

Parents,

Welcome to the 2008 Track and Field Season. Thank you for allowing your son to participate in the Track and Field Program at South Sioux City. We believe that running speed, quickness and strength are the keys to athletic success. Track and Field provides the opportunity for this development.

Please read this booklet. It represents the philosophy of our Track and Field Program. Throughout the season we need your support and encouragement. Encouragement comes in many forms; working at a meet, getting your son up for an early morning or weekend practice, making sure he is home at night or by attending a meet. Whatever you can contribute will make our Team better. Working together we will find the Track and Field Program to be an enjoyable and worthwhile activity.

Sincerely,

Steve Shadle Wayne Krueger Al Carothers Saul Salinas

February 26, February 27, February 28th Track and Field Clinics

March 22 USTCA @ Dakota Dome

March 24 Dan Lennon Dakota Dome

March 31 9th grade @ Heelan 4:30 p.m.

April 1 Elk Point-Jefferson @ 3:30

April 3 Vermillion at Vermillion @ 3:00 p.m.

April 10-11 City Meet & 9th @ SSC

April 14 9th meet @Olson

April 18th-19th Sioux City Relays @ Roberts

April 22th Ponca Invite 9/JV@ SSC 4:00

April 25th SSC Invite & 9th @ SSC 4:30

April 30th 9-10 Heelan Invite @ Memorial 4:30 p.m.

May 2 River Cities Conference @ at Ralston @10:00 a.m.

May 5 9th Grade City Meet @ TBA

May 7 District Meet @ TBA

May 16-17 State Meet @ Omaha Burke

May TBA Junior Olympic Qualifying Meet @ SSC 4:45

* We may have some changes due to weather

AN ATHLETE MUST ACT LIKE A CHAMPION EVERYDAY IF HE EXPECTS TO BE ONE SOMEDAY.

Practice February 25th to May 17

Afternoon practice will begin at 3:30 p.m. and end by 5:30 p.m. Please notify one of the coaches if you will be late. You may be late for practice to attend appointments. If you are in school we expect you to be at practice. Any morning practices will begin at 6:30/6:45 a.m. on days we have In-Service. Afternoon practice will usually last no more than 2 hours. Morning practice will be forty-five minutes. Our goal is to have seven practice sessions a week. We expect you, on time, at practice, everyday. Making track and field a priority activity was the #1 issue raised by our team last year.

Missed/makeup practice 7:00 a.m. on Wednesdays Kansas State workout.

TRAINING RULES

During practice we tear down our bodies. When we rest the body rebuilds. Rest is very important in training. THE BODY ADAPTS TO TRAINING WHEN IT IS RESTING NOT WHEN IT IS WORKING OUT.

You are expected to be home by 10:00 p.m. two nights before a meet. We suggest never later than 12:00 a.m. You must give your body a chance to recover. Proper rest is a must.

Alcohol and drugs have no place in training an athlete in or out of season.

Athletes are invited to parties because they are respected and admired. Say "NO" and keep that respect.

Alcohol is currently the number one health problem, the number one family problem and the number one killer of teenagers. If you can't say no to alcohol; your battle with this chemical has just started.

Any athlete charged with an alcohol/drug offense will be suspended from the team until a meeting with the athletic director, coach and substance abuse counselor to determine if a student-athlete should be:

1. Dropped from the Team.

ATHLETES IN ATTENDANCE AT A PARTY WHERE ALCOHOL OR OTHER DRUGS ARE PRESENT WILL BE SUBJECT TO THE SAME DISCIPLINE.

CONDUCT AND PERSONAL APPEARANCE

As an athlete of your school you are a representative of your fellow students, community, school and your team. Make certain your conduct reflects this responsibility. Remember you are the best South Sioux City has to offer. You are the role models for all the youngsters in this community.

***YOUR EXAMPLE WILL BE FOLLOWED.**

In the classroom you have the responsibility to make a determined effort to achieve your personal goals. **YOUR FIRST RESPONSIBILITY IS YOUR ACADEMIC WORK.** Athletics prepares you for a short competitive season. Your schoolwork prepares you for a lifetime. Work hard so you will be prepared to take advantage of the many opportunities life will present.

ILLNESS

If your illness is above the neck - no body symptoms - come to practice. If the illness is above and below the neck - with body symptoms - get home, in bed, drink plenty of fluid. Exercising when you are sick usually increases your chances of further illness. Let one of the coaches know.

EQUIPMENT

This area has caused us the most problems in the past few years.

Uniforms and meet sweats will be checked out to team members. You are responsible for all equipment checked out to you. If it is lost or stolen you will replace it at the cost of a new item. It is highly recommended that you purchase your own practice equipment. Some people steal equipment as a souvenir. The result is less equipment to use, or you pay for their souvenir. Please take care of your equipment.

**All equipment must be checked in, to a coach, by May 19.
After May 19 you will be billed for the equipment.**

COMPETITION

We compete against the best teams in Nebraska, Iowa and South Dakota. We travel to and from competition on school transportation. Exceptions will be considered if arrangements are made in advance with the principal/athletic director and parents provide a note or transportation. **ALL SCHOOL WORK MUST BE MADE UP OR ARRANGEMENTS MADE PRIOR TO LEAVING SCHOOL FOR COMPETITION.**

UNITY COUNCIL- The Unity Council is designed to give athletes a voice in the issues that face our team each season. At times coaches and athletes need a specific time to talk to/advise each other in maximizing the educational opportunities that athletic participation presents. The Unity Council will meet with the coaching staff once a week and with the team as needed.

SUPPLEMENTS-

The best information I can give you regarding supplements is 'don't' for a high school athlete.

Good nutrition, sleep and proper training will be enough to enhance athletic performance. A teenage body and organs are still in the development stage. Supplements usually stimulate a single system and ignore total body development. In school policy supplements are considered medication and cannot be in an athlete's locker.

A multi vitamin may be worthwhile if your diet lacks fruits and vegetables.

SEASON AWARD WINNERS

1978

Most Valuable Terry Sudrla

100 Points in a season Terry Sudrla 123.5 Brett Evans 114

Most Improved Kevin Keyser

1979

Most Valuable Brett Evans

100 points in a season Brett Evans 145

Most Improved Troy Brende Dan Lieber

1980

Most Valuable Troy Brende Brett Evans

100 Points in a season Brett Evans 148.5 Troy Brende 123

Most Improved Brad Liley

1981

Most Valuable Duane Stueven

100 points in a season Duane Stueven 125

Most Improved Scott Manley

1982

Most Valuable Scott Manley

100 points in a season Scott Manley 106

Most Improved Gerald Harder

1983

Most Valuable Gerald Harder

100 points in a season Gerald Harder 128

Most Improved Mike Tomoson

1984

Most Valuable None

Most Improved None

1985

Most Valuable John DePriest

Most Improved Matt Krumwiede

1986

Most Valuable Ralph Stephan Nick Wilen

100 points in a season Nick Wilen 118 Ralph Stephan 109.5

Most Improved Jerry Johnson Jeff Mogensen

1987

Most Valuable John Miller

100 points in a season John Miller 157 Tom Everett 125.5

Most Improved Travis Delperdang Joe Wren

1988

Most Valuable Travis Delperdang Jon Hoag

100 points in a season Travis Delperdang 151.5 Jon Hoag 166.5

Most Improved Gary Newman Todd Stephan

1989

Most Valuable Jon Hoag

100 Points in a season Jon Hoag 184

Most Improved Brain Clausen Mike Cain Cory Hoch

1990

Most Valuable

Tony Creswell J.R. Tierney

Most Improved George Green Jim Kempers

1991

Most Valuable Chad Collier Jim Kempers

100 points in a season Chad Collier Jim Kempers

Most Improved Cory Hoch

Hardest Worker Sean Kvidera

1992

Most Valuable Travis Fredricksen

100 points in a season Travis Fredricksen 103

Most Improved Dan Carlson

Hardest Worker Jason Glover Brett Richmond

1993

Most Valuable None

100 Points in a season Matt Mcarthur 1.01.5

Most Improved Troy Plummer Dan Carlson

Hardest Worker Brett Richmond

1994

Most Valuable Dan Carlson Eric Fugelberg
Most Improved Billy Haffke Brett Richmond

1995

Most Valuable Brandon Moore
Hardest Worker
Most Improved Jon Feauto
100 points in a season Brandon Moore 104

1996

Most Valuable Trevor Soyk
Hardest Worker Dan Lauer
Best in the Weight room Dan Lauer

1997

Most Improved Dustin Moore
Most Improved Tim Gesell
Hardest Worker Jason Jensen
Best in the Weight room Bryce Teager

1998

Most Valuable Tim Gesell
Most Improved Mike Cain Able Olmstead
Hardest Worker Jason Jensen
Best in the Weight room Bryce Teager

1999

Most Valuable Tim Gesell Nick Rector
Most Improved Denise Verkyn
Hardest Worker Team Award
Best in the Weight room Mike Cain

2000

Most Valuable Mike Cain
Most Improved Jack Ehrich
Hardest Worker Robbie Stapleton
Best in the Weight room Anthony Krueger

2001

Most Valuable Anthony Krueger
Most Improved Tyler Clements Chirs Krueger
Hardest Worker Mike Bleil Chad Anderson
Best in the Weight room James Bower Mike Johnson

2002

Most Valuable Jack Ehrich Mike Johnson
Most Improved Team Award
Hardest Worker Mike Bleil Dan Weierhauser
Best in the WeightRoom Team Award Ray Duggan

2003

Most Valuable Chris Krueger
Most Improved- Cody Gill, Patrick Heeney, Logan Pontis
Hardest Working Team award
Best in the Weightroom Chris Krueger
100 Points- Chris Krueger 142

2004

Most Valuable Logan Pontis Jordan Spirk
Most Improved Jason Bobier Jake Wostoupal
Hardest Working Cody Gill Jason Steele
Best in the Weightroom Logan Pontis

2005

Most Valuable Logan Pontis Bret Hoch
Most Improved Team Award
Hardest Working Logan Ponits
Best in the Weightroom Logan Pontis Dannie Caskey Rusty Stout
100 points Bret Hoch 103 Logan Pontis 102

2006

Most Valuable Bret Hoch
Most Improved Eric Larson
Co-Hardest Working Jordan Spirk-Jacob Bell- Nick Diediker
Best In the Weightroom Dannie Caskey
100 points Bret Hoch 126.5

2007

Co Most Valuable Jacob Bell Jordan Spirk
Co Hardest Working Jacob Bell Jordan Spirk
Co Best In Weight Room Dustin Billups Mike Lethcoe Rusty Stout
Co Most Improved Tyler Heitman Alex Steele
100 Points Jordan Spirk 141.5 Jacob Bell 122

BELIEVE IT THEN YOU SEE IT

HERE ARE SOME THINGS YOU MUST BELIEVE IF YOU ARE GOING TO REACH YOUR FULL POTENTIAL AS AN ATHLETE.

BELIEVE IN YOURSELF AND BE WILLING TO WORK FOR SUCCESS.

IT IS GREAT TO BE A JOCK.

YOU CAN BE A CHAMPION WITH PROPER PHYSICAL AND MENTAL PREPARATION

PRIDE IS EARNED THROUGH HARD WORK.

MENTAL TOUGHNESS IS THE MOST IMPORTANT POSSESSION AN ATHLETE CAN HAVE.

YOU WILL NEVER LEAVE THE ATHLETIC FIELD FEELING YOU COULD DO MORE.

THE YEARS YOU COMPETE ARE IMPORTANT IN THE PREPARATION FOR THE FUTURE.

GOALS MUST BE SET BY THE COACH AND THE ATHLETE.

LEG STRENGTH IS THE KEY TO ATHLETIC SUCCESS.

WHEN AN ATHLETE CAN WORK INTO AND THROUGH THE PAIN BARRIER AND DO IT DAILY HE IS ON THE THRESHOLD OF GREATNESS.

EVERY EFFORT YOU MAKE IS BETTER THAN THE ONE BEFORE.

DEFEAT OR VICTORY IS NEVER FINAL ONLY A SINGLE MEASUREMENT.

A WINNING ATTITUDE IS THE ONLY ATTITUDE.

PREPARE YOURSELF BETTER THAN ANY COMPETITOR YOU WILL FACE.

AS AN ATHLETE YOU ARE NO BETTER THAN YOUR LEGS.

ALL CHAMPIONSHIP TRACK AND FIELD TEAMS ARE STRONG IN THE FIELD AND DISTANCE EVENTS.

THE TEAM WITH THE MOST GOOD HALF-MILERS WILL USUALLY WIN THE MEET.

YOU DESERVE TO BE A WINNER

STRENGTH TRAINING AS A KEY TO ALL ATHLETIC SUCCESS

These are the strength levels we expect you to attain while in the athletic program at South Sioux City. Strength Training is a necessary part of your over all athletic preparation. The Booster Club has offered to buy t-shirts for any athlete meeting these goals and keeping a written record of the progress in the top three levels.

BOYS LEVELS

Grades 8-9-10

Developmental Level

Bench 50% of your body weight

Squat 75% of your body weight

Hang Clean 30% of your body weight

Grade 8-9-10

Preparation Level T-Shirt

Bench 75% of your body weight

Squat your body weight

Hang Clean 50% of your body weight

Grades 11-12

Competition Level T-Shirt

Bench your body weight

Squat 150% of your body weight

Hang Clean 75% of your body weight

Grades 11-12

Championship Level T-shirt

Bench 125 % of your body weight

Squat 200% of your body weight

Hang Clean 110% of your body weight*

*adjusted over 240 lbs

GIRLS LEVELS

Developmental Level

Bench 33% of your body weight

Squat 50% of your body weight

Hang Clean 25% of your body weight

Preparation Level

Bench 66% of your body weight

Squat 75% of your body weight

Hang Clean 40% of your body weight

Competition Level

Bench 75% of your body weight

Squat your body weight

Hang clean 60% your body weight

Championship Level T-Shirt

Bench 110% of your body weight

Squat 150% of your body weight

Hang Clean 90 % of your body weight*

*adjusted over 160 lbs

CLIFF CUSHMAN'S LETTER

DON'T FEEL SORRY FOR ME. YOU MAY HAVE SEEN THE U.S. OLYMPIC TRIALS ON TV SEPTEMBER 13, 1964. IF SO, YOU WATCHED ME HIT THE FIFTH HURDLE, FALL AND LIE ON THE TRACK IN AN INGLORIOUS HEAP OF SKINNED ELBOWS, BRUISED HIPS, TORN KNEES AND INJURED PRIDE, UNSUCCESSFUL IN MY ATTEMPT TO MAKE THE OLYMPIC TEAM FOR THE SECOND TIME. IN A SPLIT SECOND ALL THE MANY YEARS OF TRAINING PAIN, SWEAT, BLISTERS, AGONY AND RUNNING WERE SIMPLY AND IRREVOCABLY WIPED OUT. BUT I TRIED. I WOULD RATHER FALL FLAT KNOWING I HAD PUT FORTH AN HONEST EFFORT THAN NEVER TO HAVE TRIED AT ALL.

OVER 15 YEARS AGO I SAW A STAR-FIRST PLACE IN THE OLYMPIC GAMES. I LITERALLY STARTED TO RUN AFTER IT. IN 1960 I CAME WITHIN THREE YARDS OF GRABBING IT. THIS TIME I STUMBLED, FELL AND WATCHED IT RECED FOUR MORE YEARS AWAY. THERE IS NOTHING I CAN DO ABOUT IT NOW BUT GET UP, PICK THE CINDERS FROM MY WOUNDS AND TAKE ONE MORE STEP FOLLOWED BY ONE MORE AND ONE MORE UNTIL THE STEPS TURN INTO MILES AND THE MILES INTO SUCCESS.

I MAY NEVER MAKE IT. THE ODDS ARE AGAINST ME BUT I HAVE SOMETHING IN MY FAVOR-DESIRE AND FAITH. ROMANS 5:3-5 SAYS, "...WE REJOICE IN OUR SUFFERINGS, KNOWING THAT SUFFERING PRODUCES ENDURANCE AND ENDURANCE PRODUCES CHARACTER AND CHARACTER PRODUCES HOPE AND HOPE DOES NOT DISAPPOINT US..."
AT LEAST I AM GOING TO TRY.

CLIFF CUSHMAN

THIS LETTER WAS PRINTED AS AN OPEN LETTER TO THE YOUTH OF GRAND FORKS, NORTH DAKOTA. IT IS INCLUDED IN A BOOK "RUNNING BACK" WRITTEN BY STEVE HEIDENREICH AND STEVE DORR.

SEASON AWARDS

VARSITY LETTER - Will be awarded to the athlete that is recommended by the coaching staff, completes the season and meets one or more of the following requirements.

1. SCORES AN AVERAGE OF ONE POINT PER MEET.
2. PLACE IN THE TOP SIX AT THE DISTRICT MEET.
3. SET ANY SCHOOL RECORD OR MEET RECORD.
4. RECOMMENDED BY THE COACHES BASED ON EFFORT AND LEADERSHIP.
5. ATTEND SPRING SPORTS AWARDS
6. ATTEND EVERY PRACTICE SESSION

JUNIOR VARSITY LETTER

1. ATTEND ALL PRACTICE SESSIONS
2. DEMONSTRATED THE WILLINGNESS TO LEARN AND WORKOUT
3. ATTEND SPRING SPORTS AWARDS

MOST VALUABLE - TO THE ATHLETE THAT CONTRIBUTES THE MOST TO THE TEAM IN SCORING LEADERSHIP AND EXAMPLE.

ONE HUNDRED POINTS - TO THE ATHLETE THAT SCORES ONE HUNDRED POINTS IN THE SEASON.

MOST IMPROVED - TO THE ATHLETE THAT CONTRIBUTES THE MOST IN TERMS OF EXAMPLE, EFFORT AND IMPROVED PERFORMANCE AS DETERMINED BY THE COACHING STAFF.

BEST IN THE WEIGHT ROOM – TO THE ATHLETE THAT IS RECOGNIZED BY HIS COACHES AND TEAMMATES AS WORKING THE HARDEST/MAKING THE MOST PROGRESS IN THE WEIGHTROOM.

RULES FOR SAFE TRAINING

In any sporting activity there is some risk. In track and field athletes need to be aware of the following rules to help minimize this risk.

1. Follow the training program that your coaches have set for you.
2. Use the proper equipment, area and let a coach know if something seems 'wrong'.
3. If running outside use the sidewalk if available. Otherwise run into the traffic as far to the left side as possible. Two runners wide is the maximum.
4. Don't ever challenge a car. Some drivers may not like you. YOU will be the loser in a car vs. runner match.
5. Always watch out for cars. They are not looking for you.
6. If you need a drink get one. Come to practice well hydrated. It takes about one hour for water to get into your tissues.
7. If you are working out with a teammate that gets 'lightheaded' or sick during training-STOP TRAINING. Get the nearest coach or if out on the road find a safe place to sit down, call someone to come and get you. Never leave a teammate alone.
8. Always have a training partner.
9. You can be injured in any event. Pay attention to safety. Throwing areas are dangerous. Know when to throw and when to retrieve.
10. Never assume anything. Be prepared. Always ask.

I have read the rules for safe running. I understand that risk is involved in training for track and field. I understand that practice may occur off school grounds and supervision may be minimal. I will follow the rules at practice and when training on my own. I accept full responsibility for my participation and waive my right to sue the coaches should an accident occur.

Student

Parent

Every athlete must have written goals.

We need some way to measure our progress. Believe in yourself and your coaches. We can be as good as we think we can. Make a written commitment to your goals.

PERSONAL BESTS/EARLY SEASON GOALS (INDOORS/FIRST OUTDOOR MEET)

MIDSEASON GOALS (BY THE SOUTH SIOUX CITY INVITATIONAL)

LATE SEASON GOALS (DISTRICT/STATE)

STATE MEET QUALIFIERS

1. TOP FOUR PLACES FROM THE DISTRICT MEET IN THE INDIVIDUAL EVENTS AND THE FOUR RELAYS.

2. MEET THE FOLLOWING STANDARDS IN THE DISTRICT MEET. THIS IS USUALLY THE SIXTH PLACE AVERAGE AT THE STATE MEET.

HIGH JUMP	LONG JUMP	TRIPLE JUMP	SHOT PUT	DISCUS
6'3"	21'6"	43'10"	53' 9"	153'6"

Donating Blood During the season

Hi Steve,

Thank you very much for your note; it's good to hear from you. The Blood Bank does wonderful work, but it is off-base on this one. Removal of the standard amount of blood reduces VO2max by ~ 7 percent or so. The plasma is restored rather quickly, but the red cells do not return to normal, in most individuals, for about three weeks or so. During that time, VO2max will continue to be depressed (although by increasingly smaller amounts). This would affect middle-distance and long-distance runners the most, and sprinters very little (although we are finding out that aerobic metabolism plays a significant role earlier than expected during very intense running). So - yes, you gotta be concerned. Bear in mind that the reduced VO2max will not only hurt race performances but also the quality of training (I am not trying to bum you out). You could send your runners to "Dr Fila" in Italy for a return of those lost reds.

Very kindest regards,

Owen Anderson, Ph. D.
Editor, Running Research News
Phone (517) 712-3578
<http://www.runningresearchnews.com>
<http://www.maliburunningcamp.com>

Dad-

Heck ya you should be concerned! I never given blood. What about the females? They have enough problems with Iron levels. I can't imagine this being good for them. I would be concerned. Talk to you later!
Love you tons.

Anne Helena

PS Owen don't worry I won't be giving blood :