



THE RUNNING WARRIOR



Volume # 2 Issue # 4 The Best In Running, Jumping, Throwing, and Walking Aug./Sept., 2013

From the Editor – It was an exciting summer to reflect on. Our summer running program progressed well with several “meet ups” for cross country in the local parks. Several NAHS athletes ran summer track for the Quicksilver Track Club. The Georgia Games and All-Comers at Grady and Emory, as well as the Peachtree Road Race also were key events.

You never know who you will run into at the Summer All-Comer meets. At one of the Atlanta Track Club’s All Comer meets at Emory I ran into former Warrior nemesis Zane Gray (Grady Scarlet Knight) who is now running for Georgia. Eventhough he has gotten his times down at UGA, he underwent knee surgery this summer. I also ran into Angelo Taylor a four-time olympian in both the 400 hurdles and 4 X 400 relay. He was captain of the US London Team and has three Olympic golds and one silver. He was at Emory watching his young son sprint.

The new track received its sixth coating and is now “curing.” Once we get some consecutive sunny days, the track will be marked (start, finish, lanes, hurdle marks, etc.).

I know everyone is eagerly anticipating the first annual “Bring Back The Mile” Time Trial and ***Running Warrior***

Jamboree on Friday August 23rd from 7-9 PM. We’ll christen the new track and have some fun. It should be a geat event that will help further unite the ***Running Warrior Nation***.



Warrior Track receiving 6th and final coat of surfacing.



Completed Warrior Track. Now all that is needed is striping and curb rails. Note the light colored line around the inside of the track. This will enable us to anchor curbing to our track.

Also in this issue is our pre-season cross country outlook, information on the six habits of highly effective triathlets, update on the activities of the Running Warrior Booster Club, the Georgia high school cross country Benchmark series from GA Mile Split, and a review of the summer season.

The Mile Split web masters did an excellent analysis of what makes for a great high school cross country team. One of their findings was that the higher the percentage of the freshman class running cross country, the better the programs were. Obviously, the larger the freshman class, the better the program (ie, there is strength in numbers). Unfortunately, this statistical fact does not bode well for the future success of NAHS harriers. This is because less than one percent of the largest freshman class in NAHS history is running cross.

Therefore, we need to investigate the root cause. This issue will be investigated by the Running Warrior Booster Club (RWBC).

Running Warriors Get Dedicated Web Domain

The Running Warrior Nation now has a dedicate web domain on the internet:

www.narunningwarriors.com

This site is chock full of useful information including required forms, meet schedules, stretch routines, drills, you name it. Please visit the site frequently, as it will be updated several times per week.

“Bring Back The Mile” Time Trial and Running Warrior Jamboree

This event will be the first major

event to unite the Running Warrior Nation. It will be held on the new track and will include an Open Mile (students, parents, siblings and alumni welcome), christening of the track, XC Team sibling water balloon relay, and the unveiling of the new Running Warrior logo and 2013-14 T-Shirts. For details go to <http://www.narunningwarriors.com/BBTM.htm>

Summer Running Recap

Several athletes joined the Quicksilver Track Club this summer and met with much success: Shane Conton, Rickey Waddell, Jasmine Cason, Glenda Tutt, and Taylor Samples. Jasmine got her 400 PR down to sixty flat at the GA Games. Rickey ran a good 400 hurdles (typically a collegiate vs. high school event [300 hurdles] in 58. He also ran a good 800 in 2:04.

Three athletes made nationals. Shane (4 X 800), Taylor (4 X 800) and Glenda (4 X 400) all made it to the USATF's JO (Junior Olympic) Nationals. Taylor ran a good lead off leg for Quicksilver which set her team up to take third in the Nation. You can see her 800m leg on USATF TV at http://www.usatf.tv/gprofile.php?mggroup_id=45365&mggroup_event_id=463&do=videos&video_id=97106. Taylor starts in lane two, wearing the Quicksilver blue.



Senior Samples winning the APS Champs 800.



Sophomore Tutt at the Morehouse Relays.



Senior Conton, on left (at Starrs Mill HS) after setting the first of two SRs in 4 X 800. Other runners on the SR 4 X 800 (L to R): Carlos Santizo (2013), Senior John Rudd, and Rafael Salis (2013).

Several Running Warriors competed in the Peachtree 10K. Madeline Pearce ran an excellent time (45:25) and finished just behind seniors four time state champion Alex Cameron of regional rival Dunwoody and three time state scorer Hailey Branch of Lovett. Her brother, freshman Jackson Pearce finished 8th in the 14 and under boys division. Other Running Warriors who competed in the Peachtree Road Race include Abigail Shipp, Phillip Brahana, Stephanie Gerding, and Mills Mosley.



Sophomore Pearce had a strong 10K at Peachtree on July 4th. Her 45:25 placed her 25th in the women's age 15-19 group. She was the 4th 15-year-old woman to finish. She is pictured here after running a leg on the second fastest 4 X 800 relay in NAHS history at the Morehouse Relays. Here her "B" team broke the school record, but was behind the NAHS "A" team.

6 Habits of Highly Effective Triathletes

Since several Running Warriors are triathletes (both Madeline and Jackson Pearce competed at Nationals), it is appropriate that we look at what makes for an effective athlete. This also pertains to running, throwing, jumping, and / or race walking.

1. They turn *experiences into tools* for racing (ie, they learn from their mistakes and correct them).
2. They focus on the *process*. Just like Coach S. says, "If you focus on the inputs (those things that you can control), the output will take care of itself.
3. They race on *autopilot* – meaning they have mentally rehearsed what they need to do repeatedly.
4. They know how to find an *extra gear*. This is about mental and physical toughness. When the

going gets tough, they speed / step up.

5. They see everything as an *opportunity*. The glass is half full optimistic outlook is built on confidence which leads to success.

6. They keep their races in *perspective*. Losing a race, or having a bad race is not the end of the world. Stay well-rounded and learn from your experiences.

From: Triathlete magazine.

Technical Workouts

Now is the time to get that technical work in: hurdles, jumps, throws. If you wait until the short (2.5 month) outdoor track and field season (or even shorter indoor season) in order to practice technical events, you will be disappointed. So, if you want to pole vault, go to [Pole Vault Atlanta](#). It is just down the street on Northside at the Atlanta Girls School. Better start now, since it takes about six months of once-a-week practices to vault a decent height. Contact Coach S. if you want to go and he will arrange a free lesson at PV ATL.

Note that NAHS has no school record in the girl's pole vault, because we have never had a female vaulter! So, girls let's get going and see who our first school record holder will be!!!



London Olympic pole vault gold medalist Jen Shur (USA).



Shur en route to gold in London (powered by adidas JumpStar shoes).

Athletes interested in the throws can go to [Throw1Deep](#). It is just up the road off of the 120 Loop in Marietta. Both of these camps offer some of the best high school training in the country. Many of their athletes have been both state and national champions.

Running Warrior Booster Club Update

The **Running Warrior** Booster Club (XC and T & F) is working on the following issues:

1. Spearheading a \$200,000 capital fund raising campaign for track and field, cross country course, and weight room equipment.

2. Working with the PE curriculum to help get more students (especially girls) interested in field events (specifically pole vault and the throws).

3. Finding ways to increase participation in non-ball sports by Hispanic students.

4. Planning for the first annual Buckhead Invitational Track and Field Invitational for the spring of 2015 (15-20 teams from the northside).

5. Increasing freshman cross country turn out.

6. Development of by-laws and election of a board and officers.

The Mission Statement of the RWBC:

“The **RUNNING WARRIORS** Booster Club’s objective is to create an environment for our student-athletes and parents which will enrich the students’ high school experience through participation on a cross country and/or track and field team, that is competitive on the regional and state level. We are dedicated to providing opportunities for student-athletes at NAHS and schools within our district which will enhance the intellectual, physical, social and moral development of the student, as well as promote running, jumping and throwing. We strive to develop athletes with good values

who will conduct all activities with honesty and integrity according to the principles of good sportsmanship and ethical conduct. We strive to develop athletes whose thinking goes beyond himself or herself and will act in accordance to what benefits our team as a whole (the concept of selflessness).”

If you have experience in fund raising or are interested in becoming either a Board Member or officer of the **Running Warrior** Booster Club (RWBC), please contact Coach Sanderlin. The RWBC is a club operating within the auspices of the NAHS Sports Booster Club.

Cross Country Pre-Season Preview



A record number of student athletes have turned out for cross country. On the girls’ side, our top six runners return from a team that had the highest State Meet finish in school history (20th) and won the APS City Champs for the first time in school history. This will be augmented by the addition of former 8th grade stand out Grace Hederick and two transfer students.

The boys return four of their top seven: Rudd, Mastrion, Spears, and Hurt. The addition of sub-20 minute runner Jackson Pearce (Sutton) and senior newcomer Rickey Waddell (Sprint Medley Relay school record holder; 2:04

800) will add depth, as will the track experience of Jack Tribou (APS Champs 1600 scorer).

The Warriors will compete in the APS Series meets starting on Sept. 4th. The new start time for the meets in Grant Park is 5:30 PM. The Warriors are planning to run in three Saturday invitationals (Marist Coach Benson Double Dip, Furman Inv., and Aubrae Gunderson Inv.). The State meet is Nov. 9th. As usual, the main girls and boys competition will come from Dunwoody and Lakeside Dekalb.

GA Mile Split Cross Country Development Series

The Georgia Mile Split web masters conducted an excellent statistical analysis of what it takes to have a great high school cross country program in Georgia. Click on the links highlighted for the story.

Benchmarking GA HS XC Performance [# 1 – Team Size](#). It becomes a numbers game with larger teams having a distinct advantage. Go to the link above for the benchmarking analysis.

[Benchmarking # 2 Building A Dynasty](#) – Dynasty programs (Westminster, St. Pius, Brookwood, and Marist) get an average of 10.6% of the freshman class out for cross. “Contender” programs get 4.1% of the freshman class, while “also-rans” only get 1.5% of their freshman class. This is not a good omen for the future of NAHS XC with a meager .9% of freshmen out for cross. The good thing is that NAHS has a good number of sophomores who did not run as freshmen.

[Benchmarking # 3 The Sport is Growing](#) – The schools that

managed to get the largest portions of their freshmen classes out for cross had the best chance of winning state in their classification. Overall freshman participation in cross country has increased an astounding 25% in the past two years. The 2013 NAHS team will be the largest in school history (even with a low freshman turnout).

[Benchmarking # 4 Size Does Matter](#) – All of the thirteen largest classification state champions this millennium have come from the list of the twelve largest schools. This bodes well for NAHS as the enrollment goes from 1300 to over 1500.

Stay tuned for the next issue for the rest of the GA Mile Split XC Development Series.

Calendar

1. Aug 20th – Cross Country Kick Off meeting with Parents and Athletes 6-7 PM
2. August 23rd – First Annual “Bring Back the Mile” Time Trial and **Running Warrior** Jamboree. 7-9 PM NAHS Track.
3. Sept. 4th – APS Series # 1@ Grant Park
4. Sept 7th – Double Dip Inv. At Marist.

For the full XC meet schedule, go to the [Running Warrior](#) web site.

NAHS Field and Track / XC Stats Page:

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

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