

Raider Track– Orientation Meeting

INTRODUCTION

Thank you for joining the 14 time League Champions, 16 time CYO Champions/6 time runner-up Raider Track and Field Program!! The following is information we would like to share with our athletes and their parents. You may have additional questions that we fail to answer in the flyer, please feel comfortable asking any of the coaches at any time.

To Register for Raider Track, please click on this link: <http://RegisRaiders.leag1.com>

COACH INFORMATION

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Our lead Team manager is Annette Askounis. Annette.Askounis@marriot.com

PRACTICE SCHEDULE

Practices are Monday through Friday; 6:30–8:00 at Brother Rice. We also practice with small groups earlier to help accommodate other sports and to insure everyone is receiving the proper conditioning. Sometimes we will add a Saturday practice. While we expect athletes to make every effort to be at as many practices as possible, if they are playing another sport we will work with you so that they can attend track practice at least 2 days a week. Athletes who will be missing practice during Easter Vacation should see the coaches for specific workouts prior to departure.

Practice starts Monday March 14th. A complete Track Meet schedule will follow once we have it finalized.

ATTIRE

*Proper running shoes are important. Basketball or other types of athletic shoes may cause injuries. Proper running shoes can be purchased from Hanson's, Running Fit, Bloomfield Sports Shop, Running Gear, and Total Runner. Nike 'free' are not training shoes. Spikes are optional.

These stores also carry a full line of training shoes and spikes, along with socks with products such as cool max and dry fit, which absorbs the sweat, reduces blisters.

*Several layers of clothing (Under Armour, turtleneck, sweat shirt, and windbreakers) are better than a heavy coat. Hats and gloves are required in cold weather. Athletes heat up as they run and can peel clothing off accordingly. Sweatpants are ALWAYS REQUIRED, no matter how warm the day is.

We warm up in sweats no matter what the temperature may be. Athletes should have sweatpants on for every meet.

*If it is snowing, we're going. If it's raining, we're training. We run outside regardless of the weather, with one exception of lightning.

*If it is raining, it is a good idea to send a sweatshirt to change into after the workout. It is more comfortable to warm down and stretch in dry clothing.

*Athletes can wear black compression shorts under their shorts if that is more comfortable.

*During meet, anything worn under our uniforms must be black.

*Additionally, we will be offering Raider wear. These are optional. If you chose these sweats, we would like the orders in by March 21.

RECOMMENDED FOODS

*After school and before practice, athletes should eat light healthy meals that are high in energy. Examples are bagels, peanut butter sandwiches, oatmeal, and energy bars. If your child eats dinner before, make sure it is at least two hours before practice in order to digest properly. Stay away from greasy, heavy foods. Dairy products are not recommended. Before meets, find something that works for you, high in carbs like pancakes or pasta. Do not ever try anything new the day of meets. You want your body to compete with what it is used to.

*Side stitches or cramps under the ribs occur for two reasons.

1.) Stiches occur in runners who train too soon after eating or drinking. Food in the stomach causes pressure that triggers pain by pulling on muscle and connective tissue. **ALLOW AT LEAST AN HOUR AND A HALF TO DIGEST BEFORE TRAINING.**

2.) Stiches or cramps also occur in runners when they are beginning their training and are relatively unfit. The respiratory muscles cramp and fatigue due to inefficient blood flow and oxygen delivery. This condition will cease once the athlete becomes better conditioned.

*Make sure that your athlete brings water or an energy drink to practice. We do stop to take small water breaks to insure that your athlete is hydrated. They should be drinking plenty of water after practices so their hydration levels are high to begin with, especially as the weather warms up.

PRACTICE CONTENT

We warm up, stretch, and warm down before and after every practice to prevent injuries.

For distance runners, our weeks are broken into speed/intervals practices, offset by distance/recovery days. Since we must train on local roads, our coaches are running or driving with the athletes.

The Sprinters will do a combination of core, speed, strength, and agilities on a daily basis. We separate the athletes by age and ability, tempering the workouts for the younger athletes. While one group is working on the field events, blocks, or handoffs; the other group is doing sprint training. We then switch midway through the practice.

The athletes' enjoy pizza every Friday after practice to promote team unity. If you have any questions about our training methods, please see a coach and we will explain our approach.

MEETS

During each meet there is a set order of events. The Catholic League has one order, but the public league or invitational may have another. Your child may participate in no more than 3 events per meet. Sometimes an athlete will only participate in 2, depending on the events. The team is allowed to enter 3 athletes per event to participate in scoring. Everyone else will compete for exhibition. We keep track of every athlete's time and distance. Whether your athlete competes for points or not, one of the things that makes track fun is watching steady improvement and celebrating personal bests.

We will watch your child's running style and personality make decisions on whom to initially put into certain events. We will also try athletes in particular events if they have interest.

In most meets and the CYO Championship, boys and girls compete separately. A boys Champion is crowned and a girls Champion is crowned. For the last five years, our boys and girls both won the championship.

- Expect your athlete to be sore the first couple weeks. If there is an injury, we will size up the situation and recommend the appropriate action.
- I-pods and headphones are fine for warming up or between events at meets, however, please do not bring to practice.

The schedule is not complete (THE COMPETITIVE SEASON STARTS IN EARLY APRIL) but this is what we have thus far.

7TH AND 8TH GRADE CYO CHAMPIONSHIP IS May 21 AT CATHOLIC CENTRAL HIGH SCHOOL

There is also a 5th/6th GRADE Championship. The date and location is TBD.

I WILL GET THE SCHEDULES OUT ASAP BUT WE WANT TO MAKE SURE IT IS ACCURATE INFORMATION

You can order Raider wear on-line at www.bsnteamsports.com – access code raider9V4
Orders must be in by March 18th. We will announce pick up dates later.

Uniform distribution will take place on March 14th and 15th from 6:30pm until 7:30pm. An email will be come out prior to each meet asking for parents to volunteer for water, Gatorade, bagel and granola bars. The sign up will come from Sign Up Genius and will have link sent via Deanna's email letter.

We will be posting the times for uniform and sweat suit pick up when they arrive. In order to keep our athletes hydrated during meets, we ask that every family donate a case of water or Gatorade. We will reach out for donations once we have finalized the schedule.

The cost is \$100 plus the one-time \$100 booster club fee. There is a refundable \$100 deposit (check held) on uniforms. Uniforms will be returned to the St. Regis office or at one or two dates we will communicate at that time.

Please go to www.raidertrackcc.com and input your email so you can start receiving correspondence from the team.

During the season, we are always approachable, but please be considerate of our responsibilities before and during practice. Please feel free to contact us at any time, especially with concerns.

We are thrilled and honored to have your children and we are ready for another great year.