

Girls Track and Field Program Ways to Beat the Inclement Weather

Equipment – Come to practice every day with the proper running gear. This includes the proper clothing and running shoes! Distance runners come with your sports watch everyday! Some practices will require you to keep track of your time and splits and it is always good to know your running time!!!! If you need new shoes and need help picking out a pair please let Coach Davis know. I recommend having a running shoe separate from your street shoe and also investing in some spikes for track meets.

During the cold weather it is vitally important to come to practice prepared every day to run outside. If it is below 20 degrees outside we will run indoors but please come every day ready to run outside or in. This means bringing layers! Tights, pants, shirts, long sleeve shirts, sweat shirts/fleece, wind breaker, gloves, hats and/or ear warmers are all good things to have to run outside. Be prepared every day with these items until the weather starts to warm up. Also, be careful and pay attention to the ice on the side walks!

Nutrition!!! - Right now is a very important time to be eating healthy and taking care of your self. Proper nutrition includes drinking plenty of fluids ie waters and juices, limit caffeine. Eat plenty of complex carbohydrates such as whole grain breads and pastas, fresh fruit for proper sugar intake. For protein eat chicken, steak, hamburger, dairies, and other lean meats like fish or turkey. I recommend a good multi vitamin and an all natural health supplement such as mangosteen juice. These types of things will help you for energy, recovery, and increased immunity against colds and flu viruses. For more nutrition information you can visit these websites below. This is the cold and flu season and as we know we have already had it going around the team. Please eat healthy throughout the day and make sure you get plenty of sleep at night! If you are too sick to run, please stay home and do not spread it to the rest of the team. If this is the case, please call Coach Davis at 206-1404 or 361-8212 to let us know you will not be at practice.

OfficialHealthSite.com
MyPyramid.gov

Lets all have a great and healthy track season!

Elkhart Lady Blazer Track Coaching Staff