

Welcome to another season of Green Hope Indoor Track. Once again we look to build a strong foundation for the spring through the winter training. .

Team Websites:

<http://track.greenhopetrackxc.com>

<http://www.greenhopeathletics.com>

Varsity Letter:

In order to earn a varsity letter, an athlete must qualify for states or compete in at least four indoor invitationals.

Apparel for Practice:

Since we train during the winter, athletes must be prepared for any type of weather. A good general rule is to bring more layers than you need. We will have some pleasant days and some pretty cold days. By having the proper attire, you will be more comfortable and reduce your risk of injury. Warm muscles are much less likely to be pulled or strained than cold muscles. The following items are highly recommended:

- New to fairly new training shoes
- Long sleeves (multiple layers)
- Long pants (tights and sweats or windpants)
- Gloves
- Hat or headband that covers ears

Practice Schedule:

Practice will take place every day after school unless otherwise noted. Athletes will follow the schedule of their particular event group. We will practice regardless of the weather in most cases. In the event of heavy precipitation, we will either move practice inside or cancel altogether if driving conditions are expected to be hazardous. Distance runners will practice a few times a week as well.

Meet Schedule:

Date	Meet	Location
11/22	Might Explorers Meet	JDL, Winston-Salem
12/9	Wake County Meet	JDL, Winston-Salem
12/16	Might Explorers Meet	JDL, Winston-Salem
1/6	Might Explorers Meet	JDL, Winston-Salem
1/13	Wake County Meet	JDL, Winston-Salem
1/20	JDL Dual Meet Challenge	JDL, Winston-Salem
1/27-28	Virginia Tech HS Invite	VaTech, Blacksburg, VA
1/27-28	David Oliver Classic	JDL, Winston-Salem
2/11	4A Indoor State Championships	JDL, Winston-Salem

Training Tips

- Come to practice with appropriate attire.
- Warming up and stretching are extremely important during the winter, especially for sprinters. Make sure all stretches are done for 20 seconds. If you are not properly warmed up and stretched, you are at a much greater risk of injury.
- Always be alert on the track. Different training groups are doing different workouts in different lanes. Unless you are in an assigned lane, stay as far inside as possible so other runners can easily pass you.
- Know how to differentiate between muscle soreness and injury. You will more than likely experience soreness as a runner, especially in the early part of the season. Injuries are usually specific to an area and cause prolonged and greater discomfort than muscle soreness. If you think or know you are injured, notify a coach immediately.
- Take care of your body. RICE (rest, ice, compression, elevation) and massage when you are sore. Ice sore areas for no more than 20 minutes in a one-hour period. A warm bath with epsom salt is also good for sore muscles. Massage is most effective when muscles are warm. About half an hour after icing, apply heat to warm the muscles. Then, massage where you are sore. This is especially effective for shin splints.
- Hydration. I can't emphasize enough the importance of hydration. While you may not feel as thirsty during the colder months, it is still just as important to drink lots of water. Most of your water consumption should be in the early part of the day and at night, as you should not eat or drink during the two hours prior to exercise. Water consumption during the afternoon should be minimal, as should water consumption during workouts. When taking water breaks at practice, only drink a small amount of water. Athletes should bring their own water to practice.
- Eating and rest. It's very important that you eat three solid meals a day. You will not run well if you don't have food in your system. Be sensible in what you choose to eat. Make sure you get adequate rest as well.
- Core strength is invaluable. Abdominal and back exercises are extremely important. Runners with good core strength are able to maintain efficient running form late in a race. Push-ups are also very important in developing good upper body strength.

Team Rules and Procedures

- Every athlete is expected to follow all rules and procedures during practice. Athletes may not miss more than four unexcused days of practice.
- If an athlete is dismissed from practice for not following coaches' instructions or disrupting practice, it is considered an unexcused absence.
- All athletes are to follow practice procedures spelled out by their coach and may not leave until the completion of their workouts and dismissal from their coach.
- When the temperature at practice is less than 70 degrees, all athletes must have long sweatpants for tights and long sleeves.