

Merton Area Running Club (MARC)

Club Information and Frequently Asked Questions:

WEBSITE: www.marctrack.com

Follow us on **Statwack**, Watch your **Email**, Check our **Website**

Coach Jill Bradley - marctrackcc@gmail.com Home - (262) 820-0367

Plus: Three or more other adult coaches and various high school and college track and field athletes.

We have an outstanding staff with expertise in several areas.

Take advantage of their experiences. They can attest to our program and are excellent role models for our young athletes! They have amazing resumes and bright futures!

Other Running and Fitness Resources:

Shoes / Spikes / Running Gear:

Performance Running Outfitters - www.performancerunning.com

15% discount

Brookfield - Ruby Isle Shopping Center

Oconomowoc - Pabst Farms Marketplace

Shorewood – Corner of Oakland Ave and Lake Bluff

Oak Creek – Drexel Town Square

In-Step – www.runinstep.com

Endurance House – www.endurancehouse.com

Rodiez's – www.rodiezsrunningstore.com

Coach Dwight Sandvold – Fitness and Sports Training (F.A.S.T.)

– Strength and nutrition expert – www.fastandyou.com

A HUGE THANK YOU to our sponsor:

Wheaton Franciscan Medical Group

Sussex Family Practice Location

Drs. Mark Bradley, Terry Hughes, Jim Davis, Carter Aune, Janine Kies

Call for a sports physical or free baseline concussion screening. 262-785-7720

Frequently Asked Questions

What kind of a team is MARC?

We are a USA Track and Field (USATF) sanctioned track and field club for youth in 1st through 8th grade. We welcome kids from a variety of school districts in the greater Lake Country area.

What is your Mission?

We are looking to **promote track and field** by providing the opportunity and positive atmosphere for our youth to experience, train and compete in the sport. We will promote a healthy lifestyle, good sportsmanship, a strong work ethic, and self-confidence. Being a part of our team will prepare the older athletes for the high school team and the younger athletes to be better students and athletes. We hope to gain awareness, support, and increased participation in track and field in our community.

What are you looking for in a member?

Our club seeks members who have a positive attitude and who are committed to working hard, listening, learning, and leading a healthy lifestyle. We will accommodate a variety of ages and skill levels, but we really want the kids who want to be there. Our club focuses on youth in 1st through 8th grade.

What is required of your club?

Our club has a low minimum requirement. We require our athletes to have the desire to listen, work hard, and be a good teammate. We don't require attendance at any practice or meet. Everything is optional. This allows every individual to experience track and field at their own pace. **Membership** in our club requires becoming a member of the USATF organization.

With the above mentioned membership, all members will be covered under the USATF **insurance policy** and this will be the member's primary insurance coverage while attending our activities. The member's personal insurance will be their secondary insurance coverage. Athletes will not be able to compete in the USATF sanctioned events without an individual membership. The USATF membership runs for the calendar year. The fee to obtain a membership is currently \$20. Your paid membership to our club covers the cost of this USATF membership. For more information go to www.usatf.org or www.wiusatf.org.

What do I get for my MARC Membership?

Our **fee structure** provides the athletes with an affordable option to receive all of the benefits of being part of the Merton Area Running Club. Our fee structure allows for the participation in larger state meets but does not require participation.

To provide a safe program for all of our athletes, part of the fees we collect will purchase insurance for each member.

All members will also receive a t-shirt.

All members will receive free admission into all meets except for the larger state, regional and national meets. The head coaches volunteer their time and energy to the program because they are passionate about the sport. The assistant youth coaches, also passionate about the sport and sharing their knowledge with youth, volunteer their time or are paid a minimal wage for their time. We are also blessed to have several Club alumni work with our athletes. These high school and college age student athletes are excellent role models of what we strive to teach.

The local track and field meets included in your paid registration include the All Comer Developmental Track and Field Meets, and any other races or events that we participate in that work in our schedule. The excluded meets include the WISCO Mile, USATF Sanctioned Meets, AAU Sanctioned Meets, and the Badger State Games.

We will provide opportunities for kids to participate in about four or five "All Comer Open Track and Field Meets" where every participant gets a ribbon for every event they do.

How long is your season?

Our **outdoor season** will begin in April and run into July.

Our **cross country** season runs from August through November.

An **indoor meet** is available in February, that we participate in without prior organized team training.

When does registration close?

Never! We welcome new members at any time throughout the year. New members can join in with the fun whenever it works for them. Fitness levels may be different but our workouts are structured to accommodate all levels and abilities.

How can I get a hold of you?

If you ever have any **questions, comments, or suggestions** please contact us. We would love your feedback!

We can help you with off-day workouts, goal setting, specific areas of attention, and more.

Jill Bradley at marctrackcc@gmail.com or (262) 820-0367

CHECK our WEBSITE at www.marctrack.com

How will you let us know what is happening?

Statwack, Email and Website

We have a very large group, over 200 contacts, so we will try a variety of methods to reach everyone.

Statwack

- Set up an account at Statwack.com
- Need email and password
- Follow MARC – Merton Area Running Club
- Manage your alerts – receive through email, your mobile device or both

Email

- Share your email with me
- Group emails will be sent frequently
- Let me know if your server doesn't allow mass emails
 - Statwack might be a better option for you
- We will send out weekly emails with reminders of what is happening for the week.
- Those emails will include race details and deadlines for registering for events, when necessary.

Website

- Check the homepage on our website marctrack.com for up-to-date happenings
- We will also update the **website** on a regular basis.
- www.marctrack.com

Where are track and field practices held?

Practices will be held at Arrowhead High School. The Arrowhead High School track is in the football stadium located between North and South campus at 800 North Avenue, Hartland, WI 53029.

Do you provide transportation to and from practice or meets for my children? Transportation to and from all practice and meet sites is up to you. You may arrange transportation / carpooling with other families on your own. Drop off and pick up for track practice will be at the **south end** of the Arrowhead track.

Where are cross country practices held?

The location for cross country practice will be new in the 2017 fall season. That location will be announced closer to the start of that season. It will be emailed and posted on our website.

How will I know if practice is cancelled?

We will try our best to notify you as soon as we can. **Statwack** will allow me to send alerts from my phone. I will try to send emails in a timely fashion and update the website homepage to let you know if practice is on or not. Without a simple and perfectly timed way of notifying you if practice is cancelled, we will set some guidelines for **practicing during inclement weather**. We **will** practice on very windy days. We **will** practice if it is raining in the morning but has **stopped one to two hours prior to practice time**. We will **not** practice if there is any lightning or heavy rain. We may practice with a light drizzle rain. We will use and continue to check a variety of weather maps to forecast the conditions at practice time and base our decisions off of them. Safety, productivity and a positive environment will be our key factors in deciding to hold practice in inclement weather.

As always, you can **use your own judgment**. If you do not want to send your child to practice because of the weather, that is just fine! If the weather takes a turn for the worse during practice we will take the appropriate measures, but please feel free to pick up your child early if this happens. With the variety of practice times and days we have scheduled, we feel comfortable that we can still get in enough practices if we have to cancel a few due to weather.

Is attendance at practices and meets required?

We are holding practice on a variety of days in hopes that at least **one or two will work** into your schedule. They do not have to be the same days every week. If you miss a week due to vacation or camp that is okay. We understand you have other commitments and activities and encourage you to enjoy those also. Track and Field is a wonderful sport where you can pick up where you left off, without affecting other team members. We do not take attendance but would love to run with your child whenever it works for you!

Do I need to tell you when I won't be at practice or a meet?

No. We don't take attendance, however we encourage you join us when you can. We understand school, family and other activities may come first.

Why aren't practice times and dates consistent?

Arrowhead High School has been generous enough to **let us use their facilities**. We must work around their schedule and availability of the track. We need to **respect** their property and if we abuse the situation we will no longer have a training facility or equipment to use. There will not be restroom facilities regularly available, nor will a water fountain be readily and consistently available at AHS so please keep this in mind before coming to practice.

Please note the practice dates and times carefully as they are not always consistent. **See the separate practice schedule.**

What do I need to bring to practice or a meet?

At every practice you will **need** water, comfortable running clothes and layers for inclement weather, and a good pair of running **shoes**.

What does a typical practice look like?

We start our practices with a dynamic warm up. We then break down into workout groups for short sprinters (100, 200 meters), middle distance (200, 400, 800), and distance runners (800, mile). We do a workout geared toward those runners. We end practice with strength work, stretching, games, field events – including shot put, discus, javelin, high jump and long jump. We also work on relay hand offs, starting blocks, hurdles and more.

How does my athlete get faster?

Simply - run fast. Train your muscles to go fast by doing quick movements repetitively. Eventually your body, speed and quick movements will become faster. Proper and efficient form will make your athlete stronger and better.

Where can I find a good pair of running shoes?

Our team supporter and very knowledgeable and friendly staffed running store, **Performance Running Outfitters** in Brookfield (Ruby Isle Shopping Center), Oconomowoc (Pabst Farms Shopping Center), Shorewood (corner of Oakland and Lake Bluff) and Oak Creek (Drexel Town Square) have a variety of shoes, spikes and running gear. They offer a 15% discount on all items when you mention that you are a member of the Merton Area Running Club. They will match prices on comparable shoes. They provide great assistance including a gait analysis to help you pick the right running shoe.

Other running stores in the lake country area are: In Step, Fleet Feet, Endurance House, and Rodiez's Running Store. Additional shoe source options are to look online at www.dickpondathletics.com or www.eastbay.com. The right kind of shoe is the most important part of running since it will reduce or eliminate the amount of injuries your runner could sustain.

Do I need a pair of spikes?

No. For meets, you *may want* a pair of running **spikes**, which are available from the above mentioned stores. These shoes are not required. These shoes would *not* be good for training in every day at practice, but would be great for racing. They are lighter weight with little support. They come with openings on the bottom of the shoe for different types and sizes of running spikes to be screwed into them. You will most likely receive one size of spikes with the purchase of the shoes. The size of spike allowed on most outdoor synthetic track surfaces is ¼ inch but must not exceed 9mm. For non-synthetic surfaces, the maximum length of spike is 25mm.

What techniques will my athlete learn from your program?

Our **goals for our club practices** are to focus on stretching, dynamic warm up, running, strength, and conditioning. We will teach proper techniques of running and sprinting and introduce the hurdles and the field events. Field events include high jump, long jump, shot put, discus, and javelin. During the first couple weeks of the season we will have everyone conditioning and building a base. We may also hold time trials for various race distances for each athlete. This will be a benchmark to determine progress over the season and establish an interest and suitable (sprint, middle or distance) event for each athlete. We will also introduce more specific areas of track and field, such as passing the baton in relays and using starting blocks. Please also visit our website for great videos on form and technique for a variety of events.

What should I eat before, during or after a workout or meet?

Please see the additional information provided by Coach Dwight Sandvold. He has experience and training in sports fitness and nutrition. He is a wonderful resource! Check out his website at www.fastandyou.com

Before a workout or meet, it is best to eat plain and simple foods - no protein, no dairy, no high sugar drinks (Gatorade), no candy, no fats, no high acid fruits or foods. Granola bars, bananas, cheerios, pretzels, peanut butter sandwiches, and crackers are safe bets. You will get to know your body and what works and doesn't work for you. Eating properly will allow your body to get through a workout without side cramps or muscle cramps or upset stomachs.

During a workout or meet, it is best to sip on water or low sugar (or ½ diluted with water) Gatorade. Too much sugar will cause stomach cramping.

After a workout or meet, it is time to replenish liquids and protein. Chocolate milk is a great recovery drink. It has the proper carbohydrate and protein mix to refuel. After a workout is the time to feed your muscles properly to repair the breakdown just incurred.

What are the goals of the program?

We just want kids to get out and run! For the younger kids especially, we will introduce all of the track and field events to keep it fun and interesting. We will also play games as a fun way to condition and train. We hope to motivate the older kids to be more serious about running and prepare them for high school athletics. We hope that the athletes will gain self confidence in their athleticism and find activities that they are passionate about. We hope the kids learn how to choose active and healthy lifestyles, have a positive attitude and good sportsmanship, and how to set goals and work hard to achieve them. Keep in mind to be “Always proud, never satisfied.”

Meets

What kind of track and field meet competitions are there?

Generally, there are 2 kinds of **track meets** – those that take a few hours and those that take all day. The meets that last only a few hours are much more low key than the ones that can take all day. We host Open All Comers Meets at night that take only a few hours to run and are great to learn from and gain experience. Larger Track and Field Organizations host state, regional and national level meets that we can participate in and these meets are much more structured and lengthy in time.

Meets and races *will* be held in wind and rain. Lightning and hail will only delay the meet or race but rarely will it be canceled. **Admission** into track meets for spectators is usually \$5 or under per person. Uniforms are required only in certain meets.

Who will my athlete compete against?

The athletes will **compete against** kids their own gender and age or a similar age. In case there are not enough runners of the same age or gender to fill a heat, age groups may be combined and run together as determined by the meet clerk but they will not be scored together.

What is an Open All Comers Track and Field Meet?

All runners may enjoy the smaller, low key meets that can be run in about 3 hours at night. These are the **open track meets** that are very low key and require no pre-registration. These meets are intended to be fun and provide a low pressure learning atmosphere. Athletes are allowed to enter as many events as they like. Athletes can wear any comfortable running clothes they wish. They just show up at the door and run! You may come and leave as you wish. There is no requirement that you stay for the whole meet. All runners enjoy the encouragement from teammates so cheering on another runner is a great display of sportsmanship. Awards are given to all! If these meets work into your schedule we would love to see you there. Transportation to and from all meets and races is up to you.

What events are available to compete in at Open All Comers Track and Field Meets?

The open track meets offer a full schedule of running events including hurdles, sprint races, distance races and relays. Field events will most likely include the long jump, high jump, shot put, discus, and javelin. All race result times and event distances will be recorded and ribbons will be distributed to all who participate. Athletes may participate in as many events as they wish. These meets are a great way to get an idea of what a track meet is like, and they give the kids a chance to test their fitness level.

What is the Arrowhead Grade School Invite?

Arrowhead High School hosts a **Grade School Invitational** for 5th, 6th, 7th, and 8th graders in the Arrowhead district. Each feeder school competes as their own team and showcases their best athletes. The meet will start around 4:45 with the field events, followed by the running events. This is a fun event to build school team spirit! During this meet, uniforms are encouraged or at least a shirt with your school name on it to show who

you represent. Runners in 4th grade and below are also welcome to join in the meet in running a limited number of races on the football field. At least the long jump field event will be available for those athletes also.

What is a State Meet?

All athletes are welcome to join us as a team as we compete in the larger, longer **state meets** that can last 8 to 10 hours, depending on the number of entries in the meet. These meets are much more competitive but a wonderful experience to understand what it takes to be a more serious track and field athlete. Uniforms are required to participate in this meet. Relay teams need to wear identical uniforms. Athletes usually receive a medal for 1st, 2nd, and 3rd places, and sometimes up to six places. Most “state” meets qualify high place winners to run at a subsequent level, either regionals or nationals. The meets we will focus on are the USATF State meet, the Badger State Games, and possibly the AAU meets. There is an additional fee required for participating in these meets.

How do I register for a State Meet?

We are required to **pre-register** for these competitive meets. The MARC coach will take care of this for you but we will need to know well in advance if you plan on competing in the meet. We will register and enter you as part of our team as long as you have paid your dues and meet fees to our club. Information on the website and through emails will be shared with you as deadlines approach.

Why do I need a birth certificate?

We are required to send in proof of age with the USATF registration and AAU registration. Proof of age is required before any athlete can compete in one of their sanctioned events. The valid **proof-of-age document** is the original birth certificate. You will need to provide us with this proper documentation.

What are the age groups and events available at the State Meets?

The 2 **USATF sanctioned track meets** are the USATF State Meet and the Badger State Games. The **AAU** sanctioned track meets are also be available for participation. The youngest age group category in USATF sanctioned meets is 8 and under. Therefore all 6, 7, and 8 year olds will compete with the 8 year olds. Each age group has different events available for competition. The 8 and under, 9-10, and 11-12 age groups are limited to 3 events only, including relays. All older age groups, 13-14, 15-16, 17-18, may enter 4 events only, including relays. See the separate list of ages and events below. Your age is calculated by what age you will be at the end of the year.

How do I qualify for Regionals?

The process for **qualifying for regionals** from the **USATF State Meet** is as follows: The top 6 individuals and the top 4 relay teams in each age group in the USATF State Meet qualify for regionals. The states in our USATF region are the Dakotas, Iowa, Minnesota, Nebraska and Wisconsin. The regional meet will be held in one of these states. The regional meet then qualifies you for the national meet. The national meet site changes yearly.

What are the Badger State Games?

The **Badger State Games** host a fun, one day meet, in LaCrosse, WI. This is a USATF sanctioned meet. See the age groups and events offered below. The award winners receive nice medals and all participants receive a t-shirt. This is another chance to compete against the best in the state.

What are the specific age groups and events available in the USATF organization?

Visit www.usatf.org/youth for more information.

The age groups and events available for each age group are as follows:

USATF

<u>Category</u>	<u>Born</u>
8 and under	2009 & later
9 – 10	2007 - 2008
11- 12	2005 – 2006
13 - 14	2003 - 2004
15 – 16	2001 - 2002

USATF Sanctioned Meets Event Options

8 and under	Combined events, long jump, shot put, high jump, turbo javelin, 100, 200, 400, 800, 1500, 1500 racewalk, 4x100, 4x400
9 – 10	Combined events, long jump, shot put, high jump, turbo javelin, 100, 200, 400, 800, 1500, 1500 racewalk, 4x100, 4x400
11 - 12	Combined events, long jump, shot put, high jump, discus, turbo javelin, 80 hurdles, 100, 200, 400, 800, 1500, 1500 racewalk, 3000, 4x100, 4x400, 4x800
13 -14	Combined events, long jump, triple jump, shot put, high jump, discus, javelin, pole vault, 100 hurdles, 200 hurdles, 100, 200, 400, 800, 1500, 3000, 3000 racewalk, 4x100, 4x400, 4x800
15 - 16	Combined events, long jump, triple jump, shot put, high jump, discus, javelin, hammer, pole vault, 100(g)/110(b) hurdles, 400 hurdles, 100, 200, 400, 800, 1500, 3000, 5000 racewalk, 2000 steeplechase, 4x100, 4x400, 4x800
17 – 18	Combined events, long jump, triple jump, shot put, high jump, discus, javelin, hammer, pole vault, 100(w)/110(m) hurdles, 400 hurdles, 100, 200, 400, 800, 1500, 3000(w) 5000(m), 5000 racewalk, 2000 steeplechase, 4x100, 4x400, 4x800

AAU ATHLETICS AGE DIVISIONS

<u>Division</u>	<u>2017</u>
8 and under	2009 & after
9 year old	2008
10 year old	2007
11 year old	2006
12 year old	2005
13 year old	2004
14 year old	2003
15 – 16 year old	2001 - 2002
17 – 18 year old	1999 - 2000

AAU Events = The events available through the AAU organization are the same as USATF.