



THE RUNNING WARRIOR



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From the Editor – I was fortunate enough to have a front row seat at the NCAA Division I Cross Country Championships in Louisville in Nov. As a course marshal, my job was to hold back what, Track & Field News referred to as, “plenty of shouting as a large crowd (estimated at 10,000+) – many of them clearly high school runners – stormed the course at Tom Sawyer Park...”



I was about 600m from the finish and saw an amazing women’s finish as four runners passed that mark dead even. Saina (Iowa State) beat out D’Agostino (Dartmouth) and Hasay (Oregon). However, the *Lady Quack Attack* prevailed as the Oregon Ducks took the team trophy.



I was fortunate to talk to three collegiate coaches (Priscilla Bailey of Harvard, Norm Ogilvie of Duke, and Joe Franklin of New Mexico). I asked them what they were looking for in a high school athlete to compete in their programs. The first word out of all of them was “grades!” It doesn’t matter how good an athlete you are if you don’t study and make the grade.

Cross Country Girls Finish Out Strongly

The girls recorded the best finish in school history with a 20th place finish at the state 5A meet. The team should be strong next year, as only one of the top seven runners graduates.



Technical Camps Well Underway

Pole Vault Atlanta has already started their winter sessions. If you want to learn the pole vault, now is the time to start. This is a technical event that takes several months to learn. If you want to pole vault for NAHS next spring you should start before the first

day of official practice 1-22-13. So, Vaulting Warriors, let’s get going!! Check out the PVATL fall sessions [PV ATL](#). We are very lucky to have one of the best vaulting schools in the country (PV ATL), just down the street from us at the Atlanta Girls School (Northside Drive). Their facility includes two full pits and runways, 120+ poles for use, and expert instruction. Just come out and learn to vault!

For all of you throwers, *Throw 1 Deep* has started their Saturday Mini Camps ([Mini Camps](#)). If you are interested in throwing the shot, discus, (or hammer or javelin in junior Olympic competition) check out the mini camps. *Throw 1 Deep* is one of the best throw camps in the country. We are fortunate to have them close by in Marietta. Their coach, Mike Judge, has coached 164 high school All-Americans, 15 high school national champions, 3 national record holders, 50 state high school champions, and helped almost 100 student athletes receive college scholarships.

NAHS Track & Field Parents and Athletes Meeting Jan. 17

A mandatory kickoff meeting for students participating in Track & Field is scheduled for Thurs. Jan 17th at 5:30 PM. Stay tuned for the place. Parents should attend.

Conditioning Cruising Along

Conditioning for track and field and other sports started on Nov. 27th. If you want to run in indoor meets, you should participate in conditioning. You need a current physical (completed within the last year) on file. We meet at the track from 3:45 to 5:00 PM Mon – Thurs. thru 1-17-13. Official practice starts on 1-22. Contact Coach Grant for details.

MLK Day 5K

Just a reminder the Martin Luther King Day 5K will be held on Jan. 21, 2013 (no school). This is a fund raiser for the **Running Warriors** (cross country and track and field teams). This is the second time NAHS has participated in this event. All athletes are expected to participate and get their family and friends to sign up too! The Running Warrior Booster Club gets a portion of any entry fee that NAHS Running Warriors sign up. Even if you are a thrower and don't think you can 'go the distance,' never fear. Just get others to register, then come out and support our team by helping staff our hospitality tent. The race will start at 9:00 AM at Piedmont Park in 2013. NAHS' Marching Band will provide a part in the largest drum line in the world. <http://mlkday5k.com/>

Notify Coach Sanderlin of who you sign up, since there will be a gift certificate given to the student athlete who signs the most up.

Nutritional Corner



Good foods for the New Year:

1. **Beats** can boost your mood due to their high levels of B vitamins. **Walnuts** are high in

“good fats” like Omega 3 fatty acids and magnesium.

2. **Salmon** is rich in Omega 3 fatty acids and vitamin B12.
 3. **Dark Chocolate** provides a boost in concentration and mood and even improves blood flow to the brain.
 4. **Citrus Fruits** provide an instant boost of vitamin C and help to pump oxygen through your body and brain. Vitamin C deficiency is associated with low energy, depressed mood, and irritability.
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4 Tips for Running in the Cold

New research suggests that exercise may help prevent stress, and a habit of daily exercise may even reduce the severity of cold or flu symptoms by up to 40%.

1. **Dress in layers.** Layering helps control body temperature, so you can shed or put clothes back on as needed.
2. **Cover your head.** You lose about 50% of body heat from your head alone. Hands and feet also need extra protections. Wear thin gloves under a heavier pair, and for your feet, put on an extra pair of regular socks.
3. **Stay hydrated.** You can become dehydrated in the winter, just the same as when you work out in the summer – the only difference is that it may be harder to notice in cold weather.
4. **Plan indoor alternatives.** Don't let rain, snow or wind chills derail your routine. Instead, pop in an exercise video, or try yoga, pilates or kickboxing. - From *USA Weekend*, Nov. 16-18, 2012

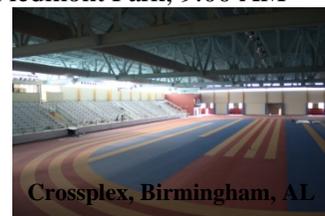
Running Form Clinic Feb. 9th

NAHS will sponsor a running form clinic on Sat. Feb. 9th. There will be two sessions, one at 9:00 AM and one at 11:15. There are slots for 12 sprinters and 12

endurance runners. This is on a first come, first served basis. Please contact Coach Sanderlin to make a reservation. Kyle O'Day of Continuum Sports Solutions www.continuumsports.com will lead the clinic. Kyle has conducted clinics at the Nike Smokey Mountain Running Camp. This will be a great way to improve your form and thus running efficiency. There will be a small fee for the clinic.

Preliminary Track & Field Schedule

1. **MLK Day 5K**, Jan 21, Piedmont Park, 9:00 AM



Crossplex, Birmingham, AL

2. **Clemson Youth Inv.**, Jan. 26, Clemson, SC (indoor) or **Last Chance Inv.**, Jan. 25-25, Crossplex, B'ham, AL (indoor)



Clemson Indoor T & F Facility

3. **Dual Meet @ Lakeside DeKalb**, Feb. 26, 4:00 PM
 4. **Panther Relays**, Mar. 2
 5. **Atlanta Games Inv.**, Mar. 9
 6. **Coaches Inv. (GT) or Morehouse Relays**, Mar. 15-16
 7. **Golden Bear Relays**, Mar. 23
 8. **Lovett Triangular**, Mar. 27
 9. **APS City Champs**, Mar. 30 & Apr. 1
 10. **Marietta Fri. Nite Lights**, Apr. 5
 11. **Region 6-5A**, Apr. 16-18
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NAHS Field and Track / XC Home Page:

<http://ga.milesplit.com/teams/NATl>