

## **Tips and Suggestions to Prepare for a Successful Track Season**

### **With Hilltop Speed Track Club**

Hello Hilltop Speed Track Club Parents,

We are so happy that you have chosen Hilltop Speed Track Club as the team for your young athlete. Remember that track meets can be long days, and your athlete and your family will be much more comfortable, if you take the time to do a little preparation in advance. The following are some suggestions and tips to help ensure that your athlete has a successful track season with the team. **Remember to be on time for track meets.** Your athlete needs time to warm-up both physically and mentally before his or her race starts.

Non-participating athletes and family are welcome to eat whatever they want during the meets, but keep in mind that some younger athletes may have some difficulty adjusting to their diet, especially if you and your family are eating pizza directly in front of them. Please be mindful.

The night before a track meet, it is a good idea to feed your athlete foods high in protein and carbohydrates. Carbohydrates yield the quickest energy production in the body. Athletes need to consume more carbs than the average person to properly fuel and recover. Children have high protein needs during growth periods, and athletes also have requirements higher than the recommended daily allowance. When building muscle, athletes need 0.4 grams of protein/pound.

#### **Suggestions for dinner the Night Before a Track Meet**

- Sweet Potatoes
- Pasta
- Grilled Meats
- Wild Rice
- Chickpeas
- Green vegetables
- Beans
- Spaghetti with meat sauce

#### **Suggestions for Breakfast the Morning of a Track Meet**

- Oats
- Whole grain cereal
- Whole grain breads
- Bananas
- Blueberries

- Lean breakfast meats
- Eggs
- Cheese
- Yogurt
- Milk

**During the track meet, athletes should stay hydrated and water is the best way to accomplish that.** If you give your athlete a sports drink, pick those that are low in sugar. Athletes should never drink soda or other sugary drinks during the track meet. Keep in mind that athletes should not eat within an hour of a race. It is best to feed athletes right after a race, assuming that they do not have another race within an hour.

Health Foods for your athlete during track meets	Comments
Lean deli meats	
Breads/Whole grain bread	
Fruit (Mango, strawberries, blueberries, bananas, pears)	Young athletes love fruit, but keep in mind that there is a lot of sugar in fruit and that you should be mindful of the amount they consume
Healthy Fats (avocado, nuts, almond butter)	
Boiled eggs	
Lean Salami	This one is tricky. It isn't the best lean meat to eat, but kids love it and it does provide some protein. Be sure to pick lean salami with no nitrates or nitrites, if possible and limit consumption
Crackers	
Cheese	
Granola	
Protein bars	Protein bars can be high in sugar. Look at the labels to make sure you aren't just buying a candy bar disguised as a protein bar.
WATER! WATER! WATER!	

Please avoid feeding your athlete fried or sugary foods during the track meet. Many athletes like to enjoy a sweet treat like an Italian ice after all of their races have concluded, so bring some cash!

Athletes should stay dry, warm or cool (depending on the weather during meets)

### **What to bring to the track meet for your athlete**

- **UNIFORM** (athletes should wear their uniform to the track meet)
- **SPIKES**
- Sunscreen (You should constantly reapply sunscreen to your athlete, even when it looks like it isn't very sunny outside)
- Vison or sun hats
- Cooling spray
- Rain gear
- A sweatshirt
- Flip flops or slide in slippers to put on directly after a race (these can not be worn on the track)
- Extra socks (and underwear – you never know)
- Books (books are a good distraction and the days are long)
- Music and headphones
- Band Aids
- Antibiotic ointment
- Sports tape (to wrap small injuries)
- Tablets or Nooks (if allowed)

### **Considering bringing the following for your family:**

- Blankets
- Lawn chairs
- Wagon (consider this if you have a large family or the meet is scheduled to run long)
- Umbrellas
- Coolers
- Ice
- Stadium chairs
- Towels (when its raining, the bleachers are wet)
- Books
- Pain medicine
- Antacids
- Music and headphones
- Toys and games for younger children

Now, that you are a part of the Hilltop Speed Track Family, remember that we want all of our athletes to be successful. If you are unable to bring your athlete to a meet, please check with another family for a ride, before deciding not to let your athlete attend the meet, especially if your athlete is a member of a relay team.

Thank you and Welcome to Hilltop Speed!