

Speed Unlimited

2011 Club Members Handbook



Revised: February 2011

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Welcome Speed Unlimited Club Members!

March 2011

To all Speed Unlimited Athletes and Parents:

Welcome to the 2011 Track And Field season! Speed Unlimited was founded in March 2010 and is a member club of USATF and PNA. As a club member you are part of our organizations inaugural year! As a young club we will need all parents to help out and actively volunteer with the day to day working of the club. Please find one of our board members and ask "how can I help". All parents are welcome to put on their running shoes and run with the athletes. Coaches (especially with our youngest athletes) welcome an extra set of adult eyes and ears to help the kids stay organized and on task.

Organization

Speed Unlimited is a youth track and field running program in the city of Bellevue WA. We are affiliated with and sanctioned by the USA Track & Field (USATF) organization - the national governing body for track & field and road & off-road running. Speed Unlimited is a not-for-profit organization operated by our governing board, club members, coaches and volunteers.

History, Mission and Philosophy

Speed Unlimited was founded in Bellevue in February 2010 by Anthony Joseph. The club's mission is to provide an opportunity for athletes on the eastside of the Puget Sound area who are focused, dedicated and want to work towards achieving their own self-set goals. The focus of the club is to provide high quality technical training which aims to systematically improve the athlete's speed, strength, endurance, performance, and overall confidence. Our coaches are passionate about and committed to providing a service that supports Developing and Competitive athletes to reach their fullest potential. We aim to do so in a creative, supportive, fun environment where the athlete is challenged to achieve what they may not have initially thought was possible. We focus on the athlete's *full* development (physical, mental, psychological, spiritual, & emotional) and well-being over everything else. We aim to purposefully develop our athlete's self-esteem and confidence while giving them an opportunity to pick up vital life skills in the process. Our hope is that every athlete learns through the sport of track & field that the possibilities in life are unlimited. Our athletes are primarily Youth (ages 6-18) and compete nationally and internationally in track & field events ranging from the 100M to the 3K, to select field events (like the long jump and turbo javelin) and Cross Country (2k, 3k, 5k).

Head Coaches

Anthony Joseph has been coaching youth track and field for over twelve years. He has spent the last nine years coaching with the Cascade Striders Track and Field team in Bellevue WA, where he coached numerous youth athletes to achieve All-American status and national rankings. He has also coached several college, open and masters athletes to achieve national titles and world rankings. Anthony's passion for running stems from his own running experience as a nationally ranked competitive runner in high school and during college. He travelled and competed as a national team member for his country and was a world championship qualifier in the 400m and 4x400m relay before his running career was halted by an Achilles injury. Anthony is USATF Level 1 certified and specializes in speed training, sprints, technical training and relays, and focuses on developing the whole athlete. When not on the track, Anthony applies his creative passion to build things as a vice president of product development for a local internet company and is father to four active children who also run with the program.

Lyuda Vasilyeva, once one of the top rated professional female middle distance runners in the world, focuses on our middle and long distance running athletes in the club. Lyuda started her running career as a youth in the Russian youth training program. She rose through the national training system to become an elite level distance runner and won Russian national titles in the 3000M on the track and in Cross-Country. She was

ranked 7th in the world in the 1500m and has won a number of local, national and international competitions in the 1500 and the mile. Lyuda has been coaching in the Puget Sound area for the past 10 years, and as a certified personal trainer has extensive knowledge and experience developing physical systems for peak performance. Professionally, Lyuda runs a [personal training and fitness services business](#) and provides a full range of services to develop and manage personal fitness and wellness. Lyuda has two active children who run with the program.

Gerd Kleemann is a former Decathlete and provides technical expertise and guidance to our athletes in the field events. Gerd started his Track & Field career as a young athlete in Germany starting for the Turnverein Norden and competed as a Decathlete and 400m runner at the national level. Gerd's coaching experience stems from his years in Switzerland as a member of the Old Boys Basel where he coached a promising nationally ranked Junior Decathlete. In his day job at Amgen Inc., Gerd develops medicines to serve patients with grievous diseases. He is a father of three boys of which two are competing athletes with the club.

Kevin Griffin has more than 11 years of youth coaching experience and focuses on our youngest athletes and specialized training in the jumps. He has served as an assistant coach at Juanita High School, Eastside Track Club, Cascade Striders and Speed Unlimited. Kevin is also a head coach in the Five Star youth football program. Kevin earned a masters degree in athletic administration from Ohio University and received his undergraduate degree in journalism/communications from The Ohio State University where he was a four-year letterman on the Buckeyes football team. He served as the special teams captain his junior and senior seasons, twice named the Big Ten Special Teams Player of the Week and received the Ike Kelley award in 1996 as the Special Teams Player of the Year for the Rose Bowl Champion Buckeyes. Kevin is active in the community. He serves on numerous community organization boards including serving as Vice—Chair of Big Brothers Big Sisters of Puget Sound and a member of the 2010-11 United Way of King County Fundraising Cabinet. Professionally, Kevin is Director of Fan Development and Community Relations for the Seattle Seahawks and Seattle Sounders FC. Kevin and his wife Farrah have three active children.

Club Contacts

Board of Directors

President	April Joseph	president@speedunlimited.us
Treasurer	Lucas Schenck	treasurer@speedunlimited.us
Secretary	Volunteer Needed	secretary@speedunlimited.us

Support Staff

Position	Volunteer	Email Address	Description
Uniform Manager	Kris MacKay Paul Kelley	uniforms@speedunlimited.us	1. Order Uniforms 2. Track orders 3. Manage Uniform inventory 4. Distribute uniforms
Web Site	Crystal Fincher	webmaster@speedunlimited.us	1. Set-up & maintain website
Fundraising	Kevin Griffin and Mark Armstrong	fundraising@speedunlimited.us	1. ID Fundraising Goal 2. Locate sponsors 3. Lead fundraising efforts
Travel and Social Coordinator	Daphne Brindle	social@speedunlimited.us	1. Book hotel blocks for travel meets 2. Organize end of season party
Photographer	Volunteer Needed	photos@speedunlimited.us	1. Take pictures of team 2. Post to site for athletes and families
Equipment Manager	Volunteer Needed	equipment@speedunlimited.us	1. Bring blocks relay batons etc to practice 2. Bring tent banner and team supplies to meets
Results Statistician	Volunteer Needed	results@speedunlimited.us	1. Track and maintain spread sheet with performance results for athletes

Coaching Staff

Head Coach - Sprints and Relays	Anthony Joseph	Anthony@speedunlimited.us
Middle and Long Distance	Lyuda Vasilyeva	Lyuda@speedunlimited.us
Throws and Technical Events	Gerd Kleemann	Gerd@speedunlimited.us
Hurdles & Racewalk	Yatin Aras	Yatin@speedunlimited.us
Sub-bantams and Long Jump	Kevin Griffin	Kevin@speedunlimited.us

Speed Unlimited Athlete Guidelines

1. Arrive on time to training sessions and meets
2. Wear the proper training attire and competition gear
3. Carry water and an electrolyte replenishing sports drink to every training session and meet
4. Be supportive of all athletes on your team.
5. Show respect for coaches, officials and opponents
6. Maintain and be proud of a "Drug Free" body
7. Maintain good grades and citizenship at school
8. Be responsible for and manage your time, aim to complete your homework BEFORE practice if possible.

Understanding the season

Each season (Track and Field or Cross Country) is broken down into three phases: 1) Early season conditioning; 2) Mid season race season which includes 4-6 developmental meets; and 3) Competition season which culminates with the Junior Olympic meets. There are 3 rounds of meets in the Junior Olympic series that runs from mid June to late July and typically involves some travel for athletes and families.

If you have any questions feel free to speak with any of the coaches, board members, or other volunteers before or after practice or drop us a line using our website at www.speedunlimited.us.

Weather and Training or Meets

Training and meets continue rain or shine. If there is lightning practice will be delayed. But coaches will make every effort to continue if conditions improve.

Dress for Success

Fortunately not a lot of equipment is needed for a successful running season. The below guidelines are designed to help athletes understand what they need to be prepared for any weather condition and to help prevent injury.

Athletes should layer cloths for training. The thickness of each layer can vary as the temperature changes throughout the season.

1. Under-Apparel: Shorts and/or running tights
2. Under-Apparel: T-shirt or comfortable (breathable) training top.
 - a. NOTE: Long under tights bottoms (& tops) on cold days are recommended.
3. Outer Layers: Loose fitting warm up sweat pants
4. Outer Layers: Athletic jacket or sweatshirt.
 - a. NOTE: On rainy days, preferable to bring water proof pants and/or rain jacket
5. Shoes: Running shoes for training (not basketball, football, soccer, or cross training shoes)
6. Shoes: From mid-season onwards, running spikes should be brought to training and meets as directed by coaches.

NOTE: Athletes are still expected to wear the outer warm up gear layers in the spring and summer months. NO EXCEPTIONS.

Eat for Success

Eating a healthy diet and staying hydrated are essential for growth and even more important when youth add in the demands of training and athletic competition. Avoid candy and sugary foods. Drink plenty of water. Eat carbohydrates, proteins, fruit and vegetables. While eating a balanced meal is always best, try to remember to include carbs before workouts and meets, and protein after practices and meets. Protein is key to rebuilding muscles, and important for athletes to try to consume replenishment meals following activity which includes protein within one hour of the end of the activity. There is more information about athlete nutrition on our website.

How do I stay informed?

1. **In Person:** Our club board members and coaches are available for questions before or after practice. Please check the schedule for parent meetings dates and times.
2. **Email:** Announcements are sent out on a regular basis via e-mail . Please take make sure that announcements@speedunlimited.us is not blocked by your spam filter, by adding us to your email address book.
3. **Internet:** The Speed Unlimited web site; www.speedunlimited.us will have current information, forms, links to meet results, etc.
4. **Contact us:** all official club coaches and volunteers have a club e-mail. If you need to reach someone within the club, please use: firstname@speedunlimited.us

Understanding the Policy for Relay and XC Team selection

In order to fully understand the relay selection process parents and athletes should read the full relay and cross country team selection process document found at: www.speedunlimited.us/files/documents/relay-xc-team-selection.pdf.

Below you will find the key philosophies driving relay and XC team construction.

1. Relays and Cross country teams for the JO meets will be built with a focus toward fielding the most competitive teams possible at the national meet. In track season that means that the team will consist of the top 4 runners for that event, PLUS the 2 next alternates.
 - a. In XC, there will be alternates. In XC some athletes may be combined with other teams to offer the most competitive opportunity to the most athletes.
2. Athletes will be placed with consideration given to individual development and competitive placement.
3. During the early competitive season relays are built for development of athletes with some consideration given to JO potential.

Really and XC Team building is a complicated process taking into account a large number of both tangible and intangible variables and we ask that all parents and athletes understand that it is handled with consideration of both individual and team needs and growth in mind.

I want to help out more

If you are interested in volunteering for the club as a coach or in another support position please contact info@speedunlimited.us. Your contributions are both welcome and needed.

AGE GROUPS for Meets

Age Division	Year of Birth
Sub-bantam	2003+
Bantam	2001-2002
Midget	1999-2000
Youth	1997-1998
Intermediate	1995-1996
Young	1993-1994*

Nutrition Information

Pre-competition Meals

Pre-competition meals should be:

- Two days and one day before the meet, eat a meal consisting of complex carbohydrate like bread, pasta and vegetables and fruit. Also include light proteins (like chicken and fish). (Best to stay away from red-meat based proteins during this time)
- **IMPORTANT:** On meet day, fuel up by eating a hearty breakfast. Oatmeal is one of the best choices you can consume in the morning on meet day. Add a hard boiled egg is also a good choice for incorporating protein.
- Drink fruit juice that is not too high in sugar.
- Plan carefully to ideally eat 3-4 hours before your event.
- Ideally no solid foods within 1 hour of your event. If requiring calories, try an Odwalla's Super Protein drink or eat some fruit (banana ideal).
- For lunch, eat a meal which includes carbs (bread) and some light protein, vegetables and fruit . A simple, inexpensive lunch meal can be a turkey sandwich (w/o cheese) with spinach and sliced tomato or a chicken salad sandwich with light quantity of light mayo. Accompany with fruit, like a banana for dessert. Drink water.
 - **NOTE:** Ironically, food options purchasable at a meet are typically not the best food choices for the athlete. (hotdogs, pizza, popcorn, etc). Note: Bagels and pretzels are OK.
- Generally, avoid foods with simple sugars like soda pop, cakes/cookies, sugar and candy bars.
- Prior to meet, want to consume foods which are high in carbs, moderate in protein, and low in fat
- Adequate in fluids (water). (Try to avoid milk before and during competitions)

Post-competition Meals

Post-competition meals should be:

- Eaten within 1 hour of the activity (practice or meet)
- Following a meet, generally want to consume foods which are high in proteins, moderate in carbs, and low in fat.
- Should include fluids such as water, and milk.

Meet Day Snack Hints

- These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions: Breads, bagels, pretzels and crackers
- Fruits such as Bananas, plums, melons, honeydew, apples, peaches, and watermelon.
- Fruit juices (like Odwalla's SuperProtein), or tomato or V-8 juices
- Dry Cereal (without milk)

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, plums, peaches, or watermelon

Two to three hours before competition:

- fruit juices and fresh fruit, and/or
- breads or bagels eaten plain or with walden farms or other organic apple butter.

Three to four hours before competition:

- fruit juices and fresh fruit, and/or
- breads or bagels, and/or

- a light spread of peanut butter, or
- a bowl of cereal or granola, with milk or yogurt

Four hours or more before competition:

- a bowl of oatmeal or
- sandwich with 2 slices of bread and 2 ounces of lean meat, and
- fresh fruit, and
- fresh vegetables

REMINDER: Don't forget water and stay away from pop or carbonated beverages.

All Your First Meet

- **Registration fees are handled by the club.** You DO NOT need to be at the meet at 8:00am for neither registration nor do you need to pay any meet entry fees. Speed Unlimited handles paying fees for all registered members who have paid their season fees in full.
- **Check your event time on the Meet Flyer.** You need to be there 1 hour before the scheduled time. Check in with your coach 45 minutes before your event. Events may run up to 30 minutes early and you need time to warm-up, check- in, and get to the starting line.
- **Bring food.** Concession food is available, but the selection is limited and not as healthy as we'd like for our athletes. See the Nutrition Section of this handbook for ideas on what to bring.
- **Bring a stopwatch and notepad.** You will want to record your child's performances over the course of the season, so bring a notepad and stopwatch. When you have capture your athletes performance, please email them to results@speedunlimited.us
- **Wear your Speed Unlimited warm-up clothes and your uniform** Often we will have cold, wet, and windy weather. You need to stay warm.
- **Look for the Speed Unlimited banner.** Sit next to the other Striders. It helps the team spirit.
- **Check in with your coach.** We need to know who will be competing in what events so we can get you warmed up and ready to go.
- **Don't eat 1 to 2 hours before your event.** Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. Nutrition Section of this handbook for ideas on what to eat.
- **Bring a water bottle and an electrolyte replenishment drink.** 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. **THE ATHLETES ARE RESPONSIBILITY 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. If you have a major problem with the officials, contact one of the Speed Unlimited coaches immediately for help.