

INFORMATION ABOUT THE DURHAM STRIDER TRACK PROGRAM:

The Durham Striders will begin their 39th season on SATURDAY, February 22, 2014 at Southern High School in Durham with REGISTRATION and free Pre-Participation Physical Exams for interested athletes from 5-18 years old. Five year olds may register to participate but must turn 6 by June 1st to compete in USATF competition.

General Information:

The Durham Strider Program is one of the largest youth track developmental programs in the country, now in its 39th year. The Strider program has been a leader in the country by not only focusing on the development of athletic ability in track and field events but also has developed a comprehensive and equally important focus on academic excellence, leadership development through modeling and reinforcement of positive behaviors, informed decision-making where lifestyle choices are concerned, and health/wellness/nutritional priorities resulting in age appropriate health parameters for more than 95% of its participants. Each of the past 20+ years, the program has enrolled more than 200 children in year-round programming that includes the following USATF-sanctioned competition:

- 1) spring-summer outdoor track training and competition (March thru the end of July),
- 2) late summer/fall cross-country program (late August through early December)
- 3) winter pre-season conditioning/indoor track program (January thru late February)

The program is proud of the fact that >95% of our enrolled athletes are on the A/B Honor rolls at their respective schools, and 99% passed end-of-grade testing during the 2013 spring testing period. Each year our graduating seniors are recruited to some of the country's most academically and athletically competitive programs. The Strider program boasts more than 350 alumni who are personally and professionally successful and are making contributions to their respective communities. Many have returned with their own children, have volunteered to help coach and participate in the Strider program as young adults.

The Striders have won multiple national, regional and local age-group youth track and field championships, and have given more than 300 of the Striders "graduates" access to college careers through academic as well as athletic scholarships. The program is host to the Russell E Blunt East Coast Invitational Track Meet, the country's largest and most competitive track and field competition in the late summer just before the USATF Junior Olympic National Championships. The meet, named for Durham coaching legend Coach Russell Blunt who coached at Hillside and Southern High Schools, attracts the country's most elite youth track athletes on their way to the Junior Olympic championships each summer. The program organizes developmental meets, USATF state and regional meets, and is known for and sought after for its timing and meet management

Last summer, the Striders qualified 62 of its athletes to the USATF National Championships at North Carolina A&T State University where more than half of its athletes finished in the top 20 in multiple events among almost 8300 athletes present at the National Championships. In addition, one of its athletes, Isaiah Moore, was chosen to represent the US on the World Junior Olympic team at the World Games in the Ukraine, finishing in the top 10 in the world in the 110m hurdles and long jump competition. Isaiah went on to win the USA National Junior Olympic Championship in the 110m Hurdles this summer at the Junior Olympic National Championships in Greensboro.

The training/competition year begins with SPRING-SUMMER track however; **children may enter the program AT ANY TIME.**

REGISTRATION:

Official registration/physicals are held from 9AM-1PM at Southern High School, 800 Clayton Road, Durham NC 27703 on the last Saturday of February each year.

The 2014 Registration and Pre-Participation physicals will be held on SATURDAY, February 22 at Southern High School from 9AM-1:00PM.

The DURHAM STRIDER registration fee for 2014 participation is \$125/child for the year of participation and includes access to ALL components of the program: spring-summer track, cross-country (XC), pre-season conditioning (Pre-Con), and Indoor track season. A tiered fee schedule is available for families with multiple children.

USATF REGISTRATION INFORMATION:

For those who intend to run Indoor, Spring-Summer, and/or XC in 2014, you will need **a new USATF number that will last through December 31, 2014.** The official USATF “year” begins January 1 and closes December 31st of EACH year. This means that ALL USATF Registrations EXPIRE on December 31st and **MUST BE RENEWED** whether a child is running part or all of the competition year. There are **NO EXCEPTIONS TO THIS RULE.** To avoid the rush, and **if your child will participate in INDOOR TRACK MEETS in January and February, you MUST have a NEW USATF number whether you are new to the program or a returning athletes. The USATF Registration fee is \$20/child.** That new number will be good THROUGH December 31, 2014.

A **CRITICAL PART** of the membership registration is to **AFFILIATE** with the Durham Striders.

1) If you are **RENEWING**, then your affiliation is already in place with the Durham Striders and you need **ONLY** to RENEW your registration

2) **If you are changing from another Club to the Durham Striders then you SHOULD do this when you register for the 2014 season.**

3)) If you are **NEW** to the Strider program or new to USATF altogether, you **MUST** register as a NEW membership and a **CRITICAL PIECE** of this is to affiliate with the Durham Striders, Club number 13-0618..

The USATF membership registration is ONLINE

at: <https://www.usatf.org/membership/application/index.asp>

ALL PARENTS ARE EXPECTED TO VOLUNTEER WITH THE PROGRAM. There are multiple ways to volunteer such as fund-raising, assistance with track meet roles-registration, check-in, awards, set-up, clean-up, etc All adults who have direct contact with athletes must register with USATF and undergo and pass a background check administered through USATF.

BEFORE Children may participate, they must have the following:

- 1) A parent or legal guardian to complete and SIGN registration forms
- 2) A **copy** of the child’s birth certificate
- 3) A copy of a recent physical exam or have a FREE physical examination performed at registration in late February
- 4) A signed code of conduct and academic expectation agreements. **These documents are signed by the parent or legal guardian AND the children.**

COMMUNICATION:

Weekly newsletters are published to our Durham Strider list serve and to the Durham Strider Parents Group Facebook page. **It is essential that we have CORRECT email addresses for families as the list serve and the Facebook page are our PRIMARY COMMUNICATION for parents, athletes, etc.** You must request access to the Durham Strider Parents Facebook page. You made do so by contacting Takashia Penny at takashiap@yahoo.com. **It will be VERY IMPORTANT that we have CORRECT E-mail addresses for everyone to communicate changes in practice sites, information about meets, team meetings, etc to you.**

The official Durham Strider website is: www.durhamstriders.com

PRE-SEASON CONDITIONING/INDOOR TRACK/NEW USATF Year begins January 4, 2014

We will begin pre-season conditioning **SATURDAY Mornings, beginning with the first Saturday after the New Year January at 9:00AM** at Southern High School and continue every Saturday morning through the end of February

There is **NO ADDITIONAL COST** for pre-season conditioning for athletes **who are registered already in one of the Durham Strider programs for the year, e.g. XC, Spring-Summer Track, Indoor Track/Pre-season conditioning and is open to children from 6-18...**

On days when the weather permits, we will run outside and in some cases, instead of running at Southern, practice at the Buehler Trail in Duke Forest.

We anticipate that the kids will run in at least 2 indoor track meets which depending on location, may include the USATF ZONAL MEET in February which is the qualifying meet for the USATF JO Indoor National Championships which will be held in Maryland in early March. The top 6 finishers in each event in each age group qualify to the Indoor National Championships.

During XC, Indoor pre-conditioning and early outdoor seasons (March-April), the kids will need to **dress warmly** for practice-something on their heads (toboggans), something on their hands (gloves) and something on their legs (leggings or sweatpants)-a sturdy pair of running shoes appropriate for their feet. We **STRONGLY** urge that you **go to 9th Street Active Feet** (on Iredell Street right behind 9th Street in Durham) and have the personnel there evaluate your children's foot structure, gait, etc and put them in APPROPRIATE shoes that will help AVOID some of the aches and pains associated with CUTE BUT POORLY FUNCTIONAL shoes that you can pick up anywhere. Ninth Street Active Feet is the **OFFICIAL outfitter for the Durham Striders program**. Please identify yourselves with the Durham Strider program to receive the Strider discount.

SPRING-SUMMER TRACK: March-late July

Spring-Summer Track is the longest of the competitive seasons beginning in early March and completing with the National Junior Olympic Championships (for those who qualify through an advance-by-elimination meets). The USATF JO National Outdoor Championships are held at the end of July. Children 5-18 may participate.

Practices are held 3-4 times/week from 5:30-7PM until DST begins and then from 6-7:30PM on Mondays, Wednesdays, Thursdays and on Tuesdays for those participating in specialty events (hurdles, jumps, throws, relays, etc).

The children are coached by age-groups and skill level. We anticipate every year that many of the children will progress rapidly as far as skill level and athletic conditioning is concerned. The children will compete in developmental meets 2-3x/month in April and May usually held on Friday evenings or Saturdays. Beginning in June, the more competitive meets will start which will require meeting competition standards set by the meet hosts or finishing at or near the top of increasingly difficult competition. These are usually INVITATIONAL MEETS or USATF ELIMINATION BY COMPETITION MEETS to qualify to the Junior Olympics.

CROSS COUNTRY: August – late November During XC, Indoor pre-conditioning and early outdoor seasons (March-April), the kids will need to **dress warmly** for practice-something on their heads (toboggans), something on their hands (gloves) and something on their legs (leggings or sweatpants)-a sturdy pair of running shoes appropriate for their feet. We **STRONGLY** urge that you **go to 9th Street Active Feet** (on Iredell Street right behind 9th Street in Durham) and have the personnel there evaluate your children's foot structure, gait, etc and put them in APPROPRIATE shoes that will help AVOID some of the aches and pains associated with CUTE BUT POORLY FUNCTIONAL shoes that you can pick up anywhere. Ninth Street Active Feet is the **OFFICIAL outfitter for the Durham Striders program**. Please identify yourselves with the Durham Strider program to receive the Strider discount. We will begin our cross country season late August. Practices are held on Saturdays, Mondays, and Wednesdays. We use the Buehler Trail in Duke Forest, the Whitfield Hills in Duke Forest, the Duke Gardens, and Duke's East Campus for practices. Cross Country is open to children 7-18 years old. Practices are held three times/week as listed below. There are at least 3 competitions BEFORE the USATF North Carolina qualifying meet for USATF National Championships which are held in December. More information will be provided to athletes and parents at our first practice in mid-late August..

The practice schedule for XC is usually:

Mondays/5:30-6:30PM East campus, Duke University: The children will warmup and then run the inside perimeter of the wall around Duke's East Campus.

Wednesdays/5:30-6:30PM Duke Gardens, Duke University: The children will warmup and then run the Gardens

Saturdays/8:45-10AM: Buehler Trail alternating with the Whitfield Road Trail. This practice is our toughest practice each week. The Buehler Trail is a 4-5K trail with graduated hills. The Whitfield Road Trail is a series of vertical hills that is used to develop power running and endurance.

2013-2014 IMPORTANT DATES TO REMEMBER

August 24: Cross Country practice begins
November 3(unofficial): NC State XC Championships, Hagan Stone Park, Greensboro NC
December 14: USATF XC Nationals, San Antonio, Texas

2014 Season

January 4, 2014: First Pre-Season/Indoor Track Practice at Southern High School
February 15-16 USATF South Zone Youth Championships, Location-Birmingham, Alabama
(qualifier for USATF Indoor Nationals)
February 22 **REGISTRATION and Pre-PARTICIPATION PHYSICALS for Spring-Summer Track (9-1PM at Southern HS)**
March 3 **FIRST Day of Outdoor Track Practice** at Southern High School/5:30-7PM
March 14-16 (tentative) USATF Indoor National Championships, Prince George County*

*Prince George's County, Maryland will host to USATF's 3rd National Youth Indoor Track & Field Championships. Entry into this championship will be based on performance and advancement through Zone Championships. Top six (6) finishers in each event at the Zonal Championships qualify for participation in the National Championships. Competition takes place in six two-year age divisions, with athletes generally falling between the ages of 7 and 18.

Contact Information:

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