

CONESTOGA

WINTER

TRACK & FIELD



Survival Guide

-2012 Edition-

Created By: Ryan Comstock

CONESTOGA'S INDOOR TRACK & FIELD SURVIVAL GUIDE

COACHING PHILOSOPHY

We feel it is our responsibility to teach each athlete that track and field is a great, lifelong sport. Balancing hard work with fun is the most important aspect of obtaining success on our team. During an athlete's time on the team, we will strive to instill life-learning lessons such as responsibility, character, respect, confidence, leadership and discipline. If all of these aspects are applied, the wins, medals and personal records will come naturally. Creating a fun & positive experience, while in a competitive environment, is our main goal.

2012 Coaching Staff:

Head Coach: Ryan Comstock (Distance)

1st Assistant/Sprint Coach: Leashia Rahr

Jumps/Sprints: Rachele Gough

Throws Coach: Margaret Melie

Asst. Distance: Alycia Woodruff

Asst. Sprints/Flex: Kevin Rodgers

Athletic Director: Pat Boyle

- **Coach Comstock's Contact Info:** StogaTrackXC@gmail.com / 610-506-8940

2012 TEAM CAPTAINS:

Boys: Ben Kligman, Jamie Buck, Kevin Leimkuhler, Adam Baynard

Girls: Raven Dorsey, Chris Farrell, Katie McCoubrie, Sam Nelson

Being a captain is a great honor, but it will not always be a fun job. These are a few of the characteristics the coaching staff will look for when choosing team leaders:

- **Experience**
 - The best individuals understand our coaching styles, personalities and expectations. They must also know how to teach new teammates the routine at meets.
- **Maturity**
 - Captains are role models not just at practice, but outside of practice, as well. Prior season behavior in and out of practice is considered.
- **Initiative**
 - Captains are virtually our assistant coaches. Our staff should not have to remind captains to do their job. Showing initiative in a situation requiring their help or guidance is essential to a captain's role.
- **Motivation**
 - A negative attitude is dangerously influential on a young team. Our captains should possess a consistent positive outlook while motivating their teammates.

PRACTICES

Members of the team will be required to participate in all practices during the week (Mon-Fri) Students will face disciplinary action or possible team forfeiture for missing more than 3 unexcused absences. Many students will use winter track as means to get faster and stronger for their respective spring or fall sports – those athletes, will be held to the same standards as all other members of the team. Warm ups (jog, stretch, drills etc.) and workouts are outside whenever possible. Once we get deeper into the winter season we may move our warm up routine indoors. However, we will still have all workouts outside during the worst of the winter season. We will rarely, if ever, have a full practice indoors. When the snow covers the track, we will typically move to the back of the student parking lot. Distance runners will still run on the roads. Based on the amount of snow, we'll adjust routes to what we feel are the safest.

Practice Times:

Monday – Friday: 3:00pm – 4:45/5pm (top tier athletes may practice longer than novices)

The same as other sports teams, athletes on the team will have to make their schedules free for each day of practice. Jobs, music lessons, clubs, etc. should be scheduled around practice time. Time management with track and school work is crucial. If you continually need to miss practice to keep up with studying and homework, you will not be able to continue with the season. *(please review our power point for more details)*

CONFLICTS

Conflicts with practice and meets will happen from time to time. When students show a sincere effort to communicate their conflicts, as far in advance as possible, we will work with the students to resolve the conflict. This is not an open door for students wishing to practice only but not race. Nor is this an open invitation that any note will automatically equal an excused absence. Spotty practice attendance is an ongoing concern; efforts will be made to control this.

(detailed expectations should be review in our power point)

2012 IMPORTANT PRACTICE DATES: *(review team calendar for all event dates)*

- First day: Tuesday, November 29th (Detailed team meeting, reviewing procedures, guidelines and expectations)
- Winter Break Practices: No scheduled team practices over break (look for a training guide to follow)
- MLK Day: Jan. 17th No mandatory practice (subject to change)
- Last Day of Practice: Friday Feb. 3rd, only athletes qualified for post-season meets will remain practicing.

Think Before You Pack!!!

Athletes should come to practice adequately prepared to train in the varying weather conditions. Students who neglect to dress appropriate will be sent home from practice.

Packing for winter practices:

- Running Shoes/running socks
- Running pants/spandex or both
- Long sleeve shirt, sweatshirt & jacket
- Hat and gloves
- Its cold, but you will sweat. Pack a dry shirt to change into after your workout!!!!!!
- Snack or energy bar for after practice
- **DIGITAL WATCH!**

Packing indoor track meets:

- Training shoes, socks
- Racing flats or spikes
- Digital Watch.
- Running pants, long sleeve & short sleeve shirt, sweat shirt (your Conestoga gear)
- Hat and gloves
- UNIFORM *(there are ridiculously strict rules on jewelry and matching undergarments...talk to coaches/captains about rules)*
- Cash- we sometime stop at Wawa during our longer trips.
- Pack snacks and water (read the strict facility rules, it's not a joke!)
- SCHOOL WORK
- Blanket and pillow

Extra Tidbits for our meets:

These facilities are absolutely packed. Don't bring anything valuable with you; the chances are it will be stolen. Leave those iPods at home. We do not distribute school issued warm-ups. But let's look like a team; we do create many opportunities to purchase quality team apparel. You are expected to wear this clothing while attending meets.

TRACK & FIELD MEETS

Getting to the starting line

Because of the limited amount of indoor tracks in the surrounding area, our meets will have a ton of school at each meet. This equals A LOT of athletes in one building. Each school is limited to just a few athletes per event. Unfortunately, that will leave many kids on our roster unable to race. We always try to fit kids into meets that haven't had this experience yet. Though, realistically, many kids will not compete this season. Despite the situation, every athlete will have the same expectations placed upon them whether they race every week or never race. Please, understand that Indoor Track is not a free ride. We have had problems in the past with students showing little or no motivation to go to our meets. We need to avoid this contagious, negative attitude. Student we find to fall in this category will be dismissed from the team and asked to try again the following school year. When creating meet lineups and choosing individuals for relays for our invitational meets, the coaching staff will look at many different aspects. Being the best is a major factor, but is not nearly enough. Attendance, positive attitude, behavior, work ethic, and performance at practices will all be taken into consideration. The coaching staff will have the final say in all decisions.

DVGTCA & TFCAofGP Meets

To our returning athletes and parents - We will be experimenting this season with not attending our regular association meets, as we have in the past.

EQUIPMENT

Winter track equipment is simple -- Dress warm and invest in good training shoes! (visit local running stores for essential clothing) Cotton is not the best way to go. Moisture wicking material (aka tech shirts) is the way to go. Investing in the correct training shoes will save you money on doctor's appointments if you do it right the first time! (*Check out our shoe guide section*)

Spike versus Flats

One advantage of our new schedule format is the majority of our meets will now be spike meets. We will however attend a few meets that require racing flats. These meets will not allow spikes or shoes that accept spikes (*meaning you can't just take them out*). You will have two options. You can race in your training shoes (hardly recommend) or invest in racing flats. You will notice that 99% of the kids racing will be in flats or spikes. Maybe a few kids in the slower heats may be racing in their trainers. Feel welcome to discuss your individual options with a coach. Throwers have specific throwing shoes, this is less crucial for the average athlete, but worth investigating as well.

SCHOOL ISSUED UNIFORMS

Once an athlete is issued a school uniform he/she is fully responsible for returning that same uniform. A record is kept, and athletes will return their uniform on their last day. Please be cooperative and do not make other arrangements!!!!

Use the following procedure when returning uniform

1. Place in a zip lock bag
2. Have name of athlete clearly written on outside. (otherwise your return will not be recorded accurately)
3. Bring to last practice and place in the appropriate bin.

Athletes missing or losing uniforms will be billed via TESD.

INJURIES

Most injuries arise from *inconsistent* training. We incorporate recovery days along with challenging days in our training programs. Recovery days are not 'days off'. Avoidable injuries is also one reason consistent attendance will be strict. Most of our injuries come **from too much too soon**. We always do our very best to individualize our training programs. However, when signing up for the track team, you should recognize we'll be running just about every day!! Distance runners will run on the roads anywhere from 15 to over 40 miles a week (depending on the individual). Sprinters will be running and working out for close to 2 hours. Jumpers will train with the sprinters on non-jumping days. Throwers will do more than just throw and lift; overall conditioning will be done as well. *You shouldn't anticipate an easy transition if you've been on the couch all winter! Please do your part by coming into the season with some basic fitness under your belt.*

LONG-TERM INJURIES:

- Any injury that causes you to miss a practice, or significantly alter your training load, etc. must be reported to the training staff. Please log your information in the Track & Field injury binder which is inside the trainer's office. This should be recorded each time you visit the trainers for advice, treatment or updates.
- You may not go longer than 1 week without checking back in with a trainer
- If you have an injury that causes you to miss more than 2 weeks of practice. You will need to write a 1-page reaction to an article related to track and field. *This is to guarantee you are receiving a full T&F experience.*
 - One reaction on each Friday for the length of injury, past the initial 2 weeks.
 - *Ex. topics: T&F current events, news on Olympic or a Division I athletes, historical athletes, topic on your event, topic on your injury, etc. (place your reactions inside injury binder)*

OFF SEASON CONDITIONING

Distance & mid-distance runners are expected to follow their cross country summer training program and are to do as many runs in groups as possible. Non cross country-distance runners are encouraged to see the light and join cross country (*just kidding...sorta*). Every track & field athlete is expected to stay conditioned over the summer and fall seasons. Training for returning track members will be planned assuming you have been staying in shape since the end of the previous season. Summer conditioning and weight training programs will be available. Attending a summer track & field camp with teammates is strongly suggested! Villanova, Princeton, Shippensburg & Penn State are best. Visit the college's website or talk to Coach Comstock for more info. Sprinters who are not in a fall sport usually join the cross country team to stay in shape. *Taking advantage of these opportunities is your choice, but if you're out of shape when the season starts, life will be miserable - there's your warning.*

Conestoga Boys' & Girls' Indoor Track & Field

Standards for Achieving a Varsity Letter

2012 Season:

1. Meet the following performance standards:

EVENT	BOYS	GIRLS
60M Dash	7.7(7.94)	8.5 (8.74)
60M Hurdles	9.2 (9.44)	11.0 (11.24)
200M	25.0	29.0
400M	54.0	63.5
800M	2:05.5	2:35.0
MILE	4:47.0	5:45.5
3000	9:45.0	11:35.0
SHOT PUT	37-0	33-0
HIGH JUMP	5-8	4-8.5
LONG JUMP	19-9	15-8
TRIPLE JUMP	40-5	31-5
POLE VAULT	10-6	8-6



**subtract .24 from an FAT time to convert to hand time.*

(FYI: .xx means FAT timing was used, .x means hand time)

**Relay splits are eligibal for these standards.*

2. Earn a medal in any meet, regardless of time. (excludes novice races)
3. School record.
4. Qualify or compete in state championship meet.
5. Seniors who remained in good standing for the entire indoor season during 10th, 11th & 12th grades.

** Athletes who do not reach these standards but follow team guidelines, procedures have excellent practice attance record, will revieve a Junior Varsity certificate*

PTFCA INDOOR TRACK & FIELD

2012 PA STATE MEET ENTRY STANDARDS

EVENT	FLAT/BANKED TRACK	
	Girls'	Boys'
55MH/60MH	8.95/9.65	7.95/8.65
55MD/60MD	7.43/8.03	6.65/7.15
200m Dash	26.83/26.43	23.33 / 22.93
400m Dash	61.03/60.53	51.83 / 51.33
800m Run	2:24.93/2:24.33	2:01.23 / 2:00.63
Mile Run	5:23.93/5:23.23	4:32.93/4:32.23
3000m	10:45.63/10:44.83	9:00.23 / 8:59.63
4x200m	1:50.23/1:48.63	1:35.17 / 1:33.57
4x400m	4:11.40 / 4:09.40	3:33.23 / 3:31.23
4x800m	9:58.78/9:56.38	8:22.06 / 8:19.66
DMR	12:57.05/12:53.05	10:49.23/10:46.73
Shot Put	37-0	51-0
High Jump	5-2	6-3
Long Jump	17-03	21 9
Triple Jump	35-3	43 3
Pole Vault	10-6	13-6

* Add a .24 conversion from any hand time to FAT (Fully Automatic Timing)

MEET DIRECTIONS

URSINUS COLLEGE

422 West/Pottstown. Travel approximately eight miles to the Route 29/Collegeville exit. At the bottom of the exit ramp turn right onto Route 29 North. Proceed three miles to the traffic light by McDonald's. Turn left onto Main Street. The campus is approximately one-half mile up the hill on the right.

ARMORY TRACK AND FIELD CENTER

From New Jersey and Points South

Take the New Jersey Turnpike North, following signs to the George Washington Bridge. As you near the bridge (after passing the Meadowlands), follow yellow signs that say "express" to Bridge. Take the upper level of the Bridge. Once at the bridge and past the \$4.00 toll, get to the right lane and exit at 178th Street. Go through one light and make a right at the next light onto Broadway. Go 10 blocks south and make a right onto 168th Street. Go one block west to Fort Washington Avenue. The Armory entrance is at 168th and Fort Washington.

LAWRENCEVILLE SCHOOL

From the Pennsylvania Turnpike: Take the Pennsylvania Turnpike to Exit 351. Take US Route 1 North about 6 miles to Interstate 95. Take 95 North into New Jersey and take Exit 7B, US Route 206 North. Follow Route 206 North through one traffic light (LUKOIL station on left) and continue on until the next light (Craven Lane). At this light turn right into the campus. Drive through the right hand entrance of the Class of 1891 gate.

KUTZTOWN UNIVERSITY

422W, right onto 622N, left on 662N/73W, right onto 222N (at the Sheetz). Exit to the right onto Kutztown Rd. The indoor facility will be on your right side on Trexler Ave. Look for a ton of school buses and signs for the Keystone Field House.

PENN STATE UNIVERSITY

Pennsylvania Turnpike Use Exit 19 (Harrisburg East), follow I-283 to I-83 and proceed north on I-83 to the I-81 interchange. Then follow I-81 west to Route 322/22 West Exit. Proceed west on Route 322 through Lewistown to State College. The indoor track is next to the outdoor track and is in the same complex as the Byrce Jordan Center and Beaver Stadium.

TRACK & FIELD ON THE INTERNET

If you want to improve your running, jumping, throwing or just want to learn more about the sport – bookmark these sites and check them often!!

- **PennTrackXC.com** *(please keep this site alive by subscribing!)*
- Letsrun.com [college and professional coverage]
- Trackandfieldnews.com
- Throwers Page (<http://www.geocities.com/Colosseum/8682/>)
- StogaTrackXC.com [TEAM SITE]
- FloTrack.org
- Runnerspace.com
- Coachjayjohnson.com

LOCAL RUNNING STORES



THE BRYN MAWR RUNNING COMPANY

828 W. Lancaster Ave.
Bryn Mawr, PA 19010

Phone: 610-527-5510



Valley Forge Running Company (Formally runaway success)

Chestnut Village Shoppes
Paoli, PA 19301

Phone: 610-296-2868



THE RUNNING PLACE

3458 West Chester Pike
Newtown Square, PA 19073
(Newtown Square Shopping Center)

Phone: 610-353-8826



CHESTER COUNTY RUNNING STORE

24 S. High Street
West Chester, PA 19380
(next to the Court House)

Phone: 610-696-0115

BASIC SHOE GUIDE

(Courtesy of the running place)



Neutral Shoes

- Most often for a high arched foot
- Maximum shock absorption
- Doesn't interfere with the foot's natural heel strike and toe push-off



Support Shoes

- Most often for normal arched feet
- Provide shock absorption
- Provide medial positive resistance to insure the foot goes from heel strike to push-off properly



Control Shoes

- Generally for very flat arched feet
- Provide shock absorption
- Provide MAXIMUM positive resistance to insure the foot goes from heel strike to push-off properly