

EVENT ANALYSIS (cont.)

800 Meter Run

Brian Hyde	1:57.9
Ross DeGraff	2:01.2
Mac Anderson	2:04.2
Stuart Palmer	2:08.5
Mike Henning	2:10.0
Eddie Kodish	2:09.0 **
Joby Dendy	2:16.0
Bryan Garcia	2:17.0
Eric Jackson	2:20.0
Dan Reed	2:21.0
Art Shillito	2:22.0
Ryan Asbury	2:23.0
Vince Tran	2:25.0

1600 Meter Run

Brian Hyde	4:17.1
Ross De Graff	4:40.1
Dan Reed	4:54.8
Stuart Palmer	4:55.0
Bryan Garcia	4:59.0
Art Shillito	4:59.0

3200 Meter Run

Brian Hyde	9:57.0
Stuart Palmer	10:19.8
Dan Reed	10:47.0
Bryan Garcia	11:11.0
Ross DeGraff	11:16.0
Art Shillito	12:29.0

HIGH HURDLES

Larry Bolden	:15.9
Matt Reid	:19.2
Nate Madsen	:20.6

IM. HURDLES

Pete Anderson	:43.8
Larry Bolden	:44.2
Matt Reid	:46.4

800 Meter Relay Leg

Brad Fields	:23.2
Eddie Kodish	:23.4
Pete Anderson	:23.4
Scott Christensen	:23.5
Jeff Kerr	:23.7
Harvey Moore	:24.4
Mark VandeKieft	:24.4
Cory Betts	:26.7

1600 Meter Relay Leg

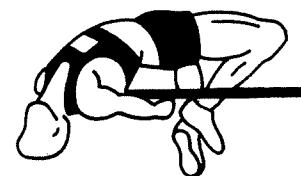
Brian Hyde	:50.9
Brian Razmussen	:53.5
Jeff Kerr	:54.5
Harvey Moore	:55.7
Steve Oliver	:56.4
Matt Reid	:58.0
Mike Henning	:58.2
Pete Anderson	:58.6
Scott Christensen	:58.7



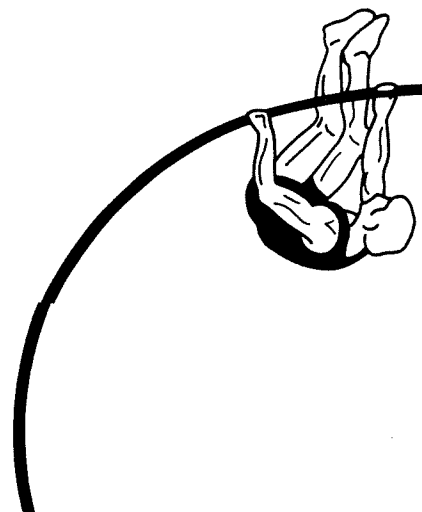
EAST KENTWOOD OUTDOOR TRACK RECORDS

* All times have been converted to meters.

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>TIME/DISTANCE</u>	<u>YEAR</u>
Shot Put	Greg Den Boer	58' 10 3/4"	1971
Long Jump	Eric Hartfield	23' 3"	1980
High Jump	Chris Baker	6' 6"	1985
Pole Vault	Curt Geerlings	15' 1"	1978
Discus	Craig Green	150' 8"	1983
100 M. Dash	Kip Paul	:10.78	1981
200 M. Dash	Kip Paul	:22.1	1981
400 M. Dash	Cal Hawkins	:49.3	1983
800 M. Run	Jim Baker	1:54.1	1978
1600 M. Run	Mark Reinardy	4:12.8	1986
3200 M. Run	Mark Reinardy	9:24.0	1986
110 M. High Hurdles (Wide Aided)	Tom Trimpe	:14.4	1971
110 M. High Hurdles	Brian Palmer	:14.4	1988
300 M. Im. Hurdles	Mike Small	:40.6	1988
330 Yd Low Hurdles (No Longer Run)	Todd Ernst	:37.9	1986
180 Yd Low Hurdles (No Longer Run)	Dan Lanning	:19.9	1973
400 M. Relay	Max McDonald Blake Born Morrie Fongers Jesse Heard	:43.7	1985
800 M. Relay	Brad Fields Eddie Kodish D.J. Reid Karl Taylor	1:30.3	1989



1600 M. Relay	Bruce Fields Jeff Grant Stuart Meyer Cal Hawkins	3:24.8	1982
3200 M. Relay	Stu Scobie Mark Sellers Dave Schultz Andy Kazmierski	8:00.4	1986
Dist. Med. Relay	Stu Scobie Steve Stapleton Andy Kazmierski Mark Reinardy	10:43.0	1985
Sprint Med. Relay	Jesse Heard B.J. Evans Max McDonald Todd Ernst	2:28.1	1985
Shuttle Hurdle	Loren Johnson Ed Verbrugge Brian Vanderweele Greg Hecksel	:58.8	1976
	William Armstrong Brian Palmer Mike Small Eric Hill	:58.8	1988
6400 M. Relay	Dave Tomaszewski Dan VanLaan Mike Bonarski Jim Baker	40:23.4	1978
Frosh 800 M. Relay	Jeff Kerr Larry Bolden Don Ball Craig Mesler	1:36.3	1988



EAST KENTWOOD TRACK
ALL TIME TOP TEN



SHOT PUT

1. Greg DenBoer	58' 10 3/4"	(71)
2. Dan Quist	55' 0"	(66)
3. Craig Green	52' 3 1/2"	(81)
4. George Zender	52' 4"	(68)
5. Bob Green	50' 5"	(80)
6. Bob Rozema	49' 11"	(89)
7. Derek Fitzpatrick	49' 8"	(84)
8. Brandon Born	49' 4"	(84)
9. Matt Dubois	47' 6 1/2"	(86)
10. John Anes	47' 1/2"	(77)

DISCUS

1. Craig Green	150' 8"	(83)
2. Kevin Pattereson	149' 8 3/4"	(80)
3. Brandon Born	134' 4 1/2"	(84)
4. John Anes	129' 8 1/2"	(77)
5. Marlon Babers	125' 5 1/2"	(87)
6. Mike Buettner	125' 3"	(89)
7. Tom Bassett	124' 9 1/2"	(82)
8. Chuck Bassett	124' 6"	(85)
9. Matt Frankforter	124' 4"	(76)
10. Bob Rozema	123' 6 1/2"	(89)

LONG JUMP

1. Eric Hartfield	23' 2"	(80)
2. Eric Hill	22' 8"	(88)
3. Dennis Howe	22' 5 1/2"	(69)
4. Kevin Stankey	22' 2"	(81)
5. Percy Dykes	21' 11 1/2"	(80)
6. Loren Johnson	21' 8 1/2"	(76)
7. Flip Haight	21' 6 1/2"	(70)
7. Matt Diehl	21' 6 1/2"	(73)
9. D. J. Reid	21' 4 1/2"	(89)
10. Bruce Cargill	21' 4"	(78)

HIGH JUMP

1. Chris Baker	6' 6"	(85)
2. Eric Hartfield	6' 5 3/4"	(80)
3. Chuck Hoffman	6' 5 1/2"	(78)
4. Mike Geukes	6' 4"	(78)
4. Brian Patterson	6' 4"	(79)
6. William Armstrong	6' 3"	(88)
6. Shaum O'Brien	6' 3"	(83)
8. Bruce Cargill	6' 2"	(78)
8. Don Greenbauer	6' 2"	(82)
8. Bruce Fields	6' 2"	(82)

POLE VAULT

1. Curt Geerlings	15' 1"	(78)
2. Dan Slot	14' 1/4"	(76)
3. Kevin Patterson	14' 0"	(80)
4. Matt Geerlings	14' 0"	(83)
5. Mike Patterson	13' 6"	(88)
5. Don Slot	13' 6"	(73)
7. Pat Paterson	13' 3"	(71)
7. Brian Patterson	13' 3"	(78)
9. Dave Slot	12' 6"	(72)
9. Steve Middleton	12' 6"	(80)
9. Brad Clinger	12' 6"	(85)

100 METER DASH

1. Kip Paul	10.78	(81)
2. Kevin Stankey	10.9	(82)
2. Jesse Heard	10.9	(85)
2. Blake Born	10.9	(87)
5. Loren Johnson	11.0	(76)
5. Duan Swargerty	11.0	(78)
5. Karal Taylor	11.0	(89)
8. Dave Naughton	11.1	(75)
8. Ritchie Swarerty	11.1	(80)
8. Max Mc Donald	11.1	(85)
8. Norm Byram	11.1	(69)



EAST KENTWOOD TRACK

ALL TIME TOP TEN



200 METER DASH

1.	Kip Paul	:22.1	(81)
2.	Dave Naughton	:22.3	(75)
2.	Cal Hawkins	:22.3	(83)
4.	B.J. Evans	:22.4	(87)
5.	Jesse Heard	:22.5	(85)
6.	Duan Swargerty	:22.6	(77)
7.	Norm Byram	:22.7	(69)
8.	Brian Simmons	:22.8	(75)
8.	D.J. Reid	:22.8	(89)
10.	Rick Williams	:22.9	(75)
10.	Blake Born	:22.9	(85)
10.	Eric Hill	:22.9	(88)

400 METER DASH

1.	Cal Hawkins	:49.3	(83)
2.	Ken Bierschbach	:50.3	(77)
2.	Tom O'Conner	:50.3	(79)
2.	Jesse Heard	:50.3	(85)
5.	Rob Dantuma	:50.4	(80)
6.	Walt Stange	:50.7	(75)
7.	Kim Davidson	:50.8	(73)
7.	Bruce Fields	:50.8	(82)
9.	Bob Hanson	:51.0	(85)
10.	Rick Paske	:51.1	(75)

HIGH HURDLES

1.	Brian Palmer	:14.4	(88)
2.	Dan Lanning	:14.5	(73)
2.	Mike Small	:14.5	(88)
4.	Chris Baker	:14.6	(85)
5.	Tom Trimpe	:14.7	(71)
5.	William Armstrong	:14.7	(88)
7.	Bruce Cargill	:14.75	(78)
8.	Todd Ernst	:14.8	(87)
9.	Jeff Trimpe	:15.1	(74)
9.	Chuck Hoffman	:15.1	(78)
9.	Phil Tanis	:15.1	(83)

330 LOW HURDLES (NO LONGER RUN)

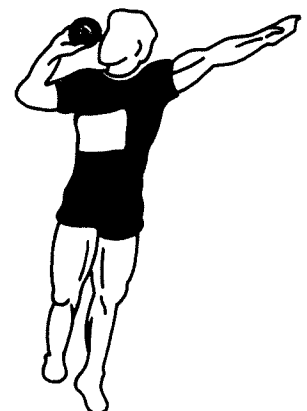
1.	Todd Ernst	:37.9	(86)
2.	Eric Hill	:38.8	(87)
3.	Greg Hecksel	:38.9	(77)
4.	Percy Dykes	:39.0	(80)
5.	Chris Baker	:39.4	(85)
6.	Bob Verbrugge	:39.6	(84)
7.	Jeff Grant	:40.0	(82)
8.	Bruce Cargill	:40.2	(78)
9.	William Armstrong	:40.4	(87)
10.	Kevin Hausch	:40.8	(83)

1600 METER RUN

1.	Mark Reinardy	4:12.8	(86)
2.	Brian Hyde	4:17.1	(89)
3.	Jim Baker	4:18.4	(78)
4.	Chris Napolillo	4:21.9	(81)
5.	Mike Gromko	4:23.2	(77)
6.	Mike Kazmierski	4:23.3	(83)
7.	Hal Byram	4:27.4	(73)
8.	Mark Kotsonas	4:28.2	(87)
9.	Aaron Swarez	4:29.4	(88)
10.	Stuart Meyer	4:30.2	(83)

3200 METER RUN

1.	Mark Reinardy	9:24.0	(86)
2.	Andy Kazmierski	9:24.4	(86)
2.	Chris Napolillo	9:24.4	(81)
4.	Dave Tomaszewski	9:38.7	(78)
5.	Rick Terpstra	9:38.9	(76)
6.	Brian Hyde	9:41.2	(88)
7.	Mike Gromko	9:46.0	(77)
8.	Mike Reinardy	9:48.8	(85)
9.	Mike Olszewski	9:51.3	(83)
10.	Mike Schmuker	9:53.5	(79)



800 METER RUN

1.	Jim Baker	1:54.1	(78)
2.	Kim Davidson	1:54.6	(73)
3.	Mike Walsh	1:56.3	(81)
4.	Stuart Meyer	1:57.1	(83)
5.	Hal Byram	1:57.3	(73)
5.	Walt Stange	1:57.3	(75)
7.	Mike Kazmierski	1:57.4	(84)
8.	Mark Sellers	1:57.4	(86)
9.	Stu Scobie	1:57.7	(85)
10.	Brian Hyde	1:57.9	(88)

300 METER I.M. HURDLES

1.	Mike Small	:40.6	(88)
2.	William Armstrong	:41.3	(88)
3.	Brian Palmer	:41.6	(88)
3.	Brian Small	:41.6	(89)
5.	Eric Hill	:43.8	(88)
6.	Pete Anderson	:43.8	(89)
7.	Marcus Jordon	:45.9	(89)
8.	Matt Reid	:46.4	(89)

* All times have been converted to meters



EAST KENTWOOD TRACK

ALL TIME TOP TEN

800 METER RELAY

1.	Brad Fields, Eddie Kodish, D.J. Reid, Karl Taylor	1:30.3	(89)
2.	Cal Hawkins, Morrie Fongers, Kevin Stankey, Jesse Heard	1:31.2	(83)
3.	Tom Terbeek, Paul Verbrugge, Rick Den Boer, Dave Naughton	1:31.4	(74)
3.	Ricthie Swagerty, Gary Barber, Percy Dykes, Kip Paul	1:31.4	(80)
5.	Tom Trimpe, Greg Den Boer, Flip Haight, Dennis Howe	1:31.5	(70)
6.	Kip Paul, Gary Barber, Randy Gordon, Kevin Stankey	1:31.6	(81)
6.	Kip Paul, Randy Gordon, Mike Walsh, Kevin Stankey	1:31.6	(81)
8.	Richie Swargerty, Kevin Stankey, Percy Dykes, Kip Paul	1:31.7	(80)
8.	Jesse Heard, Jeff Grant, Kevin Stankey, Cal Hawkins	1:31.7	(82)
10.	Neil Traverse, Percy Dykes, Gary Barber, Kip Paul	1:31.9	(80)

1600 METER RUN

1.	Bruce Fields, Jeff Grant, Stuart Meyer, Cal HJawkins	3:25.8	(82)
2.	Hal Byram, Tim Beekman, Gary Dowling, Kim Davidson	3:25.9	(73)
3.	Rob Dantuma, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.0	(80)
4.	Dave Bills, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.3	(77)
5.	Walt Stange, John Mooney, Jim Hawkin, Rick Paske	3:26.6	(75)
6.	Cal Hawkins, John Erhardt, Stuart Meyer, Mike Kazmierski	3:26.7	(83)
7.	Chris Baker, Bob Hanson, Steve Stapleton, Tood Ernst	3:26.9	(85)
8.	Chris Baker, Blake Born, Steve Stapleton, Todd Ernst	3:27.2	(85)
9.	Jess Heard, JOHN Erhardt, Stuart Meter, Mike Kazmierski	3:28.2	(83)
10.	Tom Terbeek, Paul Verbrugge, Rick Paske, Walt Stange	3:28.5	(74)

400 METER RELAY

1.	Max McDonald, Blake Born, Morrie Fongers, Jesse Heard	:43.7	(85)
2.	Brian Rexford, Doug Baragar, Don Greenbauer, Duan Swagerty	:44.0	(78)
2.	Max McDonald, B.J. Evans, Blake Born, Todd Ernst	:44.0	(85)
4.	Rick Den Boer, Steve Sytsma, Jim Herrman, Dave Naughton	:44.1	(74)
4.	Dave Naughton, Loren Johnson, Greg Hecksel Rick Williams	:44.1	(75)
4.	Rich Swargerty, Percy Dykes, Niel Traverse, Kip Paul	:44.1	(79)
4.	Percy Dykes, Gary Barber, Neil Traverse, Kip Paul	:44.1	(80)
8.	Rick Den Boer, Steve Sytsma, Paul Verbrugge, Dave Naughton	:44.2	(74)
8.	Greg Hecksel, Brain Rexford, Doug Baragar, Darrall Thurman	:44.2	(77)
8.	Ryan Vanderhoff, Kevin Barnes, Eric Hill, Blake Born	:44.2	(87)
8.	Brad Fields, Karl Taylor, Eddie Kodish, D.J. Reid	:44.2	(89)

3200 METER RELAY

1.	Andy Kazmierski, Dave Schultz, Mark Sellers, Stu Scobie	8:00.4	(86)
2.	Ross DeGraff, Mac Anderson, Stu Palmer, Brian Hyde	8:02.0	(89)
3.	Stu Scobie, Mark Reinardy, Tony Bielecki, MIke Kazmierski	8:03.3	(84)
4.	Stu Scobie, Mark Rienardy, Bob Hanson, Andy Kazmierski	8:04.5	(85)
5.	Bob Dekoster, Eric Vaughn, Rusty McBride, Mike Walsh	8:10.9	(80)
6.	Andy Kazmierski, Mark Reinardy, Mark Sellers, Stu Scobie	8:13.8	(86)
7.	Stu Scobie, Mark Reinardy, John Possett, Andy Kazmierski	8:14.6	(85)
7.	Dave Schultz, Aaron Suarez, Jon Royer, Brian Hyde	8:14.6	(88)
9.	Stu Scobie, John Possett, Mark Sellers, Mark Reinardy	8:15.0	(85)
19.	Mark Kotsonas, Jon Royer, Dan Otto, Dave Schultz	8:17.5	(87)
10.	Stu Scobie, Tony Bielecki, Tim Allbaugh, Mike Kazmierski	8:17.6	(84)



Pre-game Meal Less Important Than Proper Weeklong Nutrition

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Salem College / Salem, West Virginia

Each week, thousands of athletes race onto gridirons in hopes of leaving as winners. In preparation for this event, coaches hold chalk-board talks, managers check equipment, athletic trainers schedule treatments and rehabilitation for the injured, and players psych themselves up for every practice. One aspect is generally overlooked during these preparations: diet. Diet can possibly be the missing link for a losing team that wants to win.

The normal diet of an athlete should be high in carbohydrates (50-60%), low in fats (30-35%) and low in proteins (12-15%). The food eaten just before events cannot be absorbed quickly enough to provide energy for that event. Thus, the nutritional needs of athletes need to be addressed throughout the week.

The diet during the first two days after an event should vary from the normal diet. The lower percentage should be used for carbohydrates (50%), and the upper percentage used for fats (35%) and proteins (15%). The reason for this is simply that the athlete is in a rebuilding phase and an increase in fats and protein will help the body recover from the rigors of the game.

Once mid-week rolls around, the athlete's body starts requiring larger amounts of carbohy-

drates to maintain necessary energy levels. At this point, a diet higher in carbohydrates (60%) and lower in fats (30%) and proteins (12%) plays an important role. Maintained throughout the remainder of the week, this diet should allow an athlete to enjoy greater energy levels for practice and increased performance levels by game day.

With a proper diet throughout the week, energy levels will be at a high point by game time, making the pre-game meal not quite as important as one might think. The traditional pre-game training table feast (heavy, high-protein food) is gradually being replaced with lighter, more easily digestible high-carbohydrate foods, as it has been found that protein-dominated meals take about 5-10% more oxygen to metabolize.

The pre-game meal should be eaten at least three hours before the event and should consist mainly of high carbohydrate foods. In addition, the pre-game meal may have larger psychological than physiological effects on performance. Personal preference plays a large part in the pre-game meal, so don't worry if an athlete doesn't want to eat anything or wants something out of the ordinary. The best choice, however, is a well-balanced meal, following a proper diet throughout the week.

Good carbohydrate sources

cereal grains	breads	dried fruit
potatoes	pasta	molasses, honey
fresh fruits	jams, jellies	syrops
fresh vegetables	beans, peas	pancakes

High Performance Training Diet

As an athlete, your body needs fuel from nutritious foods to perform at its best. You need to eat right and make sure your diet is well balanced, containing the proper amount of carbohydrates, protein, fat, vitamins and minerals.

Here is a basic training diet for young athletes which provides 2000 to 2200 Calories. More active athletes may need 3000 to 4000 Calories a day. If you need more calories because you are very active, make sure your diet is well balanced. The food you add should come from the four different food groups, not just from one group. Also, remember that you need more food from some food groups than others. You should eat about twice as many servings from the milk group than from the meat group and about four times as many servings from the fruit and vegetable and grain groups as the meat group.

Eating Before Competition

Eating a nutritious meal before competition is important to give you needed energy and to prevent you from feeling hungry during competition.

Here is some pre-competition eating advice:

- Eat three hours before any sports event to allow time for food to digest.
- Make the meal light, approximately 400 to 600 Calories.
- Eat fruit and foods rich in complex carbohydrate. Good sources of complex carbohydrate include pasta, whole grain breads, cereals, and vegetables.
- Avoid high-fat, high-protein foods which are slow to digest. High-fat foods include pizza with meat, and any fried food such as french fries, and fried chicken. Other high-fat items include cheese, mayonnaise, salad dressings, butter and margarine. Meats, eggs, poultry, fish and beans are sources of protein.

EAST KENTWOOD HIGH SCHOOL TRACK

Name Season's Best

Year 1990

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I.M. Hur.	1600	3200	300R. Leg	1600R. Leg
Anderson Pete II			19'9"				24.3	57.6						24.8	57.0
Anderson Mac								55	2:00.8		5:08	5:11		24.3	
Austin Jathan					-			60.5		18.7	43.1			25.5	
Baker Corey						11.35	23.8	60						23.3	
Baker Mark															
Berkenpas Jeff															
Betts Corey			19'6"	12'0"		12.0		60						26.2	58.7
Bolder Larry								58		15.9	42.1				55.4
Boyd Ken									2:31			5:05	11:58		57.0
Buehner, Mike	38'3"	140'													
Chalut, Eric			15'9"				27.9	57.9							

EAST KENTWOOD HIGH SCHOOL TRACK

Name Season's Best Year 1990

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I. M. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Chapin Ray					5'10"			581							56.4
Christensen Scott							25.3	55.0						24.9	58
Chupp John							27.9								
Cook Steve									2:27			4:58	11:07		
DeGraaf Ross								57.0	2:01.5						52.9
DuBois Tim			16'7"			12.9	27.6	62.0						25.6	
Fields Brad						11.0	22.3	52.8						21.0	
Garcia Bryan								58	2:16			4:53	10:52		
Henderson Brian															
Henning Mike								58	2:05 2:04.7						
Nosey Damaris						13.3	28	61.1							

EAST KENTWOOD HIGH SCHOOL TRACK

Name Season's Best Year 1990

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I. M. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Shakir, Karim			17'2"			11.6	25.4							24.3	
Skillito, Art									2:22			5:48	11:55		
Spencer, Scott															
Strong, Jackie			18'8"			12.4		57.0							57.1
Strow, Bob								66.9	2:34			5:59			
Tucker, Olan															
Tyson, Craig						11.8	27.0				49.2			20.1	60.5
VanDyke Paul															
VanderVord Mark									2:32			5:35	11:17		
William Shaw	40'7"	112'1"						69.8							

East Kentwood



TRACK

1990

EAST KENTWOOD TRACK



- 1982 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1983 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1984 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1985 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1986 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1987 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1988 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1989 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"

Over the past eight seasons we have had seasons that you as members of the East Kentwood Track Team can be proud of. In addition to the eight Championships, these teams extended their dual meet record to 70 straight victories, dating back to April of 1981. Kentwood Track Teams have also placed very well in many large invitational as well in State competition.

Why have these teams enjoyed this success? The answer lies with the talented and dedicated athletes that have made up our teams. We have been fortunate to have had young men that are willing to make sacrifices. Young men that are willing to put forth the time and effort that is necessary to attain their goals. The athletes also realize that each man on the team is vital and that each place in a meet has a great effect on the outcome of that particular meet and the entire season. In the past we have won meets and championships because someone came up with an unexpected third place in his event.

Can this year's team make it an 9th straight Championship. As coaches we feel we have an excellent change although we do have some areas of concern. In both our field events and the distance events we have people returning, but we are lacking the depth we have had in the past. The next few weeks will be very important to you as an individual and to our team as a whole. Time wasted or lost now is difficult to make up later in the season. From this point on the success is again up to you.





PRACTICE ORGANIZATION

Practice plans are posted daily and each coach has a copy. Check these plans and try to do the entire workout and even a little extra. Ask the coaches for extra help. Our basic practice plan uses the interval training system which calls for relatively short distances at a speed greater than the one used in competition with a resting period (recovery to 120 pulse) between distances. Recovery should be the amount of time YOU need to get your pulse back down to 110-120 per minute. "Speed Play" is also one of the methods used. In this work-out, you should sprint until tired, jog or walk until recovered then sprint again and repeat the process. This may be for a period of time such as 10 minutes or a distance such as 10 laps.

Funnels are really intervals but would involve various distances such as 110-220-330-440 (Funnel-up) or 440-330-220-110 (Funnel-down).

GENERAL INFORMATION

You will have to supply your own track shoes again this year. We suggest you get good quality shoes and TRY THEM ON BEFORE THE PURCHASE. Be sure you have removable spikes and try to get an extra set of $\frac{1}{4}$ " spikes.

Track practice takes place daily unless otherwise specified. You are EXPECTED TO BE AT EVERY PRACTICE IF YOU ARE IN SCHOOL. If for any reason, you miss practice, notify one of the coaches or put a note in our mail box in the main office before practice. Failure to practice could result in SUSPENSION FROM RUNNING IN ONE OF MORE MEETS, OR POSSIBLY SUSPENSION

FROM THE TEAM.

All Track men warm up with a $\frac{1}{2}$ mile jog, stretching exercises, do their work-out and then warm down with another $\frac{1}{2}$ mile jog.

This booklet has been prepared to aid the coaches and the athletes in the analysis and utilization of the present group of athletes. We can easily see our areas of strength and weakness and plan accordingly.

These are the times
that try men's soles!



EAST KENTWOOD TRACK

CONDITIONING

In running your ability to run fast and win depends on the ability of your heart and blood stream to deliver enough oxygen to keep up with muscular activity. The more oxygen delivered, the better your endurance.

HOW CAN WE IMPROVE OUR OXYGEN-INTAKE ABILITY?

INTERVAL TRAINING: You will increase your oxygen-intake ability (stamina) by the use of interval training! Each time you create an oxygen debt and recover in a practice session, you obtain a slight improvement in your ability to utilize oxygen effectively. By running a fairly short distance reasonably fast (220 yards in 28 to 35 seconds, 440 yards in 70 to 80 seconds, etc.) your pulse rate will be raised to about 180 beats per minute. This is followed by a recovery period of up to two minutes until your pulse drops to 120 beats per minute (12 beats in 6 seconds). Then you run another 220. Numerous repetitions of the "run to 180, recover to 120" cycle increases the amount of blood pumped by each heartbeat (the stroke-volume) and thus improves the oxygen-intake ability.

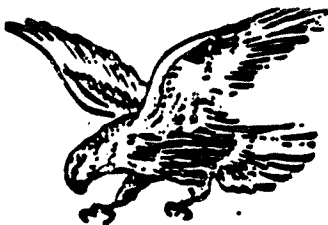
OVER DISTANCE WORK: Another aspect of endurance is the need for developing your body's system of capillaries. (These are tiny blood vessels that actually deliver the oxygen to the muscles and exchange it for the carbon dioxide). By running fairly long distances at slow speeds (8-10 miles for distance runners-1-2 miles for sprinters), you increase the number of capillaries in your muscle fibers, which improves the speed and effectiveness of the oxygen-exchange process. This kind of training can actually double the number of capillaries in each muscle fiber.

So by developing both stroke-volume(ability to move oxygen through the blood stream) and the capillary system (ability to deliver oxygen to muscles), you can greatly increase your body's capacity for fast continuous running while remaining in oxygen balance.

Continuous long runs on the weekends (over-distance) are a perfect and necessary complement of interval training. Although the idea is to get strong by taking it fairly easy, you can vary your pace by running a little faster on accelerating gradually to a fast finish over the last quarter-mile.

Also remember that anything that helps improve your basic speed is worthwhile to a runner. Speed is what any running is chiefly about, and improving your basic speed gives you a great psychological boost. It will prove to be a very good investment especially when you're in the last 100 yards of a race.



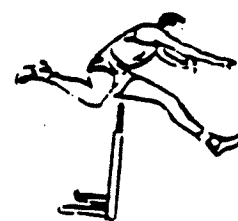


REQUIREMENTS NECESSARY TO RECEIVE A LETTER OR AWARD

To win a Track letter a candidate must do one of the following in addition to faithful attendance at practice and meets.

1. Score a total of 12 points.
2. Place in one of the following: conference, regional, or invitational relays.
3. Participate in at least half of the regularly scheduled meets.
4. Regular attendance of meets and practices as a member of the varsity track team.
5. Obtain one of the times or distances listed below during a meet.

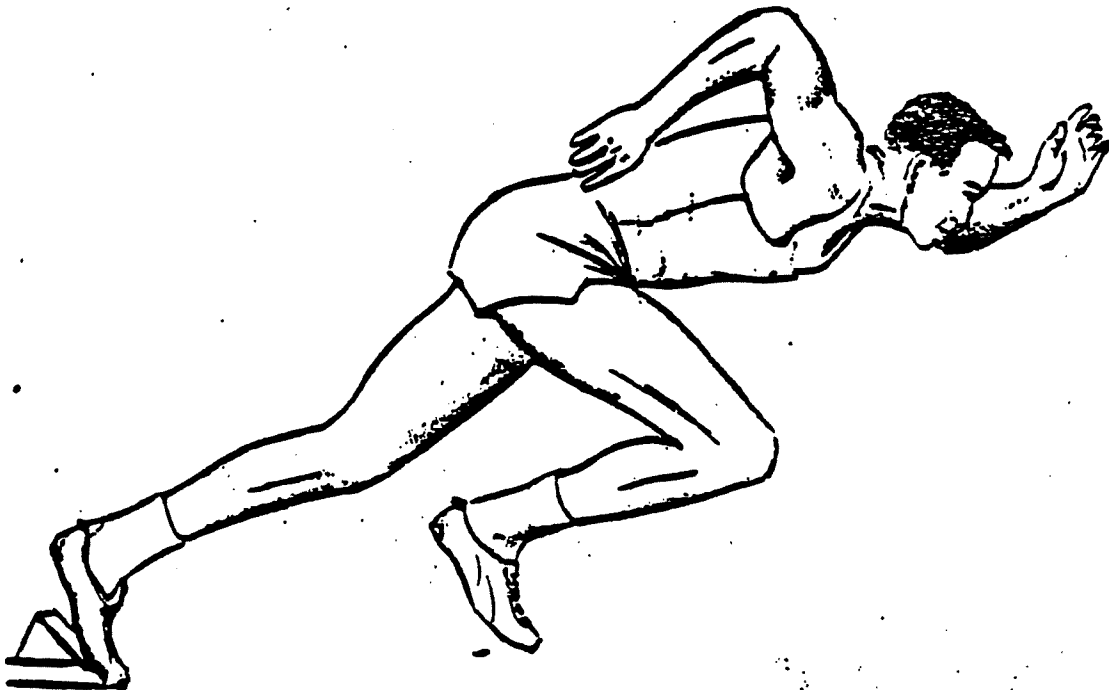
Discus	110'0"	3200 Meter Run	11:12
Shot Put	41'0"	100 Meter Dash	11.9
Pole Vault	10'0"	200 Meter Dash	:24.9
High Jump	5'6"	400 Meter Dash	:55.9
Long Jump	18'6"	800 Meter Dash	2:09.0
High Hurdles	:17'0		
^{17"} Low Hurdles	:43.8		
1600 Meter Run	4:59.0		



1990 RETURNING ATHLETES

The following is list of the athletes that are returning from last year's Track Team.

Mac Anderson	**	Jeff Kerr	**
Pete Anderson	*	Eddie Kodish	***
Ryan Asbury		Nate Madsen	
Cory Baker	**	Matt Maikowski	*
Corey Betts	*	Kam Merritt	***
Larry Bolden	*	Shayne Mohn	
Mike Buettner	**	Harvey Moore	*
Scott Christensen	*	Steve Oliver	***
Cody Dalenburg		Stuart Palmer	**
Ross De Graff	**	Jeff Przylucki	
Joby Dendy		Chad Pilbeam	
Roger Dewey	*	Brian Razmussen	**
Brad Fields	*	Dan Reed	*
Bryan Garcia	*	Matt Reid	
Jim Hamstra		Bob Rozema	***
Mike Henning	**	Jerry Schmucker	
Brian Hyde	**	Art Shillito	
Eric Jackson		John Smokoski	
Jeremy Jackson		Kelly Taylor	
Mark Johnson		Vince Tran	
		Paul Van Dyke	
		Mark VandeKeift	*
		Matt Vogel	***





EVENT ANALYSIS

The following are the best times and distances recorded by the athletes returning from last year's track team.

SHOT PUT

Bob Rozema	50' 0"
Matt Maikowski	39' 9"
Matt Vogel	37' 8 3/4"
Roger Dewey	35' 0"
Mike Buettner	34' 7"

DISCUS

Mike Buettner	125' 8"
Bob Rozema	123' 6 1/2"
Matt Vogel	117' 0"
Roger Dewey	109' 9"
Matt Maikowski	105' 0"

LONG JUMP

Pete Anderson	21' 1 3/4"
Kam Merritt	19' 11 1/2"
Corey Betts	19' 3/4"
Brad Fields	18' 5 1/4"
Cory Baker	17' 5"
Chad Pilbeam	16' 0"

HIGH JUMP

Jerry Schmucker	---
Chad Philbeam	---

POLE VAULT

Jeff Kerr	10' 6"
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100 Meter Dash

Pete Anderson	:11.3
Kam Merritt	:11.4 (88)
Cory Baker	:11.5
Eddie Kodish	:11.6
Jeff Kerr	:11.9
Mark VandeKeift	:12.1
Corey Betts	:12.1
Scott Christensen	:12.1

200 Meter Dash

Brad Fields	:23.0
Eddie Kodish	:23.1
Jeff Kerr	:23.7
Cory Baker	:24.2
Scott Christensen	:24.2
Harvey Moore	:24.6
Mark VandeKieft	:25.1
Corey Betts	:26.8
Cody Dalenburg	:26.8
Chad Pilbeam	:27.0
Jeff Przylucki	:28.0
John Smolkoski	:28.1
Jeremy Jackson	:28.3

400 Meter Dash

Brad Fields	:52.0
Brian Razmussen	:54.2
Jeff Kerr	:54.5
Harvey Moore	:55.7
Steve Oliver	:56.4
Mike Henning	:58.2
Mac Anderson	:58.6
Larry Bolden	:58.9

