

***HURON WOMEN'S  
and MEN'S  
TRACK TEAM***



***2019 Guidelines and Policies***

## Coaches Contact Information:

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## Practice Information

Practices will be Monday - Friday during school days from 3pm to 5pm.

We are also going to be in the weight room twice a week to work on general strength and power.

**We will have practice over Spring Break.** We do ask that all athletes that will be out of town ask for workouts in order for them to keep their bodies in shape over the vacation. Athletes not attending practices or the meet on April 9th will have to be evaluated once they return and coaches will determine when they will be ready to compete in meets.

It is very important that the athletes attend every practice through its duration as we are conditioning them for competition in phases and missing one day puts them way behind. Our goal during indoor was to work to strengthen their bodies and improve their techniques while increasing speed and agility for both our runners and our field event athletes. Now that we are in full outdoor season, we will be focusing on competition as well as continuing to develop our athletes. Starting March 14th we will be working with the girls based on their conditioning to determine what workouts they will be doing during practices. Please contact Coach Candice if you have any questions regarding your athletes training. Not all athletes will be trained the same way at the beginning of the season as they are not all in the same shape this early in the season.

## Trainers

We do have Med Sport trainers this year at Huron and our athletes are encouraged to go to them with any injury they may have. A lot of them will also come out of the school after practice with ice wrapped around them, this is for injury prevention purposes and you should not be alarmed. We will contact any parent if an athlete has been injured during a meet or practice.

## Donations

Donations can be made to the team at anytime by writing a check to Ann Arbor Youth Track Club and giving it to Coach Candice to be deposited into our team account. These funds will be used for uniforms, equipment, transportation and meet fees needed for a successful season. NO donations will be used to pay coaches at any time.

## Uniforms

The athletes will be given a uniform top (that must be returned at the end of the season) and are asked to please wear **black** spandex bottoms and white sports bras. They DO NOT have to be a specific brand, there are many good affordable brands available at Target, Meijer and Walmart. Please let us know if you need assistance in finding some or purchasing some.

We are also sending home and emailing out a link for parents to purchase warm ups and any other track and field apparel they may want for their athletes and themselves. We do ask that all athletes purchase warm ups for the season. These will ensure that all the girls have waterproof pants and jackets to keep them dry during the season. All other items are completely optional. Please let Coach Candice know if purchasing a warm up is out of your means and we will work with those athletes on a case by case basis.

## Shoes

We ask that all athletes please wear proper running shoes especially when we are inside running. Running shoes provide support not found in basketball or walking shoes.

Please let us know if you need assistance in finding shoes, there are many running shoe stores in the area that give high school teams discounts.

## Nutrition

### Nutrition 101 for High School Athletes

#### The Importance of a Healthy Diet:

The food you eat supplies much more than just fuel for your body to function properly. It provides the raw materials from which your skin, hair, muscle, bone, and all other tissues are made. Your diet provides nutrients that are necessary to manufacture hormones and enzymes that control the function of every cell in your body. Your body also uses these nutrients to make neurotransmitters that regulate how you think and feel. Therefore, ensuring a proper balance of nutrients (protein, carbohydrates, fats, vitamins and minerals) is essential to your overall health, muscle development and performance. *You really are what you eat, and that's why a balanced diet is SO important.*

Eating three meals daily (starting with a hearty breakfast, as breakfast sets your metabolism for the day), and 2-3 snacks daily is the best way to keep you properly energized and satisfied. Eating or not eating affects hormone levels that can cause muscle loss as well, so it is extremely important *NOT* to skip meals. Healthy snacking, especially before practices or meets, is also important. This will provide the energy you need for optimal performance, and more importantly will help guard against injuries and help with recovery time. You should develop good, consistent eating habits, even during the off-season, as this will provide a solid foundation during times of competition. *Remember, the best fueled athlete is the better athlete...*

The quality and quantity of the food you consume is important. The metabolic requirements for active teens can be as high as 3,500 calories a day, for example, which means your body requires this amount of calories to function properly. Also, the less processed the food, the more nutritious it is.

#### Carbohydrates

Carbohydrates provide our main source of energy (they are the body's preferred source of energy) and are found in unrefined whole grains, legumes, fruits and vegetables. They are also good sources of fiber (the indigestible portion of our diet that helps with the absorption of nutrients into the body), vitamins and minerals, and are essential for optimal health.

Nature provides many sources of good carbohydrates:

- Organic fruits and vegetables
- Beans and lentils (also known as legumes)
- Unrefined whole grains (some examples include 100% whole grain bread, brown rice, unprocessed oatmeal such as steel-cut oats, and barley).

## FOODS TO ALWAYS AVOID

Foods that are high in refined (highly processed) carbohydrates or sugars should be avoided, as they do not provide the body with optimal nutrition and over time can lead to excess fat storage, low energy levels, muscle loss, and increased risk of chronic illnesses such as diabetes and heart disease as you age. These foods include the following:

- Sodas (both sweetened and diet)
- Candy
- Baked goods (cakes, cookies, etc.) made with white flour
- White bread
- Sugary breakfast cereals (including instant oatmeal)
- White rice and pasta
- Junk food
- French fries and potato chips

Strive to increase your daily intake of fruits and vegetables (eating twice as many vegetables as fruits daily is recommended), whole grains and legumes, which will give your body the energy it needs for optimal health and athletic performance.

## Protein

Protein is a key component of muscle, skin, hair, and other tissues of the body. You also need protein to manufacture the enzymes and hormones that are involved in digestion, metabolism (how your body produces energy from the food you eat), tissue growth and repair, which is why protein should be added to every meal. Good sources of protein include:

- Lean meats (beef, chicken, pork, lamb and fish)
- eggs
- Organic dairy products (such as cheese and plain yogurt)
- Raw nuts (avoid peanuts)
- Natural nut butters (peanut and almond butter)
- Fermented soy products (such as miso, tamari and tempeh)
- Legumes (beans, peas and lentils)

## Fats

Fats are needed for your body to function properly. Besides being an energy source, fat is used in the protection of cell membranes and helps regulate blood pressure, heart rate, blood clotting and the nervous system (especially important with proper brain functioning). Fats also help maintain healthy hair and nails, and carry fat-soluble vitamins from the food you eat into your body. There are two types of healthy fats: *Saturated* (usually from animal fats such as butter and cheese) and *Unsaturated* (from raw nuts, seeds, fish and plant oils). Look for foods low in saturated fats and *avoid* bad fats (trans fats or hydrogenated fats that are chemically processed), found in fried foods, junk food, and some cooking oils. Good sources of healthy fats include avocados, cold water fish (tuna, salmon, and

mackerel), raw nuts (except peanuts), nut butters, seeds, and cooking oils (Coconut, Olive, Safflower and Sesame Oil)

## Minerals

Minerals are critical to normal body function; they are not produced in the body and must be obtained through the food we eat and by proper supplementation. The *BIG 4* include calcium, magnesium, sodium and potassium. Calcium and magnesium help build healthy bones, especially important for stress prevention (such as stress fractures). Sodium and potassium are important in maintaining proper fluid balance (electrolytes) and muscle functioning. Good sources of these nutrients include dairy products, green leafy vegetables, beans/lentils, fish, nuts/seeds, whole grains, bananas, potatoes, beets, oranges and peppers.

## Vitamins

Vitamins play an important role in our overall health and nutritional status as well and also must be obtained through the food we eat and proper supplementation. There are two types—*fat-soluble* (which are stored in the body) and *water-soluble* (which cannot be stored and need to be replenished often). Good vitamin sources include fruits, vegetables, whole grains, meats, nuts, dairy products and plant oils.

## Water

Water is also essential to proper body function. It helps regulate and maintain body temperature, transports nutrients and oxygen to the bloodstream, removes waste products (toxins), and helps maintain proper fluid balance and muscle functioning, especially crucial during times of strenuous activity such as sporting events. It's important to drink water throughout the day, but especially before, during, and after periods of extended physical activity to avoid dehydration, which can zap strength, energy and coordination, and lead to other health problems and injuries. *Experts recommend that young athletes drink approximately 1 cup (240 milliliters) of water for every 20-30 minutes of physical activity.* Shorter competitions may not require drinking during the activity, but it's important to drink afterwards to restore fluid lost through sweat. Although many sports drinks are available, plain water is usually enough to hydrate the body. *Gatorade and other sports drinks available have added sugar, which should be avoided.*

## Meet Days

It's important to eat well on meet days, but you should eat at least 2 hours before your first event — early enough to digest the food before game time. The meal itself should not be very different from what you've eaten throughout training. It should have plenty of carbs and lean protein and be low in fat, because fat is harder to digest and can cause an upset stomach. After the meet or event, have a well-balanced meal. Your body will be rebuilding muscle tissue and restoring carbs and fluids for up to 24 hours after the competition, so it's important that you get plenty of protein, fat, and carbs in the postgame hours. Also, don't forget to drink plenty of water before, during and after

meets. *Most of all, it's important to eat healthy meals and snacks consistently, even during the off-season, as this will provide a solid foundation during times of competition.*

As well as adequate water intake pre and post activity, good healthy snacks should be encouraged—which provide the energy needed before and after sporting activities. If it's going to be a long practice or game, pack a healthy snack — a small tuna or natural peanut butter sandwich on whole grain bread, a handful of nuts and a small piece of fruit are all good options. *Always avoid candy and soda*; while the sugar may give you a quick energy boost, it will fade quickly, and you won't have enough energy to finish the fourth quarter!

Instead of having a Powerbar or Gatorade, try some of these healthier snacks that will provide the nutrients you need to keep up your energy and have a great meet:

- Hard boiled eggs
- Whole grain pita with hummus; raw veggies and hummus
- Whole grain bread with natural peanut butter and banana
- Whole grain crackers and cheese
- Fruit and a handful of nuts
- Plain yogurt with fruit and nuts
- Fruit smoothies (blend 6-8 oz of rice or almond milk with a medium banana, ½ cup berries and 1-2 ice cubes for a nutrient-rich and energizing snack).
- Tuna sandwich on whole grain bread
- \*Paleo Bars and \*Whey Protein (\*offered at Heritage Integrative Healthcare)

Foods high in potassium are also recommended, especially post-exercise, to replace electrolytes lost from perspiration. Bananas, yogurt, melons, oranges, strawberries, pears, peaches, grapes, sunflower seeds and walnuts are good choices and easy snacks to pack.

Many different combinations can be used, and each athlete should experiment with various foods to find the ones that work best. Eat well, perform well!

## **Summary**

- Eat more than 20 calories per pound per day
- Eat more than 3g of carbohydrates per pound per day
- Eat more than 0.7g of protein per pound per day
- Eat some good fats—between 20 and 30 percent of total calories
- Eat carbohydrates and protein before and after exercising
- Eat plenty of fruits and vegetables (not juices), but do not include their calories in your overall intake. They provide a wealth of micronutrients athletes need but are too low in calories to make a difference

## **NCAA INFORMATION**

Some of the girls have expressed interest in running in college. It is never too late to plan for that and we are including some of the NCAA requirements for your review. Please contact Coach Candice if you would like more information about what you need to do for your athlete and we would be happy to assist you.

### **Do you want to run in college? Here is what you need to do first!**

Freshmen and Sophomore Years:

Read the following document to make sure you are on track for your NCAA Core Courses and to see what NCAA Athletics is all about.

<http://www.ncaapublications.com/productdownloads/CBSA16.pdf>

School comes first, the above document will ensure you are on track to not only graduate with all the courses you need to go to college, but to also compete in college if you choose to do so. These two years are about working hard on the track and in the classroom!

### **Junior Year:**

Register with the NCAA Eligibility Center

All athletes interested in running NCAA Division I or II must register with the eligibility center at the conclusion of their sophomore year in high school. This is a clearinghouse for college coaches to be sure that athletes meet all eligibility requirements to compete in NCAA athletics.

You will need your GPA, All times and distances from both club and school meets that you have competed in since 9th grade, ACT or SAT scores, Credit Card to pay the \$75 fee or a waiver code from your high school athletic department to waive the fee.

[http://web3.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)

Make a list of your top ten schools for Coach Candice

This helps your coaches by knowing what schools they should reach out to on your behalf. College coaches do what they can to find athletes but it helps even more to have high school and club coaches contact them as well. When making your list, make sure to include the following information:



Name, contact information, parents contact information, majors you are interested in, reason you like that school, GPA, ACT and SAT scores

## Let coaches know you are interested in their programs:

You will start receiving letters from college coaches during your junior year so now is the time to let them know you are interested in them as well. Go to College Websites and fill out the Athlete Questionnaire for all the schools you are interested. You can also contact coaches via phone or email and they are allowed to return your call or respond to your email. They CAN NOT however reach out to you first before the first day of your senior year.

## Senior Year:

### College Visits

It is time to narrow down your search. You will be working with your school counselors and applying to schools. College coaches should be contacting you and your coaches and it is time to narrow down your choices and you can do this by visiting schools. You are only allowed to officially visit 5 schools but can unofficially visit as many as you want to.

Official Visits: School pays for any part of your trip and you stay overnight on campus (look over NCAA Eligibility document to make sure what is considered official)

Unofficial Visits: You pay for your trip entirely, you can set up a tour, meet with coaches and teams but can not stay on campus or accept anything paid for by the college or university. We suggest going to as many as you can drive to and have on your top 15 list as unofficial and let colleges pay your expenses for your top 5 schools especially if they are farther away.

### Coaches will be calling:

Coaches can call you throughout the year depending on the recruiting calendar. This is your time to ask questions and get to know the coaches.

### College Applications:

You should be applying to schools that are on your top 5 list as many schools can only offer athletic scholarships if you are accepted to their schools. Some only offer partial athletic scholarships your freshman year which means you want to make sure your grades stay strong so you can also apply for academic scholarships to make sure you have as much of your college fees paid for as possible.

This is just a short version of what you will need to do during high school if you want to participate in athletics at the college level. Many schools also have club teams for those of you who want to run but do not want the stress of a varsity sport in college. Please talk to Coach

Candice and your parents to make sure you have all the information you need to make the best choice for you as a student and as an athlete.

### ***NCAA ELIGIBILITY:***

*Any student-athlete planning to enroll in college and participate in Division I or Division II sports must be certified by the NCAA Initial Eligibility Clearinghouse. The Clearinghouse will analyze the student-athlete's academic information and determine if NCAA Initial Eligibility requirements have been met.*

*To be certified by the Clearinghouse, the student-athlete must:*

- Graduate from high school.*
- Earn a GPA of at least 2.0 in a core curriculum of at least 13 academic courses:*
  - English – 4 years*
  - Math – 2 years (one year algebra and one year geometry)*
  - Social Science – 2 years*
  - Natural or Physical Science – 2 year*
  - Additional Academic Courses – 1 year*
- Additional classes in English, math or natural or physical science, and in any of these areas, foreign language, computer science, or comparative religion – 2 years.*
- Earn a sum of ACT scores between 66 – 86, depending upon core GPA.*
- Earn an SAT score between 820 – 1,010, depending upon core GPA.*
- Complete the NCAA Clearinghouse Initial Eligibility form on line or send it to: NCAA Clearinghouse-Forms Processing PO Box 4043 Iowa City, IA 52243-4043*

*Requirements change annually please contact the NCAA @ 1 800 638-3731 to discuss NCAA requirements in detail. Pioneer offers a seminar in October or November to discuss college recruiting and the NCAA.*

### ***Coach, Parent, and Student Responsibility for Reviewing Academic Standing***

At the end of each nine weeks, coaches and parents are expected to access information regarding the academic status of their student-athletes through the Records Office. Please review the academic status with each student individually prior to the next marking period. Please familiarize yourself with the grading and eligibility procedures. If a student-athlete indicates there is a problem with a grade, the student -athlete should address the issue with the teacher involved. If a student is in jeopardy of failing or is having difficulty, please assist them by:

1. Recommending after school work — work with the teacher after school for private tutoring.

2. Recommending tutoring — call your grade level office or your coach for more information.

3. Using a study table — work with the student to improve their skills

**Huron High School Grade Point Calculation**

<u>AC &amp; AP Courses</u>			<u>General Grading Scale</u>		
A	=	4.00	A+	=	4.00
A-	=	4.00	A	=	4.00
B+	=	3.67	A-	=	3.67
B	=	3.33	B+	=	3.33
B-	=	3.0	B	=	3.0
C+	=	2.67	B-	=	2.67
C	=	2.33	C+	=	2.33
C-	=	2.0	C	=	2.0
D+	=	1.67	C-	=	1.67
D	=	1.33	D+	=	1.33
D-	=	1.0	D	=	1.0

*E = 0*

*I = 0*

*U = 0*

*W = 0*

*W = 0*

*D- = .67*

*E = 0*

*I = 0*

*U = 0*

*To calculate the grade point average: List each course and the grade earned. Consult the above chart to determine the point value for each grade. Each class at Huron is worth 1 credit. If a class is two hours long, it will be worth two of the same grade and double the credit. Next divide the total grade points by the number of credits attempted.*

***Example:***

*Spanish A=4.0*

*Geometry B=3.0*

*Biology C=2.0*

*Physical Ed. B=3.0*

*History D=1.0*

*Typing B+=3.33*

*6 credits 16.33 Points*

*Points/credits = GPA*

*16.33/6 = 2.722 GPA (Player has GPA above 2.0 and is eligible to play.)*