



## **Saddleback Running Club**

### **Parents Handbook**

To: All Parents and Athletes

To help you understand more about the Saddleback Running Club's (SRC) program and philosophy, we are providing you with this Parent Handbook. It contains information regarding our club's purpose, conduct during track meets and useful information concerning parent conduct and safety rules for training. Hopefully, your questions will be answered by reading this handbook. Please contact any of the individuals listed below if you have any further questions or wish to review any of the points contained in this packet.

Sincerely  
Saddleback Running Club.



## **PRACTICE SITE**

All practices will be held at THHS on the Track. Practices held on Monday and Wednesday will be from 10am to 12pm. Practices held on Saturdays during the month August will be 9 – 9:45 am. It is important that you pick your child up promptly. Some practices end early, so please arrive 15 minutes before the end of practice to ensure you are on time.

## **PARENT AND ADULT PARTICIPATION**

The number of participants in the Saddleback Running Club varies from season to season. Parent and adult participation IS ABSOLUTELY VITAL. We will ask for volunteers to help with certain jobs. All volunteers working directly with the kids will have to go through a background check.

## **CHILD WELFARE**

The Saddleback Running Club is sensitive to inappropriate behavior towards children. The US Track And Field Association requires us to have all individuals that are in direct contact with your children, fill out a volunteer application sheet. We will be performing random screenings of references and information and a thorough background check. All of the information given will be processed and maintained in a confidential and professional manner.

## **WHAT TO WEAR OR BRING TO PRACTICE**

Athletes should wear shorts (NO JEANS), a loose T-shirt, and they must bring warm-ups (sweat pants and sweatshirt) to all practices and meets (LABEL ALL CLOTHING). Please bring a large bottle (20 ounces) of water to all practices and meets. When the weather heats up, more water is needed. Each athlete must have a pair of good RUNNING SHOES. (please ask coaches for recommendation) Cross training, basketball or mid/high tops are NOT ACCEPTABLE and may cause injury. Athletes arriving in non-running shoes will be asked to "sit-out" practice.



## **ABILITIES AND LEVELS OF ATHLETE**

The Saddleback Running Club does not pre-qualify young athletes in regards to their physical or mental capacity to participate and perform in this organization so long as they meet age and medical requirements established association.

The Saddleback Running Club coaching staff will determine from the beginning and throughout the season where the athlete's development and physical abilities will be seeded. Some general standards, which will be observed to determine an athlete's qualifications, are as follows:

1. Attendance and timeliness at practices and meets.
2. Focus on instructions of coaching.
3. Dedication and determination on carrying out coaching procedure.
4. Commitment to team spirit.
5. Camaraderie and interaction with other athletes and adults in the program.
6. Respectful attitude and etiquette.
7. Obeying and observing rules
8. Having proper attire and equipment at all times for warm-up, warm-down, cross training, plyometrics, special event training and meet competition.
9. Maintenance and care of uniforms, equipment, and facilities.
10. Maintaining acceptable academic standards.
11. Performance level in competition.

These are a few of the standards that will be used to determine how the athlete is seeded,

## **IMPORTANCE OF WARM-UP, STRETCHING AND COOL DOWN**

Everything we do has a reason. It is essential we instill in our kids the importance of proper warm-up before a practice or race, followed by a proper cool-down. For the body to operate at peak levels and stay injury free, our athletes need to follow this procedure before and after each race and at every practice session. Instructions on the proper technique of warm-up/cool-down will be given at every practice. Parents, please support in our effort to instill this in our athletes.

1. Upon arrival at the track for practice, your child should run the required amount of warm up laps **WITHOUT** being told.
2. Do not leave practice without your child doing at least 1 cool-down lap.



## **PRACTICE SCHEDULE**

All practices will be held at THHS on the Track. Practices held on Monday, Wednesday will be from 10am to 12pm. Practices held on Saturdays during the month of August will be 9 – 9:45 am. It is important that you pick your child up promptly. Some practices end early, so please arrive 15 minutes before the end of practice to ensure you are on time.

## **PRACTICE PROCEDURE**

ARRIVE on TIME and start the warm-up. Wear proper clothing and equipment (practice shirt, sweat bottoms, running shoes, good attitude). Be prepared for all weather situations.

### **RAIN**

We will make every attempt to post canceled practices on the website so please check the website. [www.saddlebackrunningclub.com](http://www.saddlebackrunningclub.com)

## **OUR HOME TRACK RULES**

Please help us keep in good standing with the powers that be by following the rules of the track.

- No gum chewing allowed.
- No sunflower seeds allowed.
- Do not bounce any balls on the track.
- Do not climb the goal posts.
- Do not bring skate boards, roller blades, or bicycles to practice.
- Unsupervised athletes are not allowed in the bleachers or under the bleachers.
- USE THE TRASH CANS especially when you are in the bleachers.
- KEEP THE BATHROOMS CLEAN.
- Smoking is not allowed on school grounds.
- Alcoholic beverages are not allowed on school grounds.
- Pet's are not allowed on school grounds.



## **NUTRITION**

It is important to get your child on a proper eating program that is balanced in protein (10-15%), carbohydrates (55-65%), and fats (25-30%).

*Some examples of good food the night before a meet might be:*

Protein: Chicken, fish, beans, dairy, eggs.

Carbohydrates: Potatoes, pasta, bread vegetables, frozen yogurt.

Fats: Butter, margarine.

## **MEET DAY**

Your child needs to eat a light breakfast of granola, oats, or low sugar cereal served with fruit (bananas are great). Don't send your child to the meet on an empty stomach. Your child needs to run on good fuel for good results. If your child runs out of fuel, the engine stops. Try to avoid greasy, fatty foods on the morning of the meet. They take longer to digest.

Always bring water. Light sandwiches, light healthy snacks (power bars, granola bars) and fruit to eat during the day. If your child eats light, they should be able to eat within 30 minutes of a race. NO SUGAR....

## **GOOD LUCK**