

Elite Striders Track Meet Checklist

___ Directions to & Time of Track Meet

- Locations Vary: Click on Meet Schedule on EliteStriders.com for details
- Times: Please arrive **1 hour BEFORE** the scheduled meet start time

___ Athlete's Uniform (shorts, singlet, warm-up pants & top, T-shirt, **4 small safety pins**)

___ Running Shoes

___ Running Spikes (remove after every event) (make sure they have a heel unless you're an experienced sprinter)

___ Extra Spikes (1/4" inch pyramid spikes - **NO NEEDLE SPIKES**)

___ Spike Wrench

___ Sandals (so athletes do not ruin spikes) **[Optional]**

___ Reusable Water Bottle

___ Hat, Sunglasses, Sunscreen

___ EZ -UP Tent **[Optional]**

- We group our tents together & sit as a team. All athletes are required to stay under the tents and are NOT allowed on the bleachers.

___ Tarp/Mat (to spread out under the tents) **[Optional]**

___ Folding chairs, camping cot, etc.

___ Cooler with Food (breakfast, lunch, & healthy snacks)

- Please remember we abide by the USATF Regulations and are a smoke-free, alcohol-free, drug-free, & energy drink free team. This applies to all athletes, coaches, parents, and fans. Thank you in advance for your understanding and cooperation.
- **NO NUTS!** Due to ESTC members with SEVERE nut allergies, we are a Nut-Free Team. Thank you!

___ Warm clothing for cold days or morning (beanie, hat, gloves, etc.)

___ Blanket

___ Books, Homework, etc. (something to pass the time between events)

- Please remember **NO ELECTRONICS** are allowed. This is for all athlete age groups.

___ Patience, a Positive Attitude, and a Desire to Succeed!

Volunteering

The Arizona Association of USA Track and Field operates all track meets with the voluntary assistance of its youth track clubs. Elite Striders Track Club is given a yearly duty of maintaining one area of the track or field for the duration of the season. Volunteering is **MANDATORY**. The responsibility is divided among the Elite Striders Parents and we require everyone to sign up and contribute. **Special Note:** Please understand that the Elite Striders Track Club Coaches may not be able to volunteer as they are subject to the meet schedule and athlete's needs.

How to Prepare for a Track Meet

All of the training you will or have undergone up to this point can only be enhanced by following a solid 48-hour pre-race routine to prepare for a track meet.

Two-days before

- 1) Carbo-Load:
 - Eat foods high in complex carbohydrates at every meal to maximize muscle glycogen stores. Whole grain pasta, oatmeal, and brown rice are excellent choices.
- 2) Stay off your feet:
 - Relax as much as possible over the next two days. That 12-mile hike up South Mountain can wait.
- 3) Get a good night's sleep:
 - Pre-race/pre-track meet jitters often make short work of an athlete's sleep routine the night before competition. So plan ahead and get a solid 8 hours of rest two nights before the meet.

The day before

- 1) Carbo-Load:
 - Continue with the high carbohydrate diet today as well. Incorporate the complex carbs mentioned in the nutrition section of our website for a little variety.
- 2) Visualize your success:
 - Visualization is one of the most powerful tools for success that we have. Take some time to calm your body and mind, close your eyes and see yourself competing in your event(s). Say and see everything that you plan to execute during your event(s). There are some great resources online that you can access for further techniques and information. We highly encourage EVERYONE to visualize their success.
- 3) Prepare your gear:

- Give yourself adequate time to get all of your race essentials prepared and waiting for you at the door, or better yet, in the car the night before the track meet. It's never fun to show up at the track meet and realize that you've forgotten spikes or something else just as essential. Plan ahead.
- 4) Get some rest:
- Sleep is cumulative, so don't lose out on the previous night's sleep success by staying up late. Get to bed early.

Race day!

- 1) Wake up early and eat a good breakfast.
- 2) Grab your gear.
- 3) Warm up well.
- 4) Have FUN!

See you at the Meet!