

March 10, 2010

Dear Eckstein Student Athletes and Parents!

WELCOME TO THE 2010 ECKSTEIN TRACK SEASON!!! We got started a little late, but nevertheless, we are SUPER excited that you chose to come out for track!!! Track is an awesome sport!! It's a ton of fun, you can make new friends, build self-confidence and push yourself physically and mentally to be the best you can be.

**About track:** In middle school there are just running events (no field events). The events are 50 meters (for 6<sup>th</sup> graders only), 100m, 200m, 400m, 800m, 1600m (commonly called the mile), 4x100M relay, and 4x200M relay. 50m is one half of the straightaway. 100m is one full straightaway. 200m is a half lap. 400m is one lap. 800m is 2 laps and the 1600m is 4 laps.

In middle school spiked running shoes are **not** allowed. This includes shoes designed to hold spikes, even if the spikes have been removed. Starting blocks are **not** allowed.

**Practices:** Practice will be held **TUESDAYS** and **THURSDAYS** from **3:00PM** to **4:30PM**. There will be no practice during spring break, but we might have some optional practices that will be announced later. After practice there will be an activity bus. If you need to sign up, please go to the office and fill out a CLC form.

**Meets:** With the exception of the final meet, the meets will be every **FRIDAY** starting on April 16. The schedule is attached at the end of this letter. **NOTE:** There will be a bus back to ECKSTEIN from Nathan Hale, but there will be NO activity bus home on Fridays after meets. Please make arrangements to come and pick your son or daughter at Eckstein. You may also take your son/daughter home from Nathan Hale, but please inform one of the coaches so we don't scramble to find someone who's already left.

Athletes can compete in up to three events each meet. You can choose different events for different meets.

The school will provide jerseys for the meets. The coaches will hand these out at the meets and they should be turned in after the meet. There are no other uniform requirements.

**Coming prepared for practices and meets:**

These items are highly recommended but not required ☺

1. **Sweats:** Please wear sweats (or warm ups/jogging pants) to practice and meets. This will help prevent injury and keep muscles loose. You need not 'workout' in them, but you should wear them during stretching/drills and while standing around listening to your coaches. Also, it might be helpful to have a dry change of clothes (kept in your locker) and a rain jacket in case of rain. Let us know if you can't get a pair of sweats and we might be able to help you out.

2. **Running shoes:** It is helpful have running shoes. Basketball, tennis shoes, and street shoes aren't designed for running. Running shoes will help prevent injury and can help you run faster! You can find a decent pair of running shoes for around \$50 at Road Runner Sports (they have a good clearance rack) or Super Jock and Jill on Greenlake. You can also find running shoes at Sports Authority, Big 5, etc. but the clerk may not have as much running knowledge as those at RRS and SJ&J.

As with sweats, let us know if your son/daughter needs shoes and we'll try and get some. As noted above, NO track spikes are allowed.

3. **Food/Drink:** It is important to drink plenty of water on practice and meet days. Also eating lots and fruits and vegetables is healthy way to prepare your body for running. Don't eat a lot right before practices as this can cause side cramps. Athletes are encouraged to bring water bottles to practice so they can stay hydrated.

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Getting some food (i.e. a banana, nutria-grain bar, power bar) right after practice is helpful for your body to recover. Bringing a little snack for after practice is encouraged.

**4. Dahl Field:** On occasion we would like to take the team on a run to Dahl Field for some additional training opportunities. If you have any concerns about your students going to Dahl Field for practice, please contact us.

Please let us know if you have any questions or concerns! Again we are excited to get going and are looking forward to a great season!!! **GO EAGLES!**

Sincerely, Karen King and Mike Van Deusen (head track coaches)

Coach Mike's email: [mvandeusen@gmail.com](mailto:mvandeusen@gmail.com)

Coach Karen's email: [kruns@earthlink.net](mailto:kruns@earthlink.net)

## ECKSTEIN TRACK SCHEDULE

DATE	TIME	SCHOOL	SITE
<b>Fri., April 16</b>	3:00 p.m.	Whitman, TOPS, Eckstein, Blaine, AS#1	Nathan Hale
	3:00 p.m.	Salmon Bay, Hamilton, McClure, Addams	Nathan Hale
	3:00 p.m.	Broadview-Thompson	Nathan Hale
<b>Fri., April 23</b>	3:00 p.m.	Whitman, TOPS, Eckstein, Blaine, AS#1	Nathan Hale
	3:00 p.m.	Salmon Bay, Hamilton, McClure, Addams	Nathan Hale
	3:00 p.m.	Broadview-Thompson	Nathan Hale
<b>Fri., April 30</b>	3:00 p.m.	Whitman, TOPS, Eckstein, Blaine, AS#1	Nathan Hale
	3:00 p.m.	Salmon Bay, Hamilton, McClure, Addams	Nathan Hale
	3:00 p.m.	Broadview-Thompson	Nathan Hale
<b>Fri., May 7</b> Qualifying Meet (Prelims.)	3:00 p.m.	Whitman, TOPS, Eckstein, Blaine, AS#1	Nathan Hale
	3:00 p.m.	Salmon Bay, Hamilton, McClure, Addams	Nathan Hale
	3:00 p.m.	Broadview-Thompson	Nathan Hale
<b>Thurs., May 13</b> Finals	3:00 p.m.	<b>METRO FESTIVAL</b>	SW Complex (Denny)