



THE RUNNING WARRIOR



Volume # 4 Issue # 3 The Best In Running, Jumping, Throwing, and Walking May, June 2015

From the Editor – I hope everyone is enjoying their summer vacation. We have a full plate getting ready for cross country season (finalize schedule, clean up the *Running Warrior* Trail, etc.).

We have been working with APS and the private schools within the city limits of Atlanta (AGS, AIS, Galloway, Lovett, Pace, Paideia, and Westminster) to include the privates in the APS Series Cross Country Meets. The goal is to work towards having a true All-City Championship in October of 2016!

With the help of *Running Warrior* Booster Club Board member Mark Spears, we are starting to clean up the *Running Warrior* Trail in the Warrior Woods. We may even add some wood chips, as well as expand the 800 meter loop.

The ATL (American Track League) comes to town on Aug. 1st at Emory. This will be a good prep for the athletes before leaving for the World Cup in Beijing. I remember as a high schooler in Louisville going to see the ITA (International Track Association) pro meet indoors on the banked sitka spruce boards in Freedom Hall with 17,000 fans screaming. You could literally reach out and touch Olympians. The promos reminded me of the old American Basketball Association (e.g., KY Colonels, Anaheim Amigos,

Dallas Chaparrals, etc.) with the Pacer Lights (more to come on that – so hold on to your hat!), the Persona Razor pole vault standards, etc. That was the first of pro athletes in track. I recall Olympic high jump medalist and former US record holder Dwight Stones being asked why he didn't join the ITA after the Munich Olympics. He said candidly, "Why should I take a pay cut?!!!" He was an "amateur" at the time.

It is about time our great sport got some prime time. So let's get out and support the ATL on Aug. 1st.

If you saw the USATF Nationals on NBC TV this past weekend from Eugene, OR, hopefully you saw the USATF ad. It was great. The theme was that "we are the foundation" of all sports – we are speed, strength and power. Athletics is the essence of all sports. "Athletics" is what the rest of the world calls what only we in the US refer to as Track and Field. Cross country, race walking and road racing all fall under the U.S. Track & Field (USATF) banner.

For all of you athletes doing technical events (i.e., throws, jumps, hurdles, and vault) now is the time to focus on learning better form – not during the season which is so short. They say it takes close to 10,000 repetitions for a task to become engrained. So, no time like the present to go to a summer

camp, throws clinic (www.throw1deep.com), pole vault clinic (www.pvatl.com), etc. You will learn more in two hours in one of these clinics that we could teach you in two weeks.

The next issue will have a cross country preview. We will be going to a quarterly issue for the next newsletter (July – Sept.) which will come out around "Bring Back The Mile."

Nike Smokey Mt. Running Camp July 12-17

For the first time in *Running Warrior* history the girls top five cross country runners will be attending the Nike Smokey Mountain Running Camp at the University of North Carolina at Asheville. The session they will be attending is the July 12-17 session.

Coach Sanderlin will be attending the coaches' clinic at the same time. Legendary founder of this camp, Coach Roy Benson, will also be on hand for the first few days of the camp. For more info, go to Smokey Mt. Running Camp.

Summer Racing Schedule

- USATF JOs – **Southeast** @ Mill Creek HS, July 9-12
- USATF JOs – **Nationals** @ Univ. of N FL (Jacksonville), July 27-2

Summer Running Camps

- [Nike Smokey Mountain Running Camp](#)
- [Maximum Velocity Track & Field Academy \(Centre College\)](#) Note: many Olympians will be coaching at this camp
- [Duke Nike T & F Camp](#)
- [Duke Running Camp](#)
- [Univ. of GA Track Camp](#)
- [Florida St. Track Camp](#)

Track & Field Wrap-Up

The track and field team wrapped up the season with three school records and sent three athletes to the State Meet. The Warriors also tied their highest APS Champs finish ever.

Senior Maegann Stafford broke her own school record in the pole vault going 7-0 at the Rumble in the Jungle meet at Parkview. She was APS Champion in the pole vault. Stafford is going on to compete at the next level for Brandeis University (NCAA Div. III).

This is the sixth year in a row that North has sent an athlete to compete at the next level.



Stafford in the Buckhead Invitational at

North where she first upped her own school record in the pole vault.

Senior Zamir Steed upped her triple jump SR to 36-5 at the Sectional meet and finished 13th in the State Meet. Senior Chloe Tillis finished 13th in the State Meet in the 100m hurdles.



Steed gets a school record triple jump in the State Sectionals at Starrs Mill HS in Fayetteville.

For the Boys, junior Julious Washington finished 12th at the State Meet in the 400. Senior Quentin Florentina upped Clifford Smith's four year old discus mark of 117-2 by spinning the platter 119-5 to score at the regional meet.



Florentina prepares to "spin the platter" at the Regional Meet at Dalton H.S. en route to a school record.

North hosted the APS Championships for the first time ever and tied their best finish ever with the girls placing second with a school record 91 points and the boys placing third with their second highest point total ever.

Sophomore Jackson Pearce was crowned the outstanding male runner as he handily won both the 3200 and 1600.

Junior Glenda Tutt won the APS 1600, with Steed taking the triple jump title.

The boys' track and field award winners are:

- MVTrack – Julious Washington
- MVField – Quentin Florentina
- Scholastic – Jack Tribou

Girls' awards:

- MVTrack – Chloe Tillis
- MVField – Zamir Steed
- Scholastic – Cire Traore

North also hosted the first ever invitational track & field meet in school history, the Adidas / West Stride Buckhead Invitational. The team trophies were the most unusual given in Georgia high school track & field history. A doe head was given to the girls' team champ and a buck head to the boys.



Chamblee girls get a "selfie" with the Buckhead Inv. trophy. They later named their beloved trophy "Bamblee!"



Nothing like a buck head to get the Druid Hills boys team fired up.

A Note that links to photos of both the APS Championships and the 1st Annual Buckhead invitational are on our web site at www.narunningwarriors.com

Track & Field - a Good Foundation

From the April edition of National Masters News by David Allison

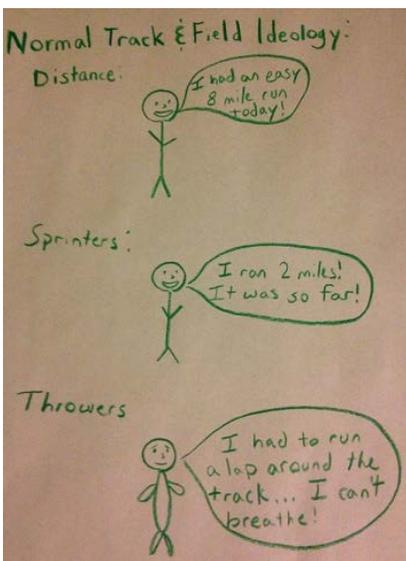
With the different track and field events comes great athletic skills that tone can easily transfer to one or more different sports like soccer and football.

Sprints – Being fast will almost always be a benefit in any sport you compete in. In track, by learning proper running form, explosiveness, stride length, body position, knee lift, and arm carry – all are essential components in running a route in football, getting to the goal in soccer, running the bases in baseball, or ending a fast break on the basketball court.

Endurance – Distance running is just a great foundation for many sports where a lot of non-stop running is going to occur. You get a better understanding of pacing and being able to hold a high tempo for a longer period of time. Think of the benefit, in regards to fatigue, of an athlete who is good in the 1600 or 5K run who plays soccer, hockey, or basketball, tennis, or lacrosse where there is a lot of non-stop moving.

Hurdles- If you want to help your agility, then hurdling could be beneficial. With hurdles, you need

to be fast, strong, agile, and understand cadence – all while maintaining solid running mechanics. Think of a soccer player jumping and kicking a ball in mid-air towards the goal or a basketball player going high towards the hoop on a fast break. All of these actions require similar mechanics as one learns when running the hurdles.



Jumps – The high jump is a vertical jump that requires a more controlled speed compared to the horizontal jumps. The pole vault requires, speed, upper body strength, fearlessness, coordination and timing. It is said to be the most difficult event in sports. The jumps can definitely help in basketball and volleyball.

Throws – While having a strong core in any activity, it is critical in the throws (shot, disc, javelin, and hammer). Football linemen are benefited greatly from the throws because of the strength, explosiveness and power required. This can also be a benefit to wrestlers and basketball players.

In the 2013 NFL draft, 130 out of the 254 players drafted (51%) participated in high school track. Track and cross country (i.e.,

Running Warriors) is the number one participatory sport in the US at the high school level.

Nutritional Corner



From “Foodnotes” in the April 2015 *Wingfoot* – by Page Love:

Pre- and Post- Fueling Snacks for Runners

Before the run – Most runners will need a carbohydrate-based meal 2-3 hours before their run, as well as a complex carbohydrate snack within one hour of the run. I suggest combining complex carbs with light protein sources and fresh or dried fruits during the pre-run snack to hold the runner’s energy level slightly longer. Pre-run snacks include:

- Trail mix containing complex carbs such as almonds, peanuts, dried cranberries, and granola
- Bagel with peanut butter
- Whole grain cereal and milk
- Whole grain crackers and peanut butter
- Popcorn and pretzels
- Granola bars
- Low-fat soup in a thermos

After the run – Runners should eat a high protein snack within 30 minutes of exercise in beverage form, such as chocolate milk, or in a solid form, such as an energy bar. Hydration, energy and protein intake at this time is essential, since runners need to make up for sweat losses and rebuild energy reserves and muscle mass after long runs. Post-run snacks include:

- Peanut butter
- String cheese
- Cottage cheese
- Yogurt

- Chocolate milk
- 1-oz. nut packs

To properly fuel your running, you must eat frequently and chose high energy meals and snacks.

Alumni Notes

Bard College freshman Rickey Waddell ('14) set the Bard school record in the 400m hurdles in 54.45 to become the first Bard athlete to score in the East Coast Athletic Conference Div. III meet.



Waddell showing the good form that helped him score in the Georgia 5A State Meet in the 300 hurdles, as well as set a Bard College school record in the 400 hurdles.

Calendar

1. **Cross Country Official Practice Starts** – Sat., Aug. 1st @ 8:30A at the North.
2. **“Bring Back the Mile” Time Trial** - Fri., Aug. 14th at 7:30 P (half-time of the Lovett pre-season football game) at North.



Running Warrior web site:
www.narunningwarriors.com
NAHS sports web site:

www.northatlantawarriors.org

NAHS Field and Track / XC

Stats Page:

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

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