

Steuben Striders Track Club



Information Packet

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Welcome

Dear Parents and Guardians,

I would like to take this opportunity to welcome you to the Steuben Striders Track program. We are a non-profit USATF Track Club established in 1973 by Bob Young. Since its founding, the Striders Program has grown to a team of over 300 athletes and over 20 volunteer staff and coaches.



Thank you for allowing this organization to teach your child the fundamentals of Track and Field.

Track and Field is a sport in which your child is not simply competing against other athletes, but, more importantly, against themselves. They will be taught technical athletic skills as well as how to interact with other athletes in a positive manner. We hope your athlete develops a positive attitude towards Track and Field over the course of this summer.

So welcome, again, and believe me, they will be delighted, in what they have accomplished during our track season.

Sincerely,
Patricia E. Herring
Director of the Steuben Striders

Steuben Striders Story

Written by Patricia Herring

Many have said that necessity is the mother of invention; during the summer of 1973 a man named Mr. Young proved this to be true. His daughter was interested in running and he thought she ought to have a place to practice besides on the streets. So, he offered to supervise if she and her friends were interested in racing each other. Before he knew it, 35 to 40 kids had started working out with him. The workouts continued informally, with some participants attending nearby meets against other youngsters. Three of the youths under Mr. Young's tutelage came home with State Championships.

While at the State Jaycee Championships in 1973, Mr. Young met Jesse Owens, the track immortal of the 1930's, who told Mr. Young the Steubenville program appeared very well organized. When Mr. Young told Owens there was no formal track club in the city, the Olympian gave Mr. Young suggestions about the formation of such a group.

Mr. Young returned to Steubenville, and after receiving support from several community leaders, he began to seek funds for an organization striving to enrich the lives of our youth through the improvement and promotion of athletic sports; among those who engage in sports solely for the pleasure of physical, mental,

and social benefits derived from them, and to whom sports are nothing more than an avocation. The Steuben Striders organization tries to give all who take part in a meet some sort of award. All of this is done in keeping with the feeling of Mr. Young that participation, not necessarily winning, is what counts.

Mr. Young also believed that a structure like the Steuben Striders Track Club is valuable because it shows youth how to get along outside the home with adults and others their own age in a situation without the formal structure of the classroom yet with some discipline involved.

After seven years of directing the Steuben Striders track program, Mr. Robert Young, the founder, passed away on April 22, 1981. No one in Steubenville was more dedicated to its young people than Bob Young. Literally thousands of young people were pointed in the right direction on life's path because of their associations with him. He taught them how to love and respect their fellow man; he taught them a measure of responsibility.

What We Offer



The \$30 non-refundable registration fee provides the following to our athletes:

1. The use of a uniform (T-shirt and shorts).
 - This must be returned at the end of the season
2. 4 hours of training a week
 - 3 hours for 5-6-year-olds
3. Free participation and spectating of the home track meets
4. Ribbons and medals* given at the home track meets
 - *Medals are only given to the top 2 athletes in each event
5. End-of-the-season pool party for the entire family
6. Free attendance of the Awards Banquet for all athletes
7. A trophy presented to each athlete at the Awards Banquet

Please note: Per the USATF Guidelines, boys and girls must be between the ages of 5 and 18 before December 31st of this year in order to be eligible to participate. No exceptions.

Steuben Striders Regulations

**To ensure a positive experience for your child
help him/her to understand and comply with the regulations:**

- If your child has medical conditions, such as asthma, diabetes, or bee allergies, please make a Steuben Strider Staff Member aware of this.
- Participation in sports is a privilege, not a right. All Steuben Striders are expected to behave properly and respectfully to everyone. The Memorial Awards given to athletes at the end of the season consider their outlook and attitude firstly before their athletic ability. We do not award bullies or those who misuse their athletic gifts.
- Athletes are to dress themselves in an appropriate manner.
 - Athletes are never to be without a clothing top/bottom.
 - Athletes are not permitted to wear sandals of any type.
 - Athletes are not permitted to wear solely spandex/elastic leggings/shorts.
 - These can be worn underneath any clothing bottom.
 - Athletes are not permitted to wear shirts which expose midriff.
- Those who fail to conduct themselves appropriately may be removed from the practice or competition site and may be subject to a suspension or ban from the Steuben Striders Track Club. The SCS and CCHS School District campuses are tobacco-free, drug-free, and weapon-free environments in accordance with state and federal law.

Spectator Regulations

- Spectators are an important part of competitions and are encouraged to cheer positively.
 - o Cheer for your athlete but do not put other athletes down in the process.
- Booing, cursing, and/or disrespectful remarks will not be tolerated.
- Spectators are prohibited from being on the field unless they are specifically told by Steuben Striders Staff Member
- Spectators should, at all times, respect officials, visiting coaches, and athletes as guests in the community and extend all courtesies to them.
- Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to Steuben Striders Staff Members.
- Those who fail to conduct themselves appropriately may be removed from the practice or competition site and may be subject to a suspension or ban from the Steuben Striders Track Club. The SCS and CCHS School District campuses are tobacco-free, drug-free, and weapon-free environments in accordance with state and federal law.

Season Information

- Away Meets are optional.
 - At this time, Steuben Striders does not provide transportation to these meets. We do have all of the information for away meets on our website: steubenstriders.com/competitions
- In case of a cancelation, subscribe to our no-reply text alerts:
 - Parents: text @s-strider to the number "81010" on your phone
 - If you ALREADY HAVE the Remind app, join class: s-strider
 - Athletes: text @s-athletes to the number "81010" on your phone
 - If you ALREADY HAVE the Remind app, join class: s-athletes
- Any changes to the schedule insert will be edited live on our online season calendar at: steubenstriders.com/schedule
- If you have a Google Account, add our season calendar do your Google Calendar by going to this link:
 - calendar.google.com/calendar/u/0/r?cid=c3RldWJlbnN0cmllkZXJzQGdtYWlsLmNvbQ
 - You can subscribe to the Google Calendar via that link, or you can access it via our website: steubenstriders.com/schedule

Practice Information

- Practice begins at 6pm, make sure you are at practice by 5:50
- Do not wear your uniform, wear regular workout clothing
- 5-6-year-olds finish practice at 7:30pm
- 7-18-year-olds finish practice at 8:00pm
- Athletes can practice with the Sprinters, Distance Runners, or Field Athletes
 - o They can practice with just one group or bounce between groups:
 - Sprinters: 50m, 100m, Hurdles, 200m, & 400m
 - Distance: 400m, 800m, 1600m, & 3200m
 - Field Events: Long Jump, Softball Throw (5-6 only), Shot Put, & Discus
- Make sure to bring a water bottle with your name on it
- If you bring a disposable water bottle, throw it away at the end of practice
- All practices are a parental decision, especially for the younger children. Some athletes play other sports and families do take vacations. The reason for our summer program is to give your children a fun, safe summer activity. No athlete will be held back or punished due to missing practice for a good reason.

Competition Information

- Athletes can compete in the following events at meets:

Age Group	3 Event Limit Per Discipline (Running / Field) 4 Event Total Limit											
5-6	50	100								Long Jump	Softball	
7-8		100	200	400	800	1600				Long Jump	Shot Put	
9-10		100	200	400	800	1600	3200			Long Jump	Shot Put	Discus
11-12		100	200	400	800	1600	3200	Hurdles	High Jump	Long Jump	Shot Put	Discus
13-14		100	200	400	800	1600	3200	Hurdles	High Jump	Long Jump	Shot Put	Discus
15-16		100	200	400	800	1600	3200	Hurdles	High Jump	Long Jump	Shot Put	Discus
17-18		100	200	400	800	1600	3200	Hurdles	High Jump	Long Jump	Shot Put	Discus

- Athletes are allowed to compete in a maximum of 4 events at Steuben Strider meets.
 - o Those 4 events can be a mixture of running and field events.
 - o They cannot compete in more than 3 events of one discipline (running or field)
- Athletes only compete against their own competition groups.
 - o Per the USATF guidelines, your athlete's age, as of December 31st of this year, determines the age group in which he/she competes: 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
- Athletes are free to leave after their events are finished.

- We award ribbons for all places, all heats, in every event. We award a 1st and 2nd place medal for only the overall winner of the event.
 - o Any awards that are not picked up by athletes will be given out at the next practice.
- Parents and Spectators are prohibited from being on the track at all times.
- Live Home Meet results can be found at: steubenstriders.com/results
- Send any photos you've taken to: steubenstriders@gmail.com

1600m Qualifying Times	3200m Qualifying Times:
7-12yrs - 9:00 min	9-12yrs - 18:00 min
13-18yrs - 8:00 min	13-18yrs - 17:00 min

Hurdles Distance:	High Jump Heights:
All Girls: 100m	11-12 Girls & Boys: 1.20m / 3' 11 ¼"
11-14 Boys: 100m	13-14 Girls: 1.30m / 4' 3 ¼"
15-18 Boys: 110m	13-14 Boys: 1.45m / 4' 9"
	15-16 Girls: 1.35m / 4' 5"
	15-16 Boys: 1.60m / 5' 3"
	17-18 Girls: 1.40m / 4' 7 1/8"
	17-18 Boys: 1.70m / 5' 7"

Discus Weights:	Shot Put Weights:
9-14 Girls & Boys: 1K	7-8 Girls & Boys: 4lb
15-18 Girls: 1K	9-14 Girls: 6lb
15-18 Boys: 1.6K	9-12 Boys: 6lb
	13-14 Boys: 4K
	15-18 Girls: 4K
	15-18 Boys: 12lb

Order of Events

- Field events run concurrently with Track events

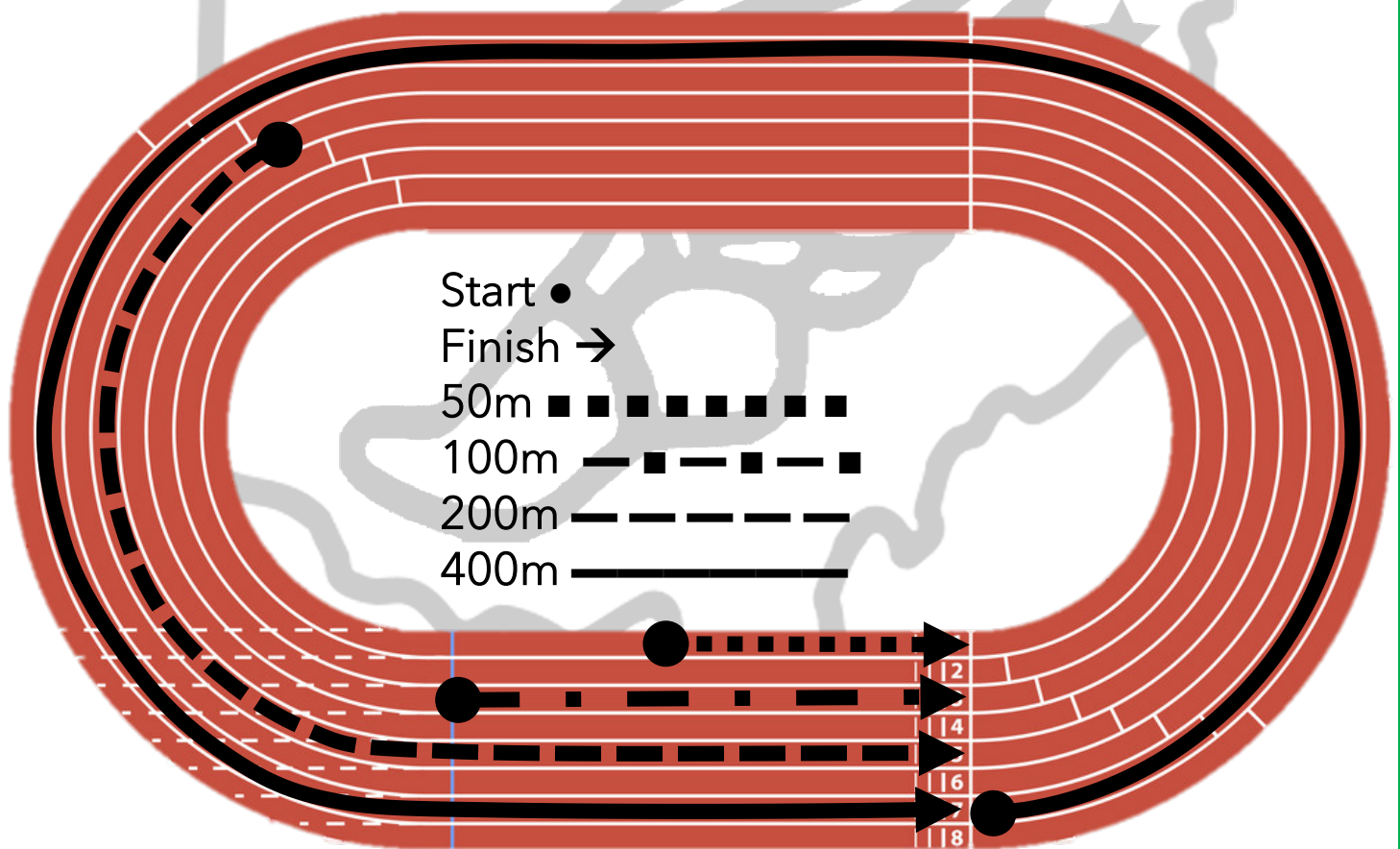
1. 3200m Run (9+)
 2. 100m & 110 Hurdles (11+)
 3. 50m Dash (5-6 only)
 4. 100m Dash (5+)
 5. 1600m Run (7+)
 6. 400m Dash (7+)
 7. 800m Run (7+)
 8. 200m Dash (7+)
- Long Jump (5+)
 - Softball Throw (5-6 only)
 - Shot Put (7+)
 - Discus (9+)
 - High Jump (11+)

- Live Home Meet results can be found at:
steubenstriders.com/results
- New Meet Records can be found at:
steubenstriders.com/records--awards

Track Facts

The term "track" is used during practice when runners are utilizing a lane. For example, if others are walking or standing in the lane that you are running in, then you politely call, "track!" Calling that term indicates that the lane you are running is in use.

- 50m - $\frac{1}{8}$ of a lap
- 100m - $\frac{1}{4}$ of a lap
- 200m - $\frac{1}{2}$ a lap
- 400m - 1 lap
- 800m - 2 laps
- 1600m - 4 laps (1 mile)
- 3200m - 8 laps (2 miles)



Steuben Striders Checklist

Practice Day Checklist

- ☐ Hair tie
- ☐ Water
 - name on bottle
- ☐ Running shoes
 - spikes are not required
- ☐ Socks
- ☐ Shorts
 - no jeans, Khaki shorts, or solely spandex
- ☐ T-Shirt
 - no side cut-outs
- ☐ Digital Watch
 - Encouraged, but optional, for distance runners

Meet Day Checklist

- ☐ Running shoes
 - spikes are optional
- ☐ Steuben Striders issued running shorts
- ☐ Steuben Striders issued running shirt
- ☐ Socks
- ☐ Hair tie
- ☐ Water
 - name on bottle
 - water is encouraged more than sports drinks
- ☐ Fruit: oranges, apples, grapes, strawberries
- ☐ Granola
- ☐ Energy Bars

Social Media & Contact

Follow us on all social media platforms!

- Facebook: @steubenstriders
- Instagram: @steubenstriders
- Twitter: @steubenstriders
- YouTube: Steuben Striders Track Club
- Website: steubenstriders.com
- Email: steubenstriders@gmail.com
- Phone: 740-855-2878

THANK YOU

We are looking forward to a great season!