



2017



### **Length of Season**

Spring: February - early May

### **Practice Schedule:**

Practice - 3 days per week

Sunday 2- 4:00 pm

Location: Parkview Stadium

Tuesday & Thursday 6- 7:30 pm

Location: Parkview High School Practice field

### **Meet Schedule:**

Online and attached. Most meets run from approximately 9:00am- 4:00pm, and require an athlete's a meet Entry Form. Entry Form attached.

### **Attendance:**

Communications is the key! It is important that you communicate your absences with your coaches prior to your absence. It is very important that you attend practice to be appropriately trained and prevent injury. Absences will be considered excused for illness, family reasons, academic and religious activities and must be communicated prior to practice.

**Injuries:**

Any Injuries please notify one of our coaches that will put you in contact with one of the athletic trainers. We highly recommend that you see the trainer who will evaluate and recommend treatment.

Medical Staff

Kellin McKenney, Trainer

Evan Rosenberry, Trainer

Soreness

Injury

Treatment

**Gear:**

We do practice outside in various weather conditions. More clothes are better than not enough. You can always remove what you have. Appropriate training shoes are expected at each practice- no basketball shoes or any other type of shoes not designed for running are to be worn.



## Parkview Express 2017

### Track and Field Schedule

Click the blue links to get meet information

| Date  | Meet Name/Location  |
|---|---|
| Saturday March 4th  | <a href="#">SMART Stockbridge High School Stockbridge GA</a>  |
| Saturday March 11   | <a href="#">SMART Pebblebrook High School Mableton HS</a>   |
| Saturday March 18   | <a href="#">NGYTFL Track Meet 1 Enhanced By SMART Athletics (Youth) Jefferson Memorial Stadium Jefferson GA</a> |
| Saturday March 25   | <a href="#">NGYTFL Meet 2 Enhanced by SMART Athletics (Youth) Athens Academy Athens GA</a>                      |
| NOTHING BEFORE OR AFTER SPRING BREAK short voluntary practices possible |   |
| Saturday April 15   | <a href="#">SMART Elementary School Track and Field Exhibition (ES) Parkview High School Lilburn GA</a>         |
| Saturday April 15   | <a href="#">NGYTFL Meet 5 Enhanced by SMART Athletics (Youth) Walnut Grove High School Loganville GA</a>        |
| Fri/Sat April 21/22   | Georgia Middle School State Championships Enhanced By SMART Athletics (MS/JHS) Parkview High School Lilburn GA  |
| Saturday April 29   | <a href="#">TheLab 2017 (USATF Youth/Open/Masters) Discovery HS Lawrenceville GA</a>                            |
| Saturday May 6  | <a href="#">TheLab 2017 Spring Finale (USATF Youth/Open/Masters) Discovery HS Lawrenceville GA</a>              |

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### GREEN-MIDDLE SCHOOL ONLY

\*\*\* Locations are subject to change due to number of participating teams

Contact:  
**Head Coach Jason Fisher**  
 Jason\_Fisher@Gwinnett.k12.ga.us  
 678-697-2638



## ***Youth Age Divisions***

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for **competition year 2017** are as follows:

| <b>Age Division</b>               | <b>Year of Birth</b> |
|-----------------------------------|----------------------|
| 8 & Under (previously Sub-bantam) | 2009+ *              |
| 9 - 10 (previously Bantam)        | 2007-2008            |
| 11 - 12 (previously Midget)       | 2005-2006            |
| 13 - 14 (previously Youth)        | 2003-2004            |
| 15 - 16 (previously Intermediate) | 2001-2002            |
| 17 - 18 (previously Young)        | 1999-2000**          |

## BOYS AND GIRLS OFFICIAL MEET ENTRY FORM

Fill out this meet entry form and turn it in to your coach before the entry due date. Late entries will not be accepted.

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age Group: \_\_\_\_\_

Club: \_\_\_\_\_

Email: \_\_\_\_\_

| MEET DATE                                   | LOCATION                   | STATUS                                 |  |
|---|----------------------------|--|--|
| Saturday, March 4th                         | Stockbridge High School    | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Saturday March 11                           | Pebblebrook High School    | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Saturday March 18                           | Jefferson Memorial Stadium | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Saturday March 25                           | Athens Academy             | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Saturday April 15<br><b>Elementary</b>      | Parkview High School       | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Saturday April 15                           | Walnut Grove High School   | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Fri/Sat April 21/22<br><b>Middle School</b> | Parkview High School       | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Saturday April 29                           | Discovery High School      | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |
| Saturday May 6                              | Discovery High School      | <input type="checkbox"/> Participating | <input type="checkbox"/> Not-Participating |

**Entry forms are due February 20th.**



## **Track Meet Policies**

Meet information will be provided prior to each meet. This will be in paper form, email, and/or on the web site ([www.parkviewexpress.net](http://www.parkviewexpress.net)). Parkview panther parents and athletes are responsible for knowing the athlete's meet events and times. All meet entries are due the Thursday (10 day prior) to the following weekend track meet. Parkview coaches determine what events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry, but the coaches have the final say. If an athlete will not be competing at a meet, this must be communicated via email to [shellyannsmart@gmail.com](mailto:shellyannsmart@gmail.com) one week prior to the start of the meet. The Club will have a designated area for Panther athletes to stay during the meet. All athletes must sit together in this area. Parents will have a separate sitting area.

## **Athletes' Responsibilities**

Check in with the Club. Upon arrive at a meet, check in with the Club at the designated area and get your instructions. Sit with the Club during the meet. Athletes must stay in the Club area during the meet. Come prepared. Wear your club uniform. Have your shoe bag containing shoes and water bottle (with water only). Bring warm-up clothes to every meet – weather is unpredictable. There are to be absolutely no flip flops of any kind worn to a track meet. Arrive on time to get prepared physically and mentally for your events. Bring food. Bring plenty of healthy food. See the Nutrition section for ideas. Concession Stands. Concession Stands are off limits during the meet.

## Nutrition Snack Hints

**(Stay away from Dairy Products during completion)**

**HIDRATION IS A 3-5 DAY PROCESS (Fluids all day at a minimum Body weight per oz. of water/Gatorade/powerade). Combination of water and sports drinks.**

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Bananas, grapes, & melon
- Fruit roll ups
- Water

### **Pre-competition Meals**

The night before a track meet Eat pasta, pizza, vegetables, brown rice etc. The day of a track meet Eat 2-3 hours prior to your event starting...oat meal, wheat toast etc.

### **All Day Events**

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods include the following:

#### **One hour before competition:**

Fruit and vegetable juices such as tomato juices, and/or fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

#### **Two to three hours before competition:**

Fruit juices and fresh fruit, and/or breads, bagels or muffins, Sandwich w/wheat bread.

#### **Three to four hours before competition:**

Fruit juices and fresh fruit, and breads, bagels or muffins and a light spread of peanut butter

#### **After Completion:**

Protein from any source

Milk, Lean meat, nuts, soy to repair muscles. This is very important for healthy body and proper recovery.





Contact for the coaches'/team moms are below: See website for email link

|                           |                 |                                   |
|---------------------------|-----------------|-----------------------------------|
| <b>Jason Fisher</b>       | Head Coach      | Duties: Jumps/Sprints/Relays      |
| <b>Ezra Namkoong</b>      | Assistant Coach | Duties: Sprints/Relays            |
| <b>Eric Nawyn</b>         | Assistant Coach | Duties: Distance                  |
| <b>Darrell Steele</b>     | Assistant Coach | Duties: Throws & Multi-events     |
| <b>Michael Hill</b>       | Assistant Coach | Duties: Sprints, Relays & Hurdles |
| <b>Alexis Jones Hardy</b> | Assistant Coach | Duties: Relays & Jumps            |
| <b>Mike Goss</b>          | Assistant Coach | Duties: Jumps                     |

**Matt Henson**, Head Track & Field, Parkview High School

**Shelly-Ann Smart**, Team Mom/Administrative - Elementary

**Becky Thomas**, Team Mom/Administrative – Middle

**Julie Hall**, Team Mom/Administrative – Distance