't know if I ever ate them before meets, but they're a great source of carbs and iron, something a lot of athletes don't get enough of.

Proteins:

1. *Chicken, fish, eggs:* Knowing that proteins take the longest to digest in the body, I'm not a fan of protein the morning of meets. I think protein is important for recovery, so keeping up on protein throughout the week prior to a meet is important, but I don't really think protein the morning of is so important or even a great idea.

Fats:

1. *Nuts:* Peanut butter on toast is a great way to get two energy sources in one. I like almonds, myself. But parents should avoid buying heavily salted nuts from the store because kids can get dehydrated with all the salt.

2. *Dairy*: As I said before, I generally avoid dairy before meets, but my dairy of choice is yogurt. It's high in calcium and usually a lighter form of fat.

3. *Lean meats*: Although red meat gets mauled in the health world, I think it provides a lot of things that athletes need. I am more into eating red meat at home, so I can control what I'm buying. Restaurant burgers generally use 80/20 meat, but if parents are making burgers at home I'd suggest 90/10.

Additional ideas:

Day before Meet:

Athletes need a balanced diet that contains carbs, proteins and healthy fats. Use foods that will give your athlete all of the nutrients. Carbohydrates should make up the bulk of the calories of the meals, but there is really no need to "carbo load" at the expense of proteins or fats. Fats should mainly come from the unsaturated (plant) kinds. Drink plenty (>100 oz.) of water. Water is the single best hydrator we have.

Day of Meet:

You don't need as much protein the morning of a meet, so although chicken or beef the night before is ok, you don't need tri-tip sandwich the morning of a meet. You can get proteins in eggs, yogurt, cheeses, just use moderation. Again, nut spreads with jam on whole wheat toast along with some fruit is a great start to a good breakfast. Don't forget to keep drinking water up to 30 minutes prior to your event.

After Meet:

This is the time to get additional protein to help aid muscle recovery. So now find your favorite protein! It is best to eat within 30-45 minutes after a workout. Chocolate milk is an excellent post workout treat.