

2016



FPYC Track & Field Parent/Athlete Handbook

Fairfax Police Youth Club
running@fpycsports.com

COACHING PHILOSOPHY & GENERAL THOUGHTS

Track & Field is a competitive sport with a good deal of focus on individual athletic performance. The coaches want to emphasize that we will do our best to maximize each athlete's chance to perform well, under fun and enjoyable circumstances. Our primary focus for each child is to ensure he/she learns the correct way to perform to the best of his/her ability by teaching such things as proper: hydration, stretching, strengthening drills, agility drills, running and event performance techniques. We focus on running form; proper breathing; speed of movement; strength and endurance.

We value improvement in all of our athletes, from the athlete who becomes a National Champion to the new runner whose season goal is to make new friends, or to stay in shape for another sport. You can always be assured that safety, fun and fitness will be our order of priority.

Our coaching philosophy revolves around the fact that safety and fun take precedence. Teaching the skill is extremely important, although, when play is mixed in with training, success can follow because the children can become fully engaged in an activity they enjoy.

Additionally, a focal point in our program is injury prevention and wellness. Following are key considerations:

- Proper shoe selection is critical to minimize injury;
- If a child is undergoing a growth spurt, please inform the coaches;
- For those children participating in another spring sport, please be careful about doing too much;
- Proper rest is essential for good health and performance;
- Drills, albeit tedious, are of utmost importance in the development of proper form and a deterrent to injury.

Parents are urged to inform the coaches of any behavioral concerns amongst athletes. Bullying, improper language, unwanted touching are not tolerated. We ask parents to alert the coaches regarding problems that we cannot always observe during practice times and meets (which get extremely busy with the size of our team).

By following the above approach we hope the children will gain an appreciation of maintaining personal fitness, strengthen self-confidence and just maybe, gain an enjoyment of the sport of Track & Field that carries on into High School and beyond.

Please do not hesitate to contact the coaches at any time with your questions, issues, concerns, thoughts and ideas. We cannot manage and maintain a successful program without your support. We thank you for all your assistance and commitment to our program.

COACHING STAFF

FPYC Track & Field has an ALL VOLUNTEER coaching staff. We have three USA Track & Field (USATF) Certified Coaches along with many others that provide an immense amount of knowledge and experience. For administrative please consult with Geoff and Lynda Hymans, Co-Directors of Running (running@fpycsports.com).

FAIRFAX COACHES

Kevin Brown	Dereck Barnes
Wahnetah Carty	Merari Chollette
Karen Crossin	Nathan Dean
Darren Elcock	Noah Gaboriault-Whitcomb
Chris Gibson	John Harris
Timothy Harrison	Eric Hein
Christene Hendon	Gardner Hutchins, <i>USATF Certified Coach</i>
Geoff Hymans	Lynda Hymans
James Kaneshiro	Kevin Kordziel
Christopher Krug	Chad Latino
Heather Latino	Peter Loomis
Edwin Middlebrook	Gladys Perez
Alireza Sayari	Michael Saunders
Anna Sherman	Frank Strong
Kim Thornburg, <i>USATF Certified Coach</i>	Patrick Tubbins
Jeremy Woody	Kara Woody
Harold Workman	

Spring 2016 FPYC Track & Field Schedule

DATE	TIME	WHAT	FAIRFAX PRACTICE
Tues., March 8	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., March 10	6 pm - 7 pm	Practice	Lanier MS
Sun., March 13	1 pm - 3:30 pm	Practice and <u>Endurance Athlete Center</u> And Uniform Distribution (start of practice)	Lanier MS
Tues., March 15	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., March 17	6 pm - 7 pm	Practice	Lanier MS
Sun., March 20	1:30 pm - 3 pm	Time Trials :200m and 1600m Uniform Distribution	Fairfax High School
Tues., March 22	6 pm - 7 pm	Optional Practice (SB) TBD	Van Dyck Park
Thurs., March 26	6 pm - 7 pm	Optional Practice (SB) TBD	Lanier MS
Sun., March 27	Spring Break	EASTER – NO FPYC	
Tues., March 29	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., March 31	6 pm - 7 pm	Practice	Lanier MS
Sun., April 3	1:00 – 3:30	Practice	Fairfax High School
Tues., April 5	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., April 7	6 pm - 7 pm	Practice	Lanier MS
Sun., April 10	12 noon - 5 pm	FPYC INVITATIONAL HOME MEET	Fairfax High School
Tues., April 12	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., April 14	6 pm - 7 pm	Practice	Lanier MS
Sun., April 17	12 noon - 5 pm	AWAY MEET – MUSTANG INVITATIONAL	Eastern View HS, Culpeper, VA Time TBD
		PRACTICE (for those not at meet)	Fairfax High School
Tues., April 19	6 pm - 7 pm		Van Dyck Park
Thurs., April 21	6 pm - 7 pm	Practice	Lanier MS
Sun., April 24	12 noon - 5 pm	Practice	Fairfax High School
Tues., April 26	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., April 28	6 pm - 7 pm	Practice	Lanier MS
Sun., May 1	1 pm - 6 pm	AWAY MEET CYA INVITATIONAL	Chantilly HS, Time TBD
Tues., May 3	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., May 5	6 pm - 7 pm	Practice	Lanier MS
Sun., May 8	12 noon - 5 pm	FPYC HOME MEET & Mother's Day Mile Participating: FPYC	Fairfax High School
Tues., May 10	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., May 12	6 pm - 7 pm	Practice	Lanier MS
Saturday, May 16	8:30 am - 5 pm	AWAY MEET SYA INVITATIONAL	
Sunday May 22	12 noon – 5pm	Practice	
Tues., May 17	6 pm - 7 pm	Practice	Van Dyck Park
Thurs., May 19	6 pm - 7 pm	Practice	Lanier MS
Sun., May 22	1pm – 3pm	Practice	Fairfax High School
Tues. May 24	6 pm – 7 pm	Practice	Van Dyck Park
Thurs., May 26	6 pm – 7 pm	LAST PRACTICE OF SEASON	Lanier MS
Tues., Jun 6	6:30pm	AWARDS BANQUET	Lanier MS

2016 POST SEASON BEGINS (optional)

In 2016, the FPYC will organize a team to participate in the AAU Junior Olympic Meets.

All athletes, age 7-17, may participate in the AAU Junior Olympic District Qualifying meet; after which, athletes will advance based on place. Each athlete must have a 2016 AAU Membership in order to participate in the AAU Junior Olympics. Post season practice times and locations will be determined and announced at the end of the regular season.

TBD, but likely Sat., June 11 - Sun., June 12	All Day	AAU Junior Olympic Potomac Valley District Qualifying Meet	TBD
Thur., June 24 - Sun., June 26	All Day	AAU Junior Olympic Region 5 Qualifying Meet	Hampton University, Hampton, VA
August 1 - August 6	All Day	AAU Junior Olympics Multi-Events Competition	Humble HS, Houston, Texas

PRACTICE

WHERE

FPYC Track & Field has practices at two areas in Fairfax: Tuesdays at Van Dyck Park and Thursdays at Lanier Middle School). Occasionally on weekends we can practice at Fairfax High School, but due to the overwhelming demand on sports facilities in our area, we are not able to practice on an actual track during the week. This being the case, we utilize area parks and the gravel track at Lanier for our practice sessions.

For a listing of where we will practice and when, please review the [2016 Track & Field Schedule](#).

WHEN

During the beginning of the season, we practice on Tuesday and Thursday evening and on Sunday afternoon. Once our meets begin, Sunday practice is often replaced by meets.

WHAT TO EXPECT

Sample (evening) Practice Schedule

- 6:00 pm – Practice Begins: Warm-up/jog
 - Break into age groups -
- 6:05 pm – Dynamic Stretching
- 6:15 pm – Drills (see Drill Circuit below)
- 6:25 pm – Water breaks (and as needed)
- 6:30 pm – Daily Workout
- 6:55 pm – Cool-down
- 7:00 pm – Practice Ends

Every athlete has a diverse set of goals and expectations...some come to meet new friends, others want to improve their fitness for another sport, while a more serious group may attempt to qualify for a national meet.

We do not expect any athlete to attend every practice or meet. However, the more each athlete puts into their training, the more improvement they'll receive.

We do not compete as a team (as in High School), therefore, the team is not counting on each athlete's individual performance. This removes the pressure for those athletes who are out for fun, get in shape, or are new to the sport.

DRILL CIRCUIT

Following are a few drills that we will conduct during practice. Not all of these drills will be done at each practice, although, it is important to practice these drills two times each week in order to improve form and strength – therein, assisting in injury prevention.

1. High Knee Drills

2 x 40m (out, rest, back)

Description: Ankle is in the 90-degree position. The ankle comes up and over the opposite leg knee. The drill is done on the balls of the feet (improves form).

Video: <http://www.youtube.com/watch?v=8opcQdC-V-U>

2. Butt Kicks

2 x 40m (out, rest, back)

Description: Ankle to the butt; bring foot straight up from the ground to the butt (improves form).

Video: <http://www.youtube.com/watch?v=UfCH8LMmLH8>

3. Skips – A and B

2 x 40m (out, rest, back)

Description: For the "A Skip" drive the leg up; for the "B Skip" drive the leg down (improves form).

Video: <http://www.youtube.com/watch?v=PcWsOM144xo>

4. Lunges

2 x 25m (out, rest, back)

Description: Hands on hips, back straight. Take a step forward. The back leg knee goes straight to the ground. Push up through the heels. Come up and take the next step (improves strength).

Video: <http://www.youtube.com/watch?v=xYTNEh4r5PI>

5. Forward Jumps/Hops

2 x 25m (out, rest, back)

Description: A deep squat, followed with an explosive propulsion of the arms to assist in the vertical and forward jump (improves strength).

Video: <http://www.youtube.com/watch?v=ARMeuSWNzwU>

6. Bench Steps

2 sets of 25 for each leg (lead with one foot 25 time, then the other foot 25 times)

Description: Find a bench or bleacher seat. Hands on hips. Put one foot on the step, but make sure that the knee is NOT higher than the hip. Step up with the bottom foot, and flex/squeeze the entire group of muscles in the leg; step down (improve strength).

Video: <http://www.youtube.com/watch?v=aaDISd8rWXY>

7. Acceleration Sprints

4-6 sets of 50m (run, walk back)

Description: Jog or run at a comfortable pace. When you get to the orange cone, accelerate/speed

up to your maximum speed, until you reach the second orange cone, where you slow back down to a comfortable jog/run (focus on form and acceleration).

Video: <http://www.youtube.com/watch?v=jomfYuwf7tU>

MEETS

Our “Regular Season” meets are posted and updated online under the [2016 Fall Track & Field Schedule](#) menu item; also posted is our “Post Season” schedule which consists of the 2016 AAU National Championship Meets (or in other years, the USA Track & Field Junior Olympic Meets).

A regular season meet may include the following running events: 50m/55m; 100m; 200m; 400m; 800m; 1500m/1600m/mile; and 3000m and field events: shot put; turbo javelin; and long jump. The actual list of events for each meet will be posted prior to the meet along with a schedule/order of events.

Athletes will participate in their age appropriate event; and some of the running events (usually 800m and longer) will include multiple age groups. However, all athletes will still compete against those in their respective age group.

In order to stay on schedule, each athlete may participate in a maximum of three (3) running events and two (2) field events. NOTE: If we don't adhere to this rule, our meets will run too long and likely be cut-off early...due to facility permits.

Age Groupings

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for **competition year 2016** are as follows:

Age Division	Year of Birth
6 & Under (not officially recognized by USATF)	2009+
7 - 8 (previously Sub-bantam)	2007-2008
9 - 10 (previously Bantam)	2005-2006
11 - 12 (previously Midget)	2003-2004
13 - 14 (previously Youth)	2001-2002
15 - 16 (previously Intermediate)	1999-2000
17 - 18 (previously Young)	1997-1998

AWARDS

Awards – ribbons and/or medals – will be given out to the top three age group finishers in each race. These will usually **not** be distributed at the meet, instead, athletes will be able to collect their award(s) at a proceeding practice – once the race results are compiled and ribbons/medals are labeled.

SPRINT FAQs

What are the sprint events?

The sprint events are the 100M, 200M & 400M dashes in outdoor competition. Indoor competition replaces the 100M dash with the 55M dash; however, some indoor competitions also replace the longer sprints with 300M and 500M sprints.

I want to help my child maximize their potential/ability and achieve their running/track & field goals. I want to properly focus my child at practices and meets. How can I tell if my child has sprinting ability?

The only true measure of sprinting ability is the stopwatch; however, there are some fairly good indicators of a child's sprinting potential/ability?

- 1) Sprinting is a speed and power event. Endurance is typically not a factor. Honestly assess your child. Do they come home from school and say that they are the fastest child on the playground? In a soccer game, are they the first one to the soccer ball every time? Are they the first one down the basketball court every time? And if they are fast, can they only hold that speed for a relatively short while, and then quickly tire out?
- 2) Sprinting requires the ability to move the limbs at high speeds through large ranges of motion (range of motion is not the same as flexibility). In the legs, this is most frequently expressed as "quick turnover," which looks much like pedaling a bicycle with the rear wheel off the ground—the legs appear to cycle in a rapid set of movements. When your child runs, do their legs move very fast compared to their peers? Do their feet seem to float over the ground, and yet each time their foot hits the ground, they get farther and farther ahead of the peers?

If your child exhibits some, or all, of these characteristics, then they may be just right for the sprint events.

Spikes or no spikes?

Practicing/training in spikes is not recommended! A good set of running shoes is needed for anything other than competitions/events. At events, spikes should only be worn during the races themselves and in warm-ups just prior to the events. The easiest way to maneuver through the constant changing of shoes is simply to get an inexpensive pair of flip-flops. The athlete wears the flip flops in the stands. When warm-up time arrives, flip-flops are slipped off and the spikes go on. Warm-ups ensue, and the subsequent race is run. The spikes come off.

Sprint spikes are more ridged than distance spikes and usually have a solid plastic sole without padding (through the heel). Spikes are light and fairly comfortable out of the box, but need to be broken in a little to be completely comfortable. The first few races should serve as the break-in period, with the knowledge that any discomfort or fit issues will subside over time.

Good, non-specialized running shoes will serve most athletes very well, all of time (practice & competition), but for those who will compete at the higher levels, spikes really do help put force into the ground!

What should my youth athlete eat/drink?

Nutrition is outside the purview of FPYC's track and field program; however, as with any athlete the basic rules always apply.

- 1) Highly-refined sugars and processed carbohydrates greatly diminish performance;
- 2) Extra protein helps with rebuilding muscle tissue after practices/meets, helps keep the stores of creatine up, and assists in the ATP energy-production system;
- 3) Adequate hydration is extremely important; and
- 4) Caffeinated beverages are not recommended; sports/energy drinks should be used in moderation.

Will my youth athlete get a good workout at a sprint practice?

YES! Sprinting is a discipline and phenomenon unto itself, distinctly different from competitive distance running and most people's experience with general running/jogging for physical fitness. Each of the three areas requires significant expenditures of energy, increase cardiovascular fitness, and shape the body, albeit in different ways. Sprinting practices are mentally and physically difficult. The athlete will feel like a significant physical accomplishment has been attained, and their body will need time and nutrition to recover.

Sprinting, when done properly, hypercharges your metabolism for a significant time after the workout stops; you may find that your youth athlete, after a practice or meet, will want to eat and hydrate more than usual. This is because his/her metabolism is on fire! And they will sleep very well!

My youth athlete really wants to be a good sprinter. What can I/we do outside of practice? Should he/she run extra? Weight train?

This kind of enthusiasm is great, and should be encouraged. Whether or not they will become a good, or even great, sprinter, is of secondary importance. The fact that track & field/running serves as a focal point for a child wanting to be good at something, and is willing to go the extra mile to do so, can be modeled for future behavior in other areas, including academics. With that being said, let the athlete decide how they want to pursue the extra training. If they want to run at home and do some of the drills they learned in practice, let them have fun!

FPYC does not endorse or recommend any kind of weight training program. Weight training for strength and power is not the goal of the youth sprinter; the basics of the discipline must first be mastered.

The MOST IMPORTANT thing for a youth sprinter to be able to do is develop what is called their "general strength." This is the individual's ability to overcome their own body weight. Only when an athlete is able to do this through a range of demanding athletic motions can he/she go further.

What can my child expect from participating in the sprint practices/events?

FUN! Nothing is more exhilarating than walking up to the line, pausing in the calm before the storm, and letting the sound of the gun surprise you, only to be followed by an all out sprint for the finish line. For almost everyone, the earliest memories of the playground contain at least one instance of someone coming up and asking, “wanna race?” From our earliest days, competition of every kind drives us. Athletic competition, particularly seeing who is the fastest, is thrilling and exhilarating...building confidence, group morale, and the skills to master our fears and focus our drive into positive results.

DISTANCE FAQS

What are the mid to long distances we run?

The distance events are the 800m; 1500m/1600m/mile; and 3000m

I want to help my child maximize their potential/ability and achieve their mid to long distance goals. I want to properly focus my child at practices and meets. How can I tell if my child is a distance runner?

Distance running is a combination of sprinting, endurance and mental will. Shorter distance events (such as the 800m) require more speed along with the ability to endure speed over a longer distance. Longer distance events (such as the 3000m) require endurance and the mental ability to keep running while the body says “stop.” Honestly assess your child. Do they come home from school and say that they can run around the playground all day without getting tired? In a soccer game, are they known as the player who is always hustling? Are they playing both offense and defense on the basketball court every time and outlasting the rest of the team? Can they run at a fairly fast speed for a long time?

If your child exhibits some, or all, of these characteristics, then they may be just right for mid to long distance running.

Spikes or no spikes?

Practicing/training in spikes is not recommended! A good set of running shoes is needed for anything other than competitions/events. At events, spikes should only be worn during the races themselves and in warm-ups just prior to the events. The easiest way to maneuver through the constant changing of shoes is simply to get an inexpensive pair of flip-flops. The athlete wears the flip flops in the stands. When warm-up time arrives, flip-flops are slipped off and the spikes go on. Warm-ups ensue, and the subsequent race is run. The spikes come off.

Spikes and spike-less racing flats are light and fairly comfortable out of the box, but need to be broken in a little to be completely comfortable. The first few races should serve as the break-in period, with the knowledge that any discomfort or fit issues will subside over time.

Distance spikes are not as ridged as sprint spikes and usually have a slightly padded sole (through the heel). Good running shoes will serve most athletes very well, all of time (practice & competition), but for those who will compete at the higher levels, spikes really do help put force into the ground!

What should my youth athlete eat/drink?

Nutrition is outside the purview of FPYC's track and field program; however, as with any athlete the basic rules always apply.

- 1) Highly-refined sugars and processed carbohydrates greatly diminish performance;
- 2) Extra protein helps with rebuilding muscle tissue after practices/meets, helps keep the stores of creatine up, and assists in the ATP energy-production system;
- 3) Adequate hydration is extremely important; and
- 4) Caffeinated beverages are not recommended; sports/energy drinks should be used in moderation.

Will my youth athlete get a good workout at a distance practice?

YES! Competitive distance running practice is more than simply jogging/running to build endurance. Certainly a solid distance base is important, but we will also use interval training (repetitive laps with rest) and fartlek's (running fast then jogging/walking while on a distance run) to increase speed over longer distances.

Distance practices are mentally and physically difficult. The athlete will feel like a significant physical accomplishment has been attained, and their body will need time and nutrition to recover.

Distance training increases your metabolism for a significant time after the workout stops; you may find that your youth athlete, after a practice or meet, will want to eat and hydrate more than usual. This is because his/her metabolism is on overdrive. And they will sleep very well!

My youth athlete really wants to be a good distance runner. What can I/we do outside of practice? Should he/she run extra? Weight train?

This kind of enthusiasm is great, and should be encouraged. Whether or not they will become a good, or even great, distance runner, is really of secondary importance. The fact that track & field/running serves as a focal point for a child wanting to be good at something, and is willing to go the extra mile to do so, can be modeled for future behavior in other areas, including academics. With that being said, let the athlete decide how they want to pursue the extra training. If they want to run at home and do some of the drills they learned in practice, let them have fun! You may augment FPYC practices with distance or speed workouts – and FPYC coaches are happy to discuss ideas with you – but it is essential that your athlete WANT to do the extra practice and that you bear in mind your athlete's needs both to recover from FPYC workouts and to be rested for the Club's meets.

FPYC does not endorse or recommend any kind of weight training program. Weight training for strength and power is not the goal of the youth distance runner; the basics of the discipline must first be mastered. The MOST IMPORTANT thing for a youth distance runner to be able to do is develop what is called their "general strength" and increase "endurance." This is the individual's ability to properly use their own body weight (without additional weights). Only when an athlete is able to do this through a range of athletic motions can he/she go further.

What can my child expect from participating in the distance practices/events?

FUN! Nothing is more exhilarating than walking up to the line, pausing in the calm before the storm, and letting the sound of the gun surprise you, only to be followed by a race for the finish line. For almost everyone, the earliest memories of the playground contain at least one instance of someone coming up and asking, “wanna race?” From our earliest days, competition of every kind drives us. Athletic competition, particularly seeing who is the fastest, is thrilling and exhilarating...building confidence, group morale, and the skills to master our fears and focus our drive into positive results.

FIELD EVENTS FAQS

What are the field event?

The field events are the Shot Put, Long Jump, and Turbo Javelin.

Shot Put: The youngest athletes (6&U) will use a softball instead of a shot put. An actual shot put is introduced to the 7-8 age group. After which, age appropriate shot put weights are used.

Turbo Javelin: We **do not** use a javelin; instead a plastic, blunted tip, turbo javelin is used during practice and in competition. Age appropriate turbo javelins (length and weight) are used. During the post-season Junior Olympic Competition, the 13+ age groups **may** use a javelin. However, FPYC practice will always be conducted with a turbo javelin (a javelin may not be used).

Long Jump: Because we need a sand pit to practice the long jump, we are not able to practice the long jump very often. Therefore, we suggest that long jumpers practice with the sprinters (to work on explosive power) and utilize a long jump sand pit (most high schools have a long jump sand pit) on their own.

How do you handle field event practice?

Field event practice is held whenever we have a field event coach available. And, for the long jump, only if we have a sand pit available for jumping. Once we have finished our drills, we will breakout into groups of sprinters, distance runners and field events. NOTE: We do not include field events during every practice.

Do I need special shoes or equipment?

For the most part “no” although specific shoes are made for the shot put and javelin and may be used if an athlete is of national caliber/ranking.