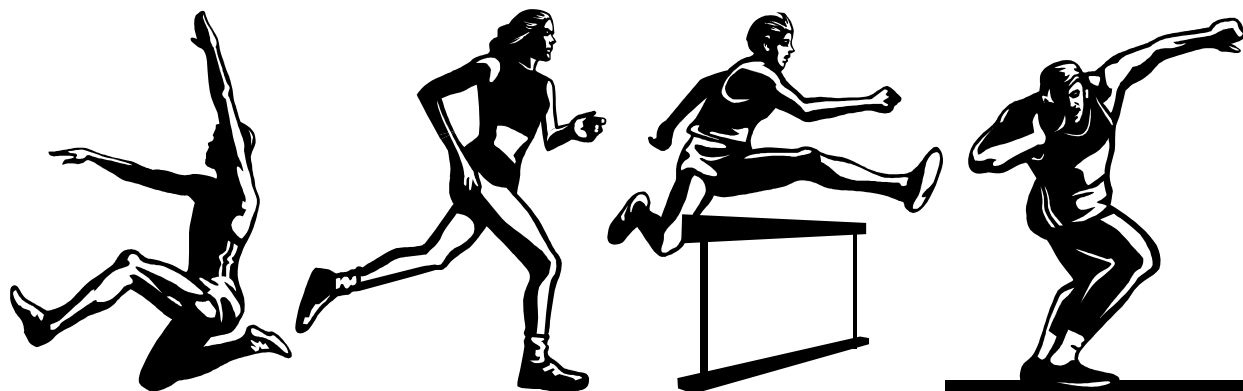


2010 TRACK AND FIELD INFORMATION BOOKLET

LAKE WASHINGTON
TRACK & FIELD

2011 Schedule	Results	Coaching Staff
<ul style="list-style-type: none">• 2011 Schedule• Meet Results• Coaching Staff• LW Records• WA State Champs• LW INVITATIONAL• MEET INFORMATION• 2010 Results• 2009 Results• 2008 Results• 2007 Results• 2006 Results• KingCo League• League Leaders• WATFXC.com• WA T&F Stats• CROSS COUNTRY• INFORMATION• 2006 Results 	<p>2011 SEASON</p> <p>First day of Practice is February 28th at 3:00 PM <i>Pre-Practice team meeting in Gym conference room</i></p> <p>Follow updates on Twitter http://twitter.com/@kangtrack</p> <p>Track Team Information Packet</p> <p>VOLUNTEERS</p> <p>Thank you to our volunteers that helped at the LW Invitational! An great team effort by everyone helped pull off another seamless invitational. Many coaches and athletes offered their thanks for running such a great meet. Thanks for helping us represent Lake Washington High School so well!</p>	

<http://www.kangtrack.org/trackindex.htm>



LWHS TRACK AND FIELD PHILOSOPHIES

- 1. As Coaches** we are committed to Track and Field as a TEAM sport. **Athletes** need to be prepared as an individual, but accept the atmosphere where the accomplishments of others are valued, celebrated alongside our own, and the accomplishments of the TEAM are valued and celebrated above ANY individual accomplishments.
- 2. As Coaches** our goal to improve is never ending. The journey is the story. **Athletes** must strive to be better than they were yesterday and practice with the goal of being better tomorrow, realizing that setbacks are a part of the learning process.
- 3. As Coaches** we believe in the physical and mental health of our athletes. We strive to keep them healthy, but realize that it is mostly in athletes hands. **Athletes** need to make healthy decisions about their body away from the track and to communicate with us regarding their physical, mental, and emotional status.
- 4. As Coaches** we hold ourselves to the highest technical standards of our profession and we will pass our knowledge on to our athletes in a way that they can understand and implement. **Athletes** need to be open and receptive and to do their best to learn.
- 5. As Coaches** we believe that talent comes in many forms. Physical ability, mental focus, and emotional stability all factor into individual success. Values that we stress are: dedication, work ethic, perseverance, selflessness, responsibility, and concentration. **Athletes** need to develop their talents in all different realms.
- 6. As Coaches** we want our athletes to compete to win and to attain high marks. However, we judge our performances on our preparation, execution, and competitive spirit. If **Athletes** do those three things well, we will judge ourselves to be winners.
- 7. As Coaches** we welcome anyone to turn out for Track and Field at LWHS. We will always try to match athletes' events with their area of interest. Yet, due to reasons of safety, team discipline, and competitiveness, the coaching staff will have the final say in which events athletes practice for and compete in, as well as training methods, groups, and schedules. We hold sportsmanship in very high regard. **Athletes** need to communicate with coaches, do their best, be a team player, and practice good sportsmanship always.

LAKE WASHINGTON TRACK AND FIELD EXPECTATIONS AND GUIDELINES FOR ATHLETES

ATTENDANCE: Athletes should attempt to attend all practices. Each day of practice is very important to the improvement of the individual and the team. If an athlete knows s/he will miss practice, then they must contact Coach Johnson (boys) or Coach Hanson (girls) before practice begins. Give us a **reason** before you miss, not an **excuse** afterwards. **If an athlete misses a practice, without consulting with the coaches and/or do not have an acceptable reason, they will not be allowed to participate in the next meet.** There are *very few acceptable reasons* for missing practice. We believe that practice is as important as meets (missing practice = missing the meet). Excessive absences may will result in dismissal from the team. **More than 10 absences will result in the inability to earn a varsity letter.**

PRACTICE: Practice is from 3:00-5:00+ on weekdays. Everyone must make the commitment to be at practice for the full two hours. If an athlete has a conflict and must arrive late or leave early, please contact Coach Johnson (boys) or Coach Hanson (girls). There will be some Saturday practices. These practices are mandatory and athletes must make every effort to attend. Saturday practices days and times will be arranged by event coaches and usually will be from 9–11 AM. Spring Break practices will be Tuesday through Thursday from 9-11 AM. No athlete may miss practice because of a self-diagnosed injury. The injury must be confirmed by the trainer and the coaching staff. Practice will begin with a short meeting in the gymnasium above the basketball court (east side). The warm-up will be 2 laps and team drills. Everyone will break into event groups and follow the workout.

EFFORT AND COMMITMENT: Everyone must give 100% to the team and to themselves. Athletes must practice eating, sleeping, and hydration habits that enhance performance, not hinder it. All school rules and policies must be followed, including no alcohol or drugs. Athletes are students first, and everyone must pass their classes to retain their eligibility. The team is counting on everyone to do their best!

SPORTSMANSHIP: LWHS Track and Field has a long history of sportsmanship excellence. All athletes must exhibit proper sportsmanship at all practices and meets. Profanity, trash-talking, temper outbursts etc. will not be tolerated and in a meet are grounds for disqualification.

MEETS: All athletes are required to ride the bus to and from away meets. Any parent who requires their son/daughter to leave an away meet with them must personally check out with Coach Johnson (boys) or Coach Hanson (Girls). This should only happen on rare occasions. For home meets, we will meet at 3:00 in the gymnasium and everyone must stay until the conclusion of the meet. We will have a post-meet team meeting after all meets, usually lasting 15 – 20 minutes after the final event. After every home meet, athletes need to help put away all materials. No athlete may remove themselves from an event without consulting with their event coach. Failure to show up at your event, without permission, will result in being held out of the next meet.

POLICIES: Walk/jog in outside lanes, always look before crossing the track or a runway. Team issued uniforms and sweats are to be worn on meet days only. No gum, food, or pop during practice. No electronic devices on the track or in the field event areas during practice or meets. All track and field rules should be understood and followed.

LETTERING: All letters awarded are given at the discretion of the coaches. Most importantly, those wishing to earn a varsity letter **must:**

- 1. Rarely miss practice (Must be less than 10).**
- 2. Maintain a positive attitude about self, team, coaches, and sport.**
- 3. Display a strong work ethic.**
- 4. Consistently give best effort in practice and meets.**

If the **above** standards are met, athletes can then be eligible for a varsity letter by demonstrating varsity-level performance in **one of three** ways:

1. Qualify for the varsity Kingco Meet.
2. Earn varsity points in three of the six league meets.
3. Meet a minimum standard in at least one event:

EVENT	BOYS	GIRLS
110H/100H	18.9	19.6
100M	11.8	13.8
1600M	4:59.9	6:05.0
400M	56.7	1:08.0
300H	46.9	57.0
800M	2:10.9	2:45.0
200M	24.8	29.0
3200M	10:59.9	14:05.0
HJ	5' 6"	4' 6"
LJ	17'	13' 8"
TJ	37'	29'
SHOT	38'	25'
DISCUS	105'	70'
JAVELIN	120'	75'
POLE VAULT	9' 6"	7'

Coaching Staff:

James Johnson	Head Boys	Sprints/Relays/Computers
Neil Hanson	Head Girls	Hurdles/Sprints
Renee Wageman	Assistant Coach	Distance
Erica Pitman	Assistant Coach	Distance
Jock MacLaughlin	Assistant Coach	Shot Put/Discus
Henry Park	Assistant Coach	Pole Vault
Laurin Hammond	Assistant Coach	Jumps
Tom Sinclair	Volunteer Coach	Javelin
Tom Noon	Volunteer Coach	Sprints/Relays
Dave Deshazer	Volunteer Coach	Sprints/Relays

2011 Lake Washington Track and Field Calendar

Date	Meet Name	Location	Bus Depart	Field Start	Track Start	Bus Return
Thu, Mar 17	Polar Bear Jamboree	Eastlake HS, Sammamish	2:20 pm	3:30 PM	3:30 PM	7:30 pm
Thu, Mar 24	Liberty and Lake Washington	Lake Washington HS, Kirkland	Volunteers Needed	4:00 PM	4:00 PM	Volunteers Needed
Thu, Apr 7	Roosevelt and Lake Washington	Lake Washington HS, Kirkland	Volunteers Needed	4:00 PM	4:00 PM	Volunteers Needed
Sat, Apr 9	Eastlake Invitational	Eastlake HS,	8:00 AM	10:00 AM	10:00 AM	5:00 PM
Thu, Apr 14	Lake Washington, Roosevelt, and Interlake	Interlake HS,	2:50 PM	4:00 PM	4:00 PM	7:30 PM
Fri, Apr 15	Mountain Invite	Yelm HS, Yelm	1:31 PM	3:30 PM	4:00 PM	8:00 PM
Thu, Apr 21	Interlake, Lake Washington, and Mt. Si	Mount Si HS, Snoqualmie	2:20 PM	4:00 PM	4:00 PM	7:40 PM
Thu, Apr 28	Bellevue and Lake Washington	Lake Washington HS, Kirkland	Volunteers Needed	4:00 PM	4:00 PM	Volunteers Needed
Sat, Apr 30	35th Lake Washington Invitational	Lake Washington HS Track, Kirkland	Volunteers Needed	9:30 AM	10:00 AM	Volunteers Needed
Thu, May 5	LWSD League Meet	Eastlake HS	2:50 PM	4:00 PM	4:00 PM	7:30 PM
Wed, May 11	3A Kingco Championship Meet	Juanita HS, Kirkland	1:30 PM	2:00 PM	3:00 PM	8:00 PM
Thu, May 12	Crown JV Kingco Meet	Bothell HS,	2:20 PM	3:30 PM	3:30 PM	8:00 PM
Fri, May 13	3A KingCo Championship Meet Day 2	Juanita HS, Kirkland	1:30 PM	2:00 PM	3:30 PM	7:30 PM
Wed, May 18	3A District 2 Championship Meet (SeaKing)	SW Complex,	1:30 PM	3:00 PM	4:00 PM	8:45 PM
Fri, May 20	3A District 2 Championship Meet (SeaKing) Day 2	SW Complex, Seattle	1:00 PM	2:30 PM	3:45 PM	7:00 PM
Thu, May 26	Washington 3A State Championship Meet	Mt. Tahoma HS, Tacoma	No Bus	TBA	TBA	
Fri, May 27	Washington 3A State Championship Meet	Mt. Tahoma HS, Tacoma	No Bus	TBA	TBA	
Sat, May 28	Washington 3A State Championship Meet	Mt. Tahoma HS, Tacoma	No Bus	TBA	TBA	

2010 Lake Washington Track and Field Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2/28	3/1	3/2	3/3	3/4	3/5	3/6
1	Conditioning	Technique	Conditioning	Technique	Conditioning	Practice 9-11AM Technique	Rest
	3/7	3/8	3/9	3/10	3/11	3/12	3/13
2	Conditioning	Technique Parent's Meeting 5 PM – 7 PM	Conditioning	Technique	Conditioning	Practice 9-11AM Conditioning & Technique	Rest
	3/14	3/15	3/16	3/17	3/18	3/19	3/20
3	Conditioning PARENT NIGHT	Technique	Pre Meet	Jamboree @ Eastlake HS	Post-Meet	Practice 9-11AM Conditioning & Technique	Rest
	3/21	3/22	3/23	3/24	3/25	3/26	3/27
4	Conditioning	Technique	Pre-Meet	Liberty @ LWHS	Post-Meet	Practice 9-11AM Conditioning & Technique	Rest
	3/28	3/29	3/30	3/31	4/1	4/2	4/3
5	Spring Break No practice	Practice 9- 11AM Conditioning & Technique	Practice 9- 11AM Conditioning & Technique	Practice 9- 11AM Conditioning & Technique	Spring Break No practice	Spring Break No practice	Rest
	4/4	4/5	4/6	4/7	4/8	4/9	4/10
6	Conditioning	Technique	Pre-Meet	Roosevelt @ LWHS	Post-Meet	Eastlake Invite @ Eastlake HS	Rest
	4/11	4/12	4/13	4/14	4/15	4/16	4/17
7	Conditioning	Technique	Pre-Meet	LWHS @ Interlake HS	Mountain Invite @ Yelm HS	No Practice Day OYO Active Recovery	Rest
	4/18	4/19	4/20	4/21	4/22	4/23	4/24
8	Conditioning	Technique	Pre-Meet	LWHS, Interlake @ Mt. Si HS	Post-Meet	Practice 9-11AM Conditioning & Technique	Rest
	4/25	4/26	4/27	4/28	4/29	4/30	5/1
9	Conditioning	Technique	Pre-Meet	Bellevue @ LWHS	Post-Meet Invite Set-Up	Lake Washington Invite @ LWHS	Rest
	5/2	5/3	5/4	5/5	5/6	5/7	5/8
10	Conditioning	Technique	Pre-Meet	LWSD @ Eastlake HS	Post-Meet	Technique Seeding Mtg	Rest
	5/9	5/10	5/11	5/12	5/13	5/14	5/15
11	Conditioning	Pre-Meet	Kingco Prelims @ Juanita	JV Kingco @ TBA	Kingco Finals @ Juanita	Technique	Rest
	5/16	5/17	5/18	5/19	5/20	5/21	5/22
12	Conditioning	Technique	Technique	District @ SW Complex West Seattle	Pre-Meet	District @ SW Complex West Seattle	Rest
	5/23	5/24	5/25	5/26	5/27	5/28	
13	Memorial Day Technique	Conditioning Track Banquet	Pre-Meet	State @ Mt. Tahoma	State @ Mt. Tahoma	State @ Mt. Tahoma	

Nutrition for Activities:

Do you ever wonder what to eat and drink before, during and after exercise? Here are a few tips.

BEFORE the main goal before exercise is to get optimal hydration and optimal reserve of glycogen (the "sugar fuel" in your muscles and liver).

For the meal before exercise, you should look for food with high carbohydrate content (i.e. bread, pasta, rice, cereal, potatoes, yogurt, crackers and fruit). Try to limit food with high protein content (it can dehydrate) and food with a high fat content (it will slow your digestion). You should also avoid pure sugar content in the hour before exercise since it can give you a hypoglycemic reaction at the beginning of exercise (it increases insulin production). Although you don't want to take pure sugar in the hour before, it can be taken *immediately* before the exercise.

Everyone has a different tolerance and sensitivity to foods rich in fiber (cabbage, broccoli, onion, cauliflower, garlic, cucumber, corn, beans...), or to spicy foods, so adjust your intake of those accordingly. Be careful with caffeine (coffee, tea, coca cola and chocolate) because of its diuretic effect (can result in dehydration). As far as hydration before exercise, water is the best, especially if your work out is lasting less than an hour. You should drink between 10-16 ounces the hour before you begin exercise.

DURING exercise, the goal is to stay hydrated. Even a small level of dehydration will affect your performance. The best way to do this is to drink small quantities on a regular basis (4-6 ounces every 20-30 minutes).

If the activity lasts less than an hour, water is fine. If it lasts longer than an hour, you need to add sugar and salt to your water. The ideal beverage would have 4-8% of glucose, maltodextrin, or glucose polymers and $\frac{1}{4}$ teaspoon of salt per 32 ounces. Most of the sports drinks on the market have this content.

If you like, you can make your own drink consisting of the following:

- 16oz of Water, 16oz of Orange Juice, 1-3 Teaspoons of sugar, $\frac{1}{4}$ teaspoon of salt

If you want to take sportsgels or other sweets, make sure you drink plenty of water to dilute the sugar and favor its absorption.

AFTER exercise, the goal is to re-hydrate, replenish glycogen (for the liver and muscles), replenish electrolytes and repair damaged muscle fibers. Once again, if the exercise lasted less than one hour, water is fine as long as you didn't perspire too much. If you exercised for more than one hour, you will need to add more salt to your next meal. To replenish the glycogen, you need to get something as soon as possible after you finish your exercise; ideally within thirty minutes.

Since most of the time people are not hungry after exercise, replenishment is easier with a beverage since they're not as heavy, and liquid is absorbed faster into the body. The best combination for this post-exercise beverage is 1.5g of carbs/kg (~0.7g/lb) plus 7g of proteins (i.e. if you weight 150 lbs, then you'll need 11g of carbs and 7g of proteins). A good beverage with this combination could be chocolate milk or a yogurt smoothie.

The first meal after exercise should be taken ideally within two hours and include high glycemic index food, a good source of proteins, salt or salty food (i.e. tomato juice, crackers, nuts, cheese, ham, salsa, ketchup, soy sauce) and a good source of potassium (i.e. milk, yogurt, cheese, oranges, bananas, strawberries, beans, nuts, potatoes).

Last but not least, make sure you drink enough water to keep your urine clear for the remainder of the day and you'll be ready for your next workout!

Ghislaine Robert, MD, LMCC, CCFP, FCMP
Diploma in Sports Medicine (CASM)

WEBSITES ABOUT TRACK AND FIELD

<http://www.kangtrack.org/>

THIS IS THE MAIN WEBSITE FOR OUR TEAM

<http://www.athletic.net/>

THIS IS THE MAIN WEBSITE FOR YOU TO SEE RESULTS OF MEETS

<http://www.kingcoathletics.com/>

Some good league info will be posted here.

<http://www.usatf.org/>

National website of the governing body of track and field.

<http://www.watfxc.com/>

State coaches website for track and field.

<http://www.kangtrack.org/Invite/girlsinvite.htm>

Information about the Lake Washington Invitational that we attend.

<http://www.jcrawford.net/invite.html>

Information about the Pasco Invite

<http://www.dyestat.com/>

National high school site for track and field.

<http://newrunner.com/>

Runners World magazine site.

<http://www.nwrunner.com/>

Northwest Runner magazine website.

<http://www.trackandfieldnews.com/>

International and national news about track and field
(high school through Olympics)

Contract for Track and Field

Athlete

I have read through the information packet and I understand ALL of the policies that are outlined. I agree to do my best to follow them. I am making a commitment to be a contributing member of the Track and Field team. I understand that if I miss too many practices or if I don't have a good attitude and follow the guidelines, I will not earn a varsity letter and might be asked to turn in my gear.

Signature of athlete

Date signed

Contact Information

Cell Phone: _____

E-mail: _____

Parent

Informational Meeting March 2nd, 5:00 – 7:00 PM at LWHS, Library

I have read through the information packet and I understand ALL of the policies that are outlined. I agree to help my son/daughter follow them and honor this commitment to the sport of Track and Field.

Signature of parent

Print Name(s): _____

Date signed

Contact Information

Cell Phone: _____

E-mail: _____