

EAST GRAND RAPIDS
Women's Track and Field
www.runegr.com

Very important dates to remember:

March 15th, 2010: 1st day of official practice – Physical and Participation Fee Due **BEFORE** this date!!!!

March 30th, 2010: 1st meet of the year – GVSU INVITATIONAL

Preseason Conditioning

We had a phenomenal season last year!!! In order to continue the progress we've made we must continue our preparation **BEFORE** the first day of practice. This conditioning will increase your chances to stay healthy and successful throughout the season. **Track is a team sport with 17 events** – we need all of you to commit yourselves and hold one another accountable to ensure we reach all our goals.

If you're currently in a winter sport those practices should be adequate enough to prepare you for March 15th! Otherwise, it's expected that you'll be an active participant in our preseason workouts. Yes, you could work out on your own! Yes, you could work out with a friend! And yes, you could work out with Sven "The Weight Guy" at the MAC!!! While those are all great options, it isn't the same as working out with your **OWN TEAM!** This year we have a variety of opportunities available to all athletes. While the majority of these workouts are inside, ***all athletes*** should bring appropriate clothing to train outdoors.

Track Conditioning Begins January 5th (3:25pm – 5:00pm) Every Tuesday, Thursday, and Friday meet inside Mr. Hopkins room changed and ready to go. ***All athletes will need proper clothes to train inside and outside everyday!*** With the new Fitness Center we have endless opportunities to enhance our program for jumpers, throwers, and sprinters. These workouts will concentrate on strength training and speed development.

- **Middle/Distance:** Majority of training will be outside. On occasion we will use the Fitness Center for speed development.
- **Throwers:** After Tues/Thurs stretching/plyos throwers will train with the sprinters group. Friday's are designated for technique and drills with coaches.
- **Sprinters/Hurdles/Jumpers:** After Tues/Thurs stretching/plyos athletes will work in the Fitness Center on speed and strength.
- **Pole Vault:** Wednesday night is designated for EGR athletes to learn this event. If you're interested you need to begin **NOW!!** Practice begins at 7:30pm at the high school on Wednesday's.

Indoor Track: There are some optional indoor track meets throughout the winter. These are very beneficial for new track athletes to gain some experience. For the experienced runners, these are vital in giving some meaning to your preseason conditioning. GVSU has one of the best indoor facilities in the nation so we will concentrate on those meets. They are scheduled for January 9th, 16th, 23rd, 30th, and February 20th - cost is \$5.00 to participate. The complete meet schedule can be found at www.mitstrack.org.

Open Gym – Every Sunday at the high school from 11:45am – 2:00pm: The gym will be open for track athletes high jump, hurdle, plyos, starting blocks, long jump, weight room, or distance people can run together. From 1:00pm – 2:00pm Coach VanGessel will be there for throwers to continue on technique development. This is an awesome opportunity to work on technique and strength away from the cold weather especially with the new Fitness Center.

We have 92% of our point scorers returning from a team that was ...

Undefeated in the Dual-Meet Season
O.K. White Conference Co-Champions
Placed 6th at the M.H.S.A.A. Regionals
Placed 5th at the M.H.S.A.A. State Finals
5 All-State Athletes

Now is the time to think about how you're going to contribute to our team.

**This is our year to set even higher goals as a team!!!
With new facilities and home meets – this could be a very exciting year!**

What are you going to do to make sure this is a season to remember?

2010 Tentative Outdoor Track Schedule

Tuesday	March 30 th	GVSU Invitational
Thursday	April 15 th	Northview (A)
Saturday	April 17 th	Comstock Park Invitational
Thursday	April 22 nd	GR Christian (H)
Saturday	April 24 th	Wyoming Park Relays
Tuesday	April 27 th	Greenville (A)
Thursday	April 29 th	Lowell (H)
Saturday	May 1 st	Mandatory Practice / SAT TEST
Thursday	May 6 th	Creston (H) – Senior Meet
Saturday	May 8 th	East Lansing Invitational??? - TBD
Thurs & Fri	May 13 th and 14 th	OK White Conference Meet (at Houseman Field)
Fri or Sat	May 21 st or 22 nd	MHSAA Regionals (at Houseman Field)
Tuesday	May 25 th	Champ of Champs / Jon Bos Meet
Wednesday	May 26 th	LBW Race – All athletes must be in attendance
Saturday	June 5 th	State Finals – Site TBD

2010 Track and Field Coaching Staff

Nick Hopkins – Girls Middle Distance/Distance / nhopkins@egrps.org
Charles DeWildt – B/G Long Jump, Pole Vault / cdewild@egrps.org
Larry Fisher – Boys Distance, B/G High Jump / lfisher@egrps.org
Joe Cebulski – B/G Sprints, Hurdles
John VanGessel – B/G Shot Put, Discus
Coach Hannah O'Brien – Girls Middle Distance/Distance