

Track Meet Tips & Nutrition Information

Is your young athlete anxious about his or her first track meet? If so, read the following passage:

First, if this is your first track meet, you have nothing to lose! This whole season should be trial and error for you—trying different events, discovering what events that you LIKE, what you don't like, and what you're best at. **Therefore, there is no need to put any pressure on yourself.** It is OK to be a little anxious, because it helps you to get excited for your race/event.

Second, setting goals is a crucial part to success in track. If you don't set goals, then you not only have nothing to strive for, you have nothing to look forward to. Reaching goals is one of the best feelings in the world; not reaching goals makes you work harder. To help with tracking your goals, you can print out the "***Athlete Record Sheet***" to keep track of your progress.

*The CVAC Jaguars love **PB's!** This is the goal of setting "**p**ersonal **b**ests" – if you strive to always improve – in your training AND in your performances, you are succeeding. You succeed when you challenge yourself to better your last time/height/distance.*

Third, another strategy for a Track Meet is to visualize what you are going to do by "making a movie in your mind." Before you do your run/jump or throw, picture yourself in the event and achieving whatever goal you have set. When you SEE yourself doing it in your head, it will really help your body physically carry out the task you imagine for yourself.

Here are a few other tips that you need to know about Trackmeets:

- Most VIAA (Vancouver Island Athletic Association) Track Meet fees are included in your CVAC registration fee. The exception is the Dogwood Meet as it is a "pay-per-event" meet. The CVAC Club, has in the past, paid for a minimum of two events per athlete for this meet. The number of events paid for by the Club depends on the event fee set in the current year and is announced once the Dogwood Meet package is available.
- Print a Track Meet Schedule (usually made available 2 weeks in advance of the meet) and check your event times. Meet schedules will also be posted at the Track Club on the "Communications Board" and on the Website.
- You should arrive at the track one hour before your scheduled event time to collect your track meet bib and to warm-up (see below for meeting place location)
- Look for the ***CVAC Jaguars "Banner"*** – this is the designated spot where CVAC Jaguars hang - out and it is where we keep track schedules etc. You will check- in at the banner with your coach/CVAC representative upon arrival to collect your "track meet bib" and to double check the schedule as it sometimes changes.
- Do your warm – up (general and event specific). Your coaches will talk about this prior to the meet. All athletes should learn warm - up drills in case a coach is not available.

- Plan your time - note that events may run up to 30 minutes early (or their times may change) and you need time to warm-up, check- in, and get to the starting line.
- Bring healthy food - concession food is available at most meets, but the selection is limited and not as healthy for athletes (see Nutrition section below)
- Wear your CVAC Jaguars singlet (mandatory) and bring appropriate warm-up clothes and, if weather dictates, a change of clothes. Spring weather can change dramatically over the course of a day. The weather may be cold, wet, and windy so you need to plan to stay warm.
- Look for other CVAC Jaguar athletes around the track doing their events and cheer them on!
- Do not eat 1 to 2 hours before your event – especially a heavy meal. Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. *(See the Nutrition section below for suggestions).*
- Bring a water bottle. You need to stay well hydrated to enable your body to work at its highest potential.
- Pay attention to the Meet announcer. The announcer will generally announce first, second, and last call for each event. You need to check in at the staging area by the second call. EACH ATHLETE IS RESPONSIBLE FOR GETTING TO HIS/HER EVENT.
- Be patient with the officials and meet organizers. They are parent volunteers and are trying to do their best. (You'll be in their position at our meet). If you have a major problem with any of the officials, please contact one of the CVAC Jaguars coaches for help.
- Track your results on the "Athlete Record Sheet" – found in Parent & Athlete Information Package and on the Website.
- Official results will be put on the CVAC Website once they are made available (usually 3-4 days after a meet).
- If you are not able to collect your ribbon, our Ribbon Coordinator collects them and brings them back to the Club to distribute.
- ***Most Important thing to remember – Have Fun!***

Basic Nutrition Information

Snack Hints

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices
- Fruit yogurt
- Frozen yogurt
- Cereal and milk

Pre-competition Meals

Pre-competition meals should be:

- Eaten 3-4 hours before the event.
- High in complex carbohydrate like bread, vegetables and fruit
- Low in simple sugars like soda pop, sugar and candy bars.
- Moderate in protein
- Low in fat
- Adequate in fluids

All Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. *Suggested pre-event foods include the following:*

One hour before competition:

- fruit and vegetable juices such as orange or tomato juices, and/or
- fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

- fruit juices and fresh fruit, and/or
- breads, bagels or muffins, with a small amount of cream cheese

Three to four hours before competition:

- fruit juices and fresh fruit, and
- breads, bagels or muffins and
- a light spread of peanut butter or 1 slice of cheese for breads, or a light spread of cream cheese for bagels, and or
- a bowl of cereal, with milk or yogurt

Four hours or more before competition:

- sandwich with 2 slices of bread and 2 ounces of lean meat, and
- fresh fruit, and
- fresh vegetables, and
- milk or yogurt
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DON'T FORGET WATER -Try to stay away from pop or carbonated beverages.

The above recommendations are from Eat to Compete; Eating for Endurance, Food for Sport; The Athlete's Kitchen; and Nancy Clark's Sports Nutrition Guide Book.