



THE WILL TO WIN IS IMPORTANT, BUT THE WILL TO PREPARE IS VITAL

ICON TRACK CLUB

QUIT MAKING EXCUSES, PUTTING IT OFF, COMPLAINING ABOUT IT, DREAMING ABOUT IT, WHINING ABOUT IT, CRYING ABOUT IT, BELIEVING YOU CAN'T, WORRYING IF YOU CAN, WAITING UNTIL YOU'RE OLDER, SKINNIER, RICHER, BRAVER, OR ALL AROUND BETTER, SUCK IT UP, HOLD ON TIGHT, SAY A PRAYER, MAKE A PLAN & JUST DO IT.



RHONDA WILLIAMS-BELLOWS EDITOR

It's time to Register

Turn in all of your registration papers.

It's time to turn in all of your registration papers. Include a copy of your child's birth certificate, the USATF liability form, club registration form and fees. Please place all

items in an envelope with your child's name on the front and give it to your child's coach or a team parent. You need to turn in these items

by Feb 15th, 2016. The first track meet is Feb 20th and we need all athletes registered by that time.



Hydration for young Athletes

Water is your best bet! Water is a nutrient. It does not supply calories, but without water, most people could not survive more than a few days. Your body is about 55 to 70 percent water, about 10-12 gallons.

Water's Role in the Body: Regulating your body's temperature is the major function of water. During activity water helps nearly every part of the human body function efficiently. Water also:

- Helps alleviate headaches and dizziness caused by dehydration
- Helps with breathing
- Carries nutrients and oxygen to all cells in the body
- Moistens oxygen for breathing
- Protects and cushions vital organs
- Helps to convert food into energy
- Helps the body absorb nutrients
- Removes waste
- Cushions joints

How Much? The thirst mechanism is not always a reliable indicator of your body's need for fluid. Be sure to drink plenty of water daily. Eight to 10 - 8 oz. cups of water per day are recommended.

To fit this into a child's day, include:

- 1-2 glasses per meal or with snacks
- 1-2 cups before exercise
- ½ - 1 cup every 15-20 minutes during exercise
- 1-3 cups after exercise
- If a child is sick or sweating, a lot more water may be needed.
- Visit bottledwater.org and click on the hydration calculator to learn how much water a child should drink each day.



Snacks for Runners

Article by Runners World



Fresh Fruit provides hydration & natural sugars for a quick boost

1. BANANAS

Why they're good: Bananas are chock full of good carbohydrates. They are a good source of vitamin B6 and are vital for managing protein metabolism. (Runners need more protein during and after workouts.)

When they're good: Before, during, or after exercise. They're great blended into a fruit smoothie. Or simply whip frozen banana chunks with milk in a blender or an awesome recovery shake.

Calories: 105 per medium-size banana

2. CARROTS

Why they're good: Carrots are low-calorie but filling, so they're excellent if you are watching your weight. They contain carotene and vitamin A, which promote eye health and strong immune function.

When they're good: Eat at night when you want something to munch but don't want extra calories. Or eat them before dinner if you're famished. This way, you won't overindulge once you sit down for your meal.

Calories: 30-40 per medium sized carrot.

3. CEREAL WITH SKIM MILK

Why it's good: Most cereals are vitamin and mineral fortified, and they're great with fresh fruit sliced on top. Cereal is a quick to prepare, easily digestible, and healthful way to satisfy your sweet tooth. (Some sweetened cereals are a good low-fat alternative to cookies). Choose cereals that have 5 grams of fiber or more per serving.

When it's good: Fine as a pre-run snack, a post-run pick-me-up, or even as a trail mix during a long, easy run. *Calories:* 200-500 per 1 1/2

ounce of cereal plus 8 ounces of skim milk)

4. OATMEAL

Why it's good: Studies show oatmeal helps lower cholesterol. Oatmeal will also fill you with plenty of carbohydrates to boost energy and alertness.

When it's good: An excellent pre-race food, or any time you wake up feeling hungry and ready for a hearty breakfast.

Calories: 150 per 1/2 cup

5. RICE CAKES

Why they're good: Rice cakes are low in calories, most of which come from energizing carbohydrates. Peanut butter is an excellent source of protein and heart-healthy polyunsaturated and monounsaturated fat. It also contains vitamin E, which helps with muscle recovery.

When they're good: *A perfect stick-to-your-ribs snack for mid-morning or mid-afternoon.*

6. SMOOTHIES

Why they're good: If you use fruit and almond or soy milk, smoothies are an easy way to consume a healthful dose of fiber. Smoothies also furnish plenty of vitamins C and A, plus potassium, fiber and calcium.

When they're good: A cooling summer treat, a smoothie works well for breakfast, before a run, or as a refreshing, reenergizing, post-run treat.

Calories: Approximately 200 per 12 ounces

7. **Why they're good:** Have a stick or tow with some high-carbohydrate foods after a long run or race. Research show that eating a little protein along with carbohydrates can speed your recovery.

Calories: 80 per 1-ounce stick

8. TUNA

Why it's good: Tuna provides protein and heart-healthy omega-3 fats. Research shows that men who eat at least 3 to 4 ounces of fish per week are less likely to die of a heart attack, and that women who eat at least 2 servings of fish per week reduce the risk of rheumatoid arthritis.

When it's good: Perfect for lunch or an afternoon snack

Calories: 110 per 3 ounces, canned in water

HEALTHY SNACK IDEAS



carrots & hummus



cheese and crackers



whole fruits



low-salt popcorn



celery & peanut butter



yogurt with fruit



veggie sticks



no-salt added almonds

Mental Training Techniques

Focusing: This technique can be used during or after a workout or whenever you think that an athlete requires a little extra encouragement and guidance to help improve concentration and flexibility in thinking.

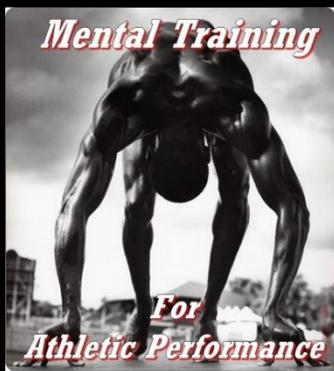
Mindful Meditation: Instruct athletes to close their eyes and focus on an image or repeat a word while breathing gently. Have them focus on this object for one minute. If they drift, just encourage them with a soft tone to come back to the image.

On the Fly: During workouts, remind athletes to shift to types of focus they find helpful to their performance (for example, focus internally on cadence, rhythm, and stride or focus externally on teammates to help them pull you along or on the beauty of your surroundings).

Visualizing: This mental technique reduces anxiety, improves performance, and allows athletes to “see” their success in reaching their goals. Visualizing can be particularly effective just prior to race day. Instruct athletes to sit or lay quietly on their backs with their eyes closed while breathing gently, and then take them through one of the following techniques:

Associative: Lead athletes through a visualization exercise that focuses on aspects of running—relaxed muscles, easier breathing pattern, good form, whatever area needs emphasis for better performance.

Dissociative: Lead athletes through a visualization exercise that focuses on elements outside of running, allowing them to relax their minds with drifting thoughts and changing



focus. Ask your athletes to describe settings where they would feel relaxed. One might tell you about sitting on the sand at the edge of a lake early on a warm summer morning. Another might describe hearing birds sing in his backyard. In doing this exercise, ask athletes to close their eyes and bring up those images. Tell them to allow their minds to float freely to other relaxing scenes.

External Race Focus: Lead athletes through a visualization exercise that focuses on important external race elements, such as the positioning of other runners or moving up in the pack.

Thinking: Techniques that emphasize changing negative thoughts into positive ones and help athletes frame their experience in a more accepting way lead to better management of discomfort, improved team communication and cohesiveness, and greater self-awareness and acceptance. These cognitive or thinking techniques can be used before or after a workout while the athletes are standing in a circle or even applied informally during a workout. Below are three cognitive techniques you can try:

Awareness: Encourage athletes to talk about the thoughts and feelings they experience while running.

Acceptance: Acknowledge that running can be a demanding sport that sometimes involves managing discomfort and pain. Encourage athletes to practice “allowing” their thoughts and feelings to be present without judging them or trying to change

Rational Reframing: Discuss with your athletes how thoughts often create or influence feelings. Sometimes, reframing thoughts can ease the intensity of a feeling. For example, teach athletes to change: “This run is so hard that I can’t make it another step” to “This is a challenging run, so it’s amazing that I’m able to keep going at a good pace.”

Relaxation: These techniques help to reduce muscle tension and anxiety, which in turn improves running performance and mental energy. Instruct athletes to lay quietly on their backs with their eyes closed while doing one of the following:

Progressive Muscle Relaxation: Instruct athletes to systematically focus on tensing individual parts of the body for several seconds and then relaxing those parts, going from the top of the head to the toes or vice versa.

Breath awareness: Instruct each athlete to place a hand on his/her belly while breathing slowly and quietly through the nose. The belly should rise as the runner inhales and deflate as the runner exhales.

Southern California Association USATF 2016 Track and Field Schedule

<u>DATE</u>	<u>MEET</u>
2-13-2016	Practice Ed Vincent Park
2-20-2016	PC Shockwaves (B-1) (Speed Camp & Track team participate)
2-27-2016	Long Beach Sprinters (B-2) (Track Team Only)
3-05-2016	Los Angeles Jets Relay Carnival (Speed Camp & Track Team)
3-12-2016	Picture Day (Speed Camp & Track Team)
3-19-2016	PC Shockwaves (B-2) (Track Team Only)
3-26-2016	Bay Cities Unleashed (B-1) (Speed Camp & Track Team)
4-2-2016	Practice Ed Vincent Park
4-9-2016	TBD
4/16/2016 - 4/17/2016	Imani Invitational (<i>Invitational meets Track Team only</i>)
4/23/2016 – 4/24/2016	Rising Stars Invitational
4/30/2016 – 5/01/2016	Bay Cities Unleashed Invitational
5/07/2016 – 5/08/2016	SCA Association Multi Championships
5/14/2016 – 5/15/2016	3M Invitational Union City, Ca
5/21/2016 – 5/22/2016	Pasadena Running Roses Invitational
5/27/2016 – 5/29/2016	Los Angeles Jets Invitational
6/03/2016 – 6/4/2016	California High School State Championships
6/10/2016 – 6/12/2016	So. California Association Championships (Top 8 qualifiers)
6/18/2016 – 6/19/2016	OPEN
6/24/2016 – 6/26/2016	USATF Region 15 Championships (Top 5 qualifiers)
6/28/2016 – 7/03/2016	USATF Hershey Youth Track & Field Championships
7/09/2016 – 7/10/2016	Region 15 Multi Championships
7/25/2016 – 7/31/2016	USATF National Olympics -Sacramento State, Sacramento, Ca