



Monta Vista Track & Field  
[mvrunning.com](http://mvrunning.com)

Parents' Meeting  
February 12, 2015

# What It's All About



"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit."

*George Sheehan*



# Track & Field

# I Love Track & Field

- Track & Field is fundamental
- Track is a late specialization sport
- Track is a lifetime sport
- Running helped me both in college, grad school and my career



# Running and Character

- The best indicator of success in college is **PERSISTANCE**— demonstrated commitment to a long-term, challenging activity
- *‘the individuals who possess a drive to tirelessly work through challenges, failures, and adversity to achieve goals are uniquely positioned to reach higher achievements than others who lack similar stamina.’*



# Achievement Triangle

Peak performers are comfortable with being uncomfortable. Constantly pushing the envelope.

Peak Performance Zone

Willing to risk and get uncomfortable; may be uncomfortable more than they are comfortable.

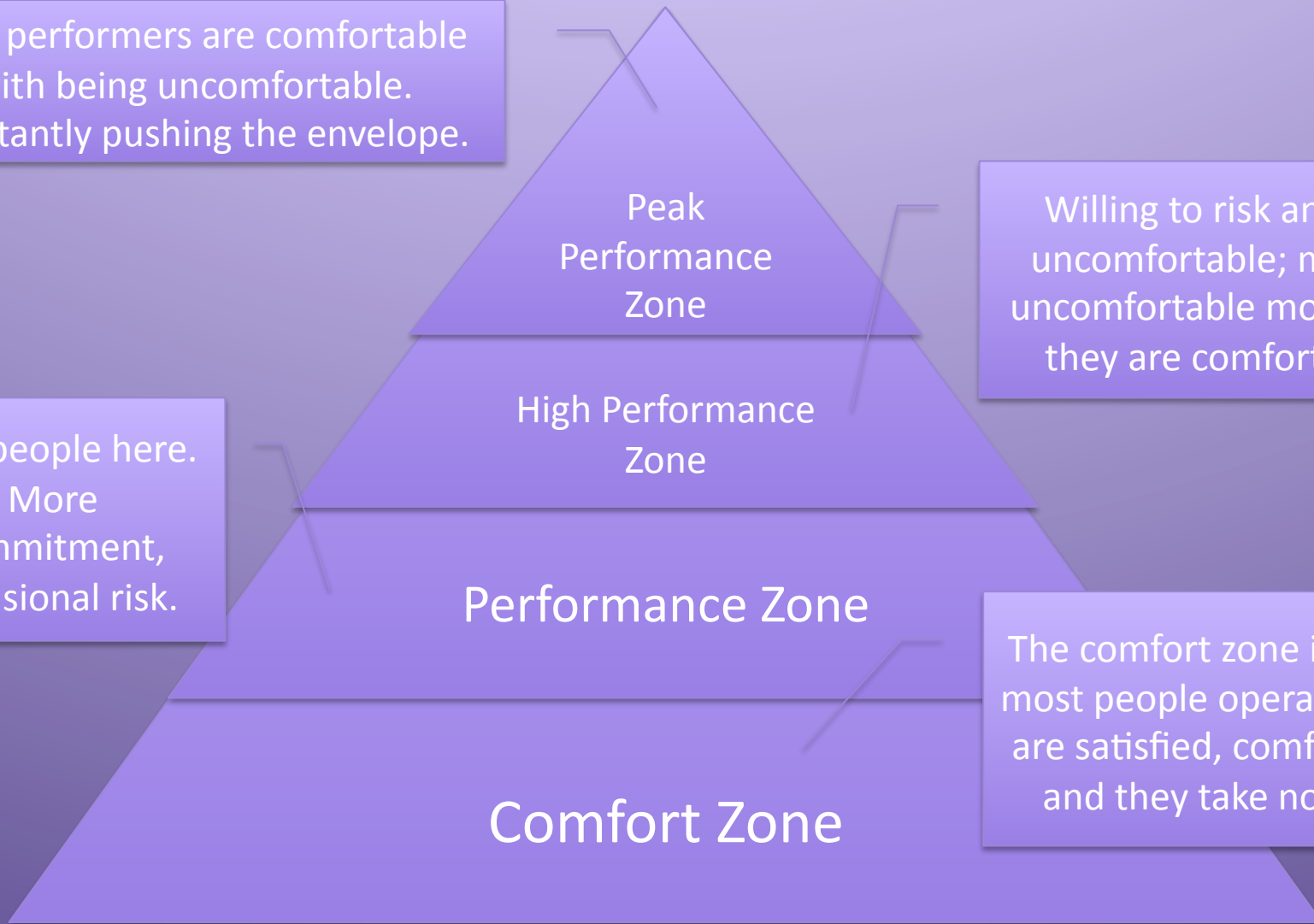
Less people here. More commitment, occasional risk.

High Performance Zone

Performance Zone

The comfort zone is where most people operate. They are satisfied, comfortable, and they take no risks.

Comfort Zone



# These Are Great Kids

- Super-smart kids; I'm going to push them to aim high for college
- They will own their success
  - The athletes run every step of the race, not the coach
  - I'm reading the map, not grabbing the steering wheel
- All our rules derive from '**respect**' (in addition to school/district/league codes and rules)
  - For self: No drugs, alcohol, smoking...
  - For team: No profanity, treat each other with respect, no trash talking, politeness
  - Show up every day on time and work hard
    - No outside coaching during season without permission
  - For sport: Treat competitors, officials, volunteers, other coaches, parents with respect
- All our goals are focused on **improvement**

**We expect  
kids to TRY**



# College-Bound Track/XC Athletes



Johns Hopkins, Carnegie-Mellon, Mt. Holyoke College, Oberlin, Smith, 2x UC Santa Cruz, De Anza, UC Irvine, USC, UC San Diego...



you've inspired and pushed  
me to be the best that I  
can be and to be persistent  
and never give up or take  
**NO** for an answer. You helped  
Realize never to just settle  
for anything, to keep on  
fighting.

# Great Coaches

- Ray Cornell, Hurdles
- Leah Tapscott, Sprints
- Irina Stiasny, Conditioning
- Scott Blomquist, HJ
- Rick Blomquist HJ
- David Pride, Horizontal Jumps
- Need a throw coach 😞

Irina Stiasny  
Physical Therapist at Breakthrough  
(Sunnyvale)

[www.breakthroughpt.com](http://www.breakthroughpt.com); 408.736.7600

- Doctorate in physical therapy at the University of Southern California
- Volunteers with MVTF/MVXC two days per week
- If your child has some persistent issues, you have a real opportunity here:
  - Consider going to Breakthrough and having your child work with Irina one-on-one on weaknesses
  - High school sports are not set up to work like this
  - Irina can bridge the process of individual fitness development and team participation
  - **This work can make a significant impact on your child's life for the next 50 years!**

# About Me

## Kirk Flatow

- Santa Clara University, B.S. (Honors)
- University of Chicago, Masters (Honors)
  
- Founder, nCHIP
- VP Sales, Flextronics
- President, Fiber Optics Division, Harmonic
- SVP Marketing and Sales, Tessera
  
- USATF Level 3, IAAF Level 5 (Endurance/Distance)

# Balance for our Kids

Soul

Arts, Church,  
Volunteering...

Body

Track/XC

Mind  
Academics

- Humans need all of this
- Our kids need to be able to handle this gracefully now to be ready for their next steps

# What can you do?

## Mostly—Just BE OUT THERE

- The students do this for only so long
- College is soon
- They might not tell you they want you there, but...



# To Support Your Runners

- **NEW SHOES!!!**

- More than half of all injuries we see, the kids have bad shoes (worn out, poor fit, not appropriate for running)
- Distance runners should have new trainers at least 3 times per year:
  - Beginning of XC, beginning of track, beginning of summer
- Proper fit—Go to a running store, not internet, not warehouse store

- **Foam Roller**

- Can buy anywhere (Target, running stores, on line)
- ‘Blue’ density is usually fine



# Iron and the Athlete

- Part of the hemoglobin molecular structure
- Hemoglobin carries 98.5% of blood oxygen
- More than half of aerobic enzymes contain iron
- Mean life of a red blood cell in a runner is 80 days vs. 120 days in a sedentary individual
- Athletes adaptation to distance running:
  - Increased blood volume
  - Increased number of red blood cells
  - Iron is part of the Hb (hemoglobin) structure
  - Increased stored fuels in the cells
  - Increased O<sub>2</sub> storage capability in muscles
    - Via myoglobin which contains iron
  - Increased number of enzymes used for fuel metabolism
  - Iron is part of cytochrome enzyme structure
  - Decreased resting pulse rate



# Iron

- Iron Depletion
  - This is different from **iron deficiency** which is a medical problem
  - Family doctors will often tell us that an athlete does not have iron deficiency so there is no problem BUT THEIR ENDURANCE TRAINING IS EFFECTED by iron depletion
- **At risk groups:**
  - Runners
  - Vegetarians
  - Young women
- Iron Depletion is not anemia
  - Still within normal ‘healthy’ range
  - Impact on endurance happens sooner
- It’s a good idea to GET A COMPLETE BLOOD PANEL AND ASK FOR FERRITIN TEST ALSO
- **Serum Ferritin test—way of measuring the level of stored iron in the body**
  - 12-100 is normal healthy for non-athletes, but...
    - <30 negatively effects endurance/recovery
    - 30-50 sub-optimal
    - >50 is safe place for an endurance athlete
  - Most of kids who took test were <30
  - Most family doctors are unaware of the issue

# Our New Track... is cool, and cost a boatload!



- Thank you to the Boosters & Ken Orvick, former AD  
Jeff Mueller, Principal April Scott, many others
- Everyone who joined Boosters helps

# We Need Your Help!

- Meet Volunteers
  - April 2, April 7, April 28 3:00pm ~ 6:00pm
  - Three meets this year—I will be stressed about help!!!
- Senior Meet Hosts???—April 28
- League Championships May 4 and May 6
- Banquet Host
  - May 19
- Please join MV Athletic Boosters
  - This is our major source of funding
- MV Booster Golf Tournament
  - May 31
  - This matters for grants
  - It was fun!

**Thank you parents!!!**



# Questions and Discussion

