



STFEC

Track & Field

**A CLUB FOR
CHAMPIONS**

PARENT AND ATHLETE
HANDBOOK

WELCOME TO STFC!

Dear Parents & Athletes,

Congratulations on making the decision to become a part of the Saugeen Track and Field Club. We hope to provide you, the athlete, with an opportunity to develop athletically as well as in other areas of life. Our obligation is to help you to progress in the sport of track and field. We will provide coaching and encouragement to help you reach your full potential and you in turn must be prepared to make a commitment to the training and discipline required to reach your goals. Once athletes learn the time management skills, self-discipline and commitment required by the sport of track and field, they transfer the same skills to school (often resulting in better grades) and other areas of life. The club will help you play the game of life, cope with disappointments, learn to make decisions, take responsibilities and reach for your dreams. It also provides a social group, a place where you can be accepted and make friends for life. The Saugeen Track and Field Club (STFC) is truly a life experience.

Best of Luck,
The Coaches

TABLE OF CONTENTS

1. Introduction
2. Club Registration
3. Competitions:
 - ~Rules for Traveling with the Club
 - ~What to Pack
 - ~Note about X-Country
4. What to take to Practice
5. The Developing Athlete
6. Nutritional Guidelines:
 - ~Food for Training
 - ~Pre-Competition/Practice Meals
 - ~Recovery Foods
 - ~Fluids
 - ~Vitamin Supplements
6. Injury Prevention
7. Support Services
8. The Track Net

INTRODUCTION

The Saugeen Track and Field Club is a registered non-profit organization that was formed in 1982. It is bound by a constitution and by-laws and is dedicated to providing athletes in the area with an opportunity to excel at the world's oldest sport, Track and Field. The Club is a regional organization drawing members from Bruce, Grey, Wellington and Huron counties. The Club currently operates out of Port Elgin. Presently, we have over 100 athletes involved in the various programs offered during the year including the Senior Club (14 years of age or older), the Junior and Intermediate Developmental programs (8 to 13 years of age), the Masters' Program and the Running Club.

The Saugeen Track and Field Club is affiliated with Athletics Canada, the Ontario Track and Field Association, the Ontario Minor Track Association, Sport Disabled Ontario, the Canadian Masters' Association and the Ontario Road Runners' Association. Our athletes compete at all levels, from local, regional and provincial to national and international levels. The Club is also involved with the Provincial and National Legion programs.

Over the years many Saugeen athletes have qualified for National teams, the most notable being original team member Donald Duprey, who represented our track club and Canada at many international events including the 1986 Commonwealth Games at which she was a silver medallist, and the 1992 Olympics in Barcelona. Other current members who have represented STFC and Canada at events such as the World Cross Country Championships, Pan American Games, International Ekidens, Jeux de la Francophonie, World Youth Championships and Canada Summer Games include Kurt Benninger (3000, XC), Liam Card (200,400), Laura Evans (shot put, hammer), Josh Farrell (javelin), Sjaan Gerth (steeplechase), Adam Kunkel (110 Hurdles, 400 Hurdles), Patrice Kuntz (5000, XC), Will McComb (5000, XC), Lyndon McDowell (decathlon), Andrew McKessock (800,1500), Andy Shaw (100m, Javelin, Paralympian 2000 & 2004), Mike Thorson (1500, XC), Arthur Turland (discus, hammer), Jason Wepler (10,000, XC), Bruce Wright (10,000, XC), Trish Young (javelin), and Master's athlete and world record holder, Earl Fee! Rest assured these successes did not come without dedicated, hard work and many sacrifices.

Regardless of the competitive level of the athlete, the purpose of the STFC is to provide a setting in which he/she can:

- Be provided with individual coaching and training programs.
- Be given administrative support.
- Better his or her skill level through training.
- Be given competitive opportunities at all ability levels where entry standards are not required. Entry fees are covered by club membership and athletes receive financial assistance to designated competitions throughout the year. (see **COMPETITIONS**)
- Be given the opportunity to travel, interact with peers, meet new people and have fun.

REGISTRATION

The Saugeen Track and Field Club offers different registration packages based on age and competition level. Athletes interested in membership will be given a current registration package.

COMPETITIONS

The STFC fixtures list will be available from the athlete's coach or by emailing farrell@bmts.com. This list should be posted in a prominent place in the athlete's home. Entries for meets must be given to the race conveners two weeks before the competition. Since entries range from \$8 to \$50 per event, the coaches will ask athletes to commit to competitions well in advance. It is very important that each athlete keep a list of the meets for which s/he has committed. **If an athlete fails to attend a meet without giving at least two weeks notice then they will have to pay his/her own entry and hotel fee (if applicable), There are exceptions in case of illness or injury.** If an athlete commits to a two-day meet then there will be a certain hotel expense of approximately \$30 per athlete. Please note that this price is subject to change depending on the meet. He/she will also require meal money for the weekend. This cost can be reduced by packing food in a cooler (e.g. bananas, apples, granola bars, cereal bars, bagels, juices or gatorade).

Rules For Travel With The Club

The Executive has established the following code of conduct to be observed while on Club trips. As outlined in the STFC By-Laws the rules are:

1. The high standard of our club be upheld.
2. Athletes hoping to perform to the best of their ability will not be disturbed by the less committed.
3. Athletes will be protected from potential dangers that exist while traveling.
4. All illegal drugs are prohibited. No athlete under Ontario's age of majority shall consume alcohol.
5. There will be a brief meeting after arrival at the hotel to update athletes and review any meet/rule changes.
6. Unless otherwise instructed, all athletes will be in their (own) rooms by 10:30pm with lights out at 11:00 pm.
7. Athletes wishing to leave the competition site **MUST** obtain permission from the coach prior to leaving.
8. Criminal Acts (eg. willful damage, shoplifting etc.) will be dealt with in full accordance with the law. Any damages incurred by an athlete will be the responsibility of the athlete.

9. If an athlete breaks Rule #4, the parents of the athlete shall be notified. Transportation home will be arranged at the athlete's expense. The athlete will be suspended from the club pending a meeting of the Executive and Coaching staff.
10. If an athlete fails to comply with the club rules (s)he may be scratched from his/her events. It will be the decision of the Coach as to when the athlete will be allowed to travel with the Club again. If the issue is not resolved the athlete may be suspended until such time as the Executive and Coaching staff agree to reinstatement.

What to Pack for Track Meets (uniforms and spike pins available from STFC)

1. Racing Uniform - Senior Club: STFC navy t-shirt for warm-ups + **Girls**: Singlet and club briefs (or tights if it is cold), club shorts for throwers. **Boys**: Singlet and club shorts (or tights if it is cold). Junior Club: STFC navy or red t-shirt + navy shorts.
2. Spikes - *don't forget spike pins (6, 9 mm, 12 mm) and a spike key or wrench*
3. Running Shoes
4. Socks - (always pack extra), extra undergarments
5. Warm-up Suit - a club t-shirt, jogging suit and a wind suit if possible (STFC t-shirts, sweat suits and wind suits are available. Ask your coach for a uniform order form)
6. T-shirts - pack more than you think you'll need.
7. Rain gear - including rain suit and umbrella
8. Dry clothes for the ride home
9. Personal items - deodorant, towel, soap, hairbrush, toothbrush, toothpaste.
10. Hair ties - long hair **MUST** be tied back to race.
11. ***Sunscreen and a hat*** + sunglasses.
12. WATER BOTTLE
13. A pillow - is always great for long bus trips
14. Food and cooler for day or overnight trips

A Note About X-Country

Cross-country meets are run in all types of weather. It is recommended that athletes bring changes of footwear and warm clothes. It is VERY important to keep warm and dry. Things to add to the above list include:

1. EXTRA of everything
2. Turtle neck - White or Navy (to wear under racing singlet)
3. Warm hat (or headband) and Gloves
4. Rain gear including waterproof boots if necessary.
5. A light pair of gloves for racing.

WHAT TO TAKE TO PRACTICE

Club members are encouraged to bring a labeled bag to practice complete with a change of socks, a sweatshirt (or long sleeved t-shirt depending on the time of year), long pants, shorts, spikes (if needed), a full water bottle and a snack for after practice. Athletes are encouraged to check to make sure they have everything packed up after practice. Coaches are not responsible for picking up water bottles etc.!

THE DEVELOPING ATHLETE

As an athlete becomes more serious, track and field will take up a bigger part of his/her life. An important step in this direction is **The Training Log**. The training log serves as a motivator for the athlete and a tool for the coach to gauge the athlete's training level. A training log can be as simple as mileage and/or workouts scrawled onto a monthly calendar, or as complex as a store bought log with charts, daily health checks and monthly planning calendars. It is important for the athlete to keep an accurate record of each performance, its date and venue.

Standards - The Saugeen Track and Field Club employs a set of standards created by the Ontario Track and Field Association. The purpose of the STEP UP programme is to encourage participation in the sport of track and field. It is a standards programme, by which athletes in our sport are able to gauge their progress and compare their performances in the various track and field events. The performance tables are based on Canadian all-time best open performances. Step or level 1 should be attainable by the average athlete who has been training regularly with a club for approximately one year. The top step is set such that only the top few athletes in the country will be capable of attaining it. A copy of these standards is available from the coaches.

Sunglasses - The more serious an athlete becomes, the more time (s)he spends in the sun. There are growing concerns that athletes are at risk for cataracts caused by exposure to the sun's radiation. Most of our senior members wear sunglasses with 100% UV protection.

For the ladies - Sports bras are very important because they prevent stretching and damage to ligaments and tissues in the breasts. It is highly recommended that all female athletes train in a proper sports bra. Some bras advertise themselves as sports bras, but allow a lot of movement and provide little support, so it is important to shop carefully. The coaches will be happy to discuss this with you.

Discounts - As a member of STFC, athletes will receive a membership card entitling them to discounts at Scoreboard Sports in Port Elgin, and Runners' Choice in London.

NUTRITIONAL GUIDELINES

Nutrition is important for everyone, but especially so for athletes. Here are some important facts about pre- and post-race/practice nutrition.

Food for Training

- Don't skip meals, especially breakfast.
- Include foods from each of the four food groups in each meal: milk, bread/cereal, meat (fish and poultry), and fruits/vegetables. Note: some athletes get abdominal cramps if they consume milk products in their pre-training run or pre-race meal.
- If you are having trouble with muscle cramps try increasing your potassium intake. Potassium rich foods include bananas and potatoes.
- Avoid large meals before training. It's best to just have a light snack.
- The best fuels for your muscles are carbohydrates including simple sugars (found in fruits and juices) or complex carbohydrates (bread, bagels, pasta, potatoes, rice, oatmeal etc.).
- It is also important that 15% of your diet should be protein. Protein helps muscle repair and regeneration. Most people do not eat enough protein.
- Eating refined carbohydrates before exercise actually hurts performance and can cause hypoglycemia (low blood sugar) as well as tiredness and light-headedness. So, avoid junk food, pop and gum.
- Include 2-3 cups of fluid (fruit juice or water) with pre-practice meal.

Pre-Competition/Practice Meals

- Should be AT LEAST two hours before training. Most sources recommend that a large meal be eaten 3-4 hours before competition and only a light snack be consumed within a 1-2 hour period before competing.
- Emphasize breads, cereals, fruits and vegetables NOT fried or high fat foods. The taboo list includes nuts, fast foods, donuts, fries, pizza etc. These foods tend to sit heavily in the stomach for over three hours and make people sluggish.
- Avoid gas-forming foods. Note: this includes pop, chewing gum.
- Avoid candy bars, sweets, and junk food in general.
- Include 2-3 cups of fluid (fruit juice or water) with pre-competition meal.
- A great pre-race snack is a half a peanut butter sandwich! It contains carbohydrates and protein!
- It is important to stay hydrated before racing, and during warm-up. A combination of electrolyte replacement drink (or juice) and water works best.

Recovery Foods

It is important to eat a carbohydrate-rich meal or snack within 2 hours of completing intense exercise (ie practice or race). This helps to replace the glycogen lost from the muscles during activity. Only carbohydrates can quickly refuel the muscles. This is an important process as it not only prepares the muscles for the next workout, it also helps to reduce muscle soreness. Once again, high fat foods are not a good choice for recovery. Protein should be included as a recovery food as well, as this will speed up glycogen stores replacement. Runners need 60-90 grams of protein daily. (more than the RDA of .36 grams per pound of body weight by as much as 25-50%). So look for a recovery food that contains 10-15 grams of protein. Meal replacement bars are better than energy bars for this reason. However, don't use meal replacement bar as a meal substitute as they contain fewer calories than necessary (usually 200-400 and a meal is around 600) and as well, they don't contain essential fats, nor enough fibre. Both of these are needed to help build your immune system (good fats do this) and keep blood cholesterol levels in check (fiber does this). As well, meal replacement bars don't contain fruits and vegetables!!

Daily requirements for athletes

FATS	- 50-80 grams
PROTEINS	- 60-90 grams
FIBER	- 100 grams
CARBOHYDRATES	- 400 grams
CALORIES	- a lot more than the Average Joe!!!!, so get used to it!

Protein needs to be approximately 15% of the total caloric intake. Much of the energy will still come from carbs, therefore it needs to be the highest, usually between 55 to 65%. Fat ends up being around 20-25%. All these are essential components of the athlete's diet.

Fluids

During a practice or meet an athlete can lose one to two pounds of body weight through sweating. If this water is not replaced, then the first signs of dehydration occur - - thirst and fatigue. So, if you feel thirsty, you are already somewhat dehydrated!

Some tips for staying hydrated:

1. It is important for athletes to bring a water bottle to EVERY PRACTICE and to all races. Recyclable water bottles or pop bottles that you buy are meant for one use only. Invest in a Nalgene bottle.
2. Cool, plain water is important before during and after a practice or competition. It is recommended that an athlete consume:
 - * 8-10 Cups of water per day including:
 - * 1-2 Cups before practice or competition (not IMMEDIATELY before!!).
 - * 1/2 a Cup every 15 minutes during practice or while at a meet.

- * 1-2 Cups of water /sport drink/fruit juice immediately following practice.
- * 1 Liter (total) of fluids within a half hour window period after practice.

If an athlete is dehydrated it takes longer for his/her body to recover from workouts.

Vitamin Supplements

Supplements are recommended, especially for those athletes who train on a regular basis. Vitamins only supplement a healthy diet, they do not replace one. Athletes are advised to become knowledgeable about their own vitamin needs. Recovery vitamins include B's and E's (antioxidant). Vitamin C is also important in helping prevent colds (although some will argue this). Regardless Vitamin C is a proven antioxidant. (Antioxidants neutralize free radicals.) Finally, it is thought that women especially should be taking in at least 1000mg elemental calcium a day. So, if you don't drink milk, eat cheese etc. then you should probably supplement.

Also, many men and women need to monitor iron levels. (Talk to a coach about this.)

INJURY PREVENTION

1. **Proper nutrition** - When the body is not getting enough nutrients then it has a greater chance of breaking down. Of particular concern to athletes are calcium, iron, carbohydrate and protein intakes.
2. **Tight Muscles** - if muscles become too tight then this can cause changes in running form or pull on tendons and ligaments. Ways to prevent excessive muscle soreness and tightness include:
 - * Stretching - A handout of different stretches is available from the coaches. Stretching should be done on a daily basis and is an essential part of injury prevention.
 - * Epsom Salts Baths - this is done by pouring a relatively hot bath and dissolving 2C of epsom salts into the water (Epsom Salts can be purchased from Co-ops). During the bath you must make sure that you are EXTREMELY well-hydrated or its effects can actually be detrimental. It is recommended that at least 6-8 C of water be consumed during the bath and that you stay in the water for 15-20 minutes. After the bath take a cool shower. If light-headedness occurs then immediately get out of the bath. If done properly, Epsom Salt baths can help to remove waste products from muscles and thus relieve muscle pain and tightness. Note: Epsom salts baths should **not** be used the day before a race or before practice.
 - * Contrast Shower - This is beneficial after every practice. It promotes blood flow to the muscles and removal of waste products via the circulatory system. Start

with the shower on warm for one minute and then contrast with 30 seconds of cold. Repeat this 3-5 times, always ending with cold!

* Massage - A professional massage is an excellent way to promote muscle recovery and to prevent injuries. Many senior club members have massages one every two weeks with a registered massage therapist.

3. **Proper Footwear** - It is very important for all athletes to wear shoes that are appropriate for their sport. Although shoes may seem expensive, all athletes will agree that they are a worthwhile investment as they can save hundreds of dollars in medical bills down the road. A senior athlete who runs 50 miles/ 80 kilometers a week (the equivalent of about 40 to 50 minutes a day) should change his/her shoes once every three months. The basic rule is 400-500 miles for one pair of running shoes. Unfortunately, a pair of shoes can look fine, but no longer be acceptable to wear for training. Another important consideration is that not every shoe is right for every person. Coaches can advise you about your shoes. These days a good pair of running shoes can range in cost from \$100-\$150. For the new athlete, it is certainly not necessary to purchase top of the line shoes!
4. **Early Detection and Treatment** - The athlete should notify the coach immediately if any pain is felt. Some fatigue is normal; pain is not! If a pain persists for more than 3 days then it should be given medical attention. Additional support services are listed below. Over time an athlete will become more sensitive about what is "normal" muscle soreness and stiffness, and what is an injury, but at first it is better to be on the safe side.

SUPPORT SERVICES

The Saugeen Track Club is extremely grateful to specialists in the area for their support and assistance with the athletes. Clinics are available in other communities as well.

A list of some of our service providers includes:

Physiotherapy:	Physiotherapy III, Lynn Roy, OS & Port Elgin	389-3393
	Physiotherapy III, Laura Woods (STFC) Port Elgin	
Massage therapy:	Shelly Price (STFC), Walkerton	507-4000
Massage therapy:	Don Wilkinson, Owen Sound	371-4999
Massage therapy/Osteopathy:	Anthony Kaake, Port Elgin	389-4353
Dr. of Chiropody/Osteopathy:	Robert Taylor, London	645-1620
Dr. of Chiropractic:	Laura Armstrong, Port Elgin	832-6688
Dr. of Chiropractic:	Gary Hartwell, Port Elgin	832-2225

We also have access to sports medical specialists. If injured, talk to your coach! It is important that when you make an appointment with any of these professionals that you are on time and make prompt payments after each visit. If you need to cancel an appointment be sure to do so by calling in plenty of time.

REMEMBER: MOST INJURIES CAN BE PREVENTED by PROPER STRETCHING and PREVENTATIVE CARE by PROFESSIONALS!

THE TRACK NET

Saugeen Track and Field Club

Become part of our STFC network. **Stfc-talk** and **stfc-local** are interactive international and local communications devices to keep you informed about STFC happenings, practice cancellations etc., via email. If you are interested in subscribing to these lists, please e-mail us at farrell@bmts.com. Please check out the club website at www.stfc.org as well.

Other Track Sites

- Athletics Canada www.athletics.ca
- Athletics Ontario www.athleticsontario.ca
- When you get into the AO website you will also find news, fixtures, results, and links for other sites that you might find useful as well. Check it out!