



## Team Quest Advanced Track Training Program

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- I. **Program Description** – The Supplemental Track Training Program is an 8 month structured program for athletes from age 14 to 18, with emphasis on strength, conditioning, technique and overall track knowledge.
- II. **Program Objectives** – Aid athletes in enhancing their performance and achieving their desired athletic goals.
- III. **Program Specifics** - An initial consultation will be conducted with each athlete to develop goals and ensure overall training is consistent with attaining desired results. Additionally, training will be designed to augment training received from other programs such as school. Non track athletes are welcome to participate in the program, but their training could differ from that of Track Athletes.

The training will commence on May 1, 2013 and conclude on August 3, for the summer track season. Training for the indoor season will commence on October 1, 2013 and conclude on January 31, 2014. The core training will consist of the following activities:

- Weight Lifting
- Technique Drills
- Aqua Training
- Resistance Training(sleds, parachutes, elastic bands)
- Block Starts
- Proper stretching
- Proper warm up /down – Pre and Post event
- Proper Nutrition- Pre and Post event
- Proper hydration -Pre and Post event
- Proper Rest -Pre and Post event
- College Readiness(NAIA/NCAA clearance material) and Seminars



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Considering the rigorous training schedule and level of competition, a Preferred Performance Matrix has been developed by age and event as a benchmark for track athletes participating in the program.

Exceptions to the Preferred Performance Matrix will be made on a case by case basis. Consideration will be based on the individual athlete's performance and overall work ethic.

Preferred Performance Matrix:

### GIRLS:

<b>Age Group</b>	<b>100 M Dash</b>	<b>200 M Dash</b>	<b>400 M Dash</b>	<b>800 M Dash</b>	<b>1600 M</b>	<b>3200 M</b>	<b>80 H</b>	<b>100 H</b>	<b>110 H</b>	<b>300 H</b>
12 & Under	13.8	28.2	1.04	2.51	6.31		17.4	N/A	N/A	N/A
14 & Under	13.2	26.8	1.04	2.50	6.30	16.4		17	N/A	52.2
16 & Under	13.3	26.5	1.02	2.31	6.31	13.3		17.7	N/A	54
18 & Under	13.01	26.0	1.00	2.30				16.2	N/A	55
									N/A	
<b>Age Group</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>High Jump</b>	<b>Discuss</b>	<b>shot</b>				N/A	
12 & Under	14-3		4-02		20				N/A	
14 & Under	15-2	28-3	4-02	65-02	28-3				N/A	
16 & Under	16-2	29-9	4-08	73	35				N/A	
18 & Under	15-8	32-1	5-04	75	36				N/A	



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### BOYS:

Age Group	100 M Dash	<u>200 M Dash</u>	400 M Dash	800 M Dash	1600 M	3200 M	80 H	100 H	110 H	300 H
12 & Under	13.5	27.4	1.03	2.3	5.45		14.4	N/A	N/A	N/A
14 & Under	12.3	24.6	57.9	2.21	5.44	12.43		N/A	21.6	52.1
16 & Under	11.7	23.2	54.3	2.11	5.4	13.01		N/A	19.9	48.9
18 & Under	11.5	22.7	53.5	2.10	5.35	13.0		N/A	16.2	44.4
								N/A		
Age Group	Long Jump	Triple Jump	High Jump	Discuss	shot			N/A		
12 & Under	15-01		4-02		31-06			N/A		
14 & Under	15-04	32-02	4-06	96-09	33-11			N/A		
16 & Under	19-05	37-08	5-02	98-09	24			N/A		
18 & Under	19-09	38-07	5-08	99	30			N/A		

Note: The performance criterion was based on the six seed qualifying result for 2012 TAAF Region 7. Some adjustments were made for certain evens for normalcy.



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Training Progression:





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**IV. Event Participation** – Athletics will participate in AAU, TAAF and USA events based on location and level of competition; however AAU will be the primary focus. In the event an athletic does not qualify for the Junior Olympics, they will be given the opportunity to participate in the TAAF Summer Games of Texas if they qualify.

**V. Schedule**-The following schedule outlines tentative practice times and events for May 2013:

Date	Time	Activity	Location
5/4/13		<b>Athlete Orientation</b>	<b>TBD</b>
5/6/13	5:00PM	Weight Training/UB/Track Practice	1501 Dolby DR, Plano/Allen Track
5/7/13	5:00PM	Weight Training/LB/Track Practice	1501 Dolby DR Plano/Allen Track
5/8/13	6:00PM	Track Practice	Allen Track
5/9/13	6:00PM	Track Practice	Allen Track
5/10/13			
5/11/13		Fund Raiser	TBD
5/12/13	2:00PM	Track Practice	Allen Track
5/13/13	5:00PM	Weight Training/UB/Track Practice	1501 Dolby DR, Plano/Allen Track
5/14/13	5:00PM	Weight Training/LB/Track Practice	1501 Dolby DR, Plano/Allen Track
5/15/13	6:00PM	Track Practice	Allen Track
5/16/13	6:00PM	Track Practice	Allen Track
5/17/13			
5/18/13	8:00AM	True Speed Track Meet - USA	Desoto High School
5/19/13			
5/20/13	5:00PM	Weight Training/UB/Track Practice	Allen Track
5/21/13	5:00PM	Weight Training/LB/Track Practice	Allen Track
5/22/13	6:00PM	Track Practice	Allen Track
5/23/13	6:00PM	Track Practice/Recovery	Allen Track
5/24/13			
5/25/13	8:00PM	Swift Track Meet-USA	Desoto High School
5/26/13			
5/27/13	5:00PM	Weight Training/UB/Track Practice	Allen Track
5/28/13	5:00PM	Weight Training/LB/Track Practice	Allen Track
5/29/13	6:00PM	Track Practice	Allen Track
5/30/13	6:00PM	Track Practice/Recovery	Allen Track
5/31/13			

The June schedule will be published prior to the end of May. The regiment could change based on the development and progress of the individual athlete.



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- VI.** Cost – The cost of the program \$300.00, which can be paid in two increments, but must be paid in full by the end of April 2013. All Athletes must participate in fund raisers to cover travel cost associated with competition. Proceeds from fund raising activities will be used to cover travel to Junior Olympics and/or Summer Games of Texas.

**VII. Cost Allocation:**

Specialized Training(Weights, plyometric exercises)
Uniform/T- shirt
AAU/USA Membership/TAAF
Coach Fees
Admin Cost (web site development, pictures, film)
Equipment/Supplies
Facility usage (Joe Farmer, Natatorium)
College Coaches Luncheon
Insurance



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## Participant/ Evaluation Form

Name \_\_\_\_\_ DOB \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Male/Female \_\_\_\_\_

School Name \_\_\_\_\_ Grade \_\_\_\_\_

Are you participating in any other Program? Yes/No If yes, describe \_\_\_\_\_

List Any Medical Condictions \_\_\_\_\_

Please list your events, best performances in each and goals in the table provided below.

Event	Best Performance	Goal

Please list other personal objectives you would like to achieve from the program:



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### VIII. Nutrition Guidelines

Proper nutrition, hydration and rest are essential components to achieving optimal performance. Eating the proper foods aids you in maintaining the following:

- Desirable Body Weight
- Energy Levels
- Expedient Recovery
- Optimum nerve-muscle reflexes

Eating the proper foods and getting rest will prepare your body for continuous competition and enhance your overall performance.

The following are some examples of food groups with high nutritional value and daily recommended allowance:

- **Milk, Yogurt, and Cheese Group (3-5 servings daily)** 1 serving is an 8 ounce glass of milk, 8 ounces of yogurt or 1 1/2 ounces of natural, unprocessed cheese.
- **Meat, Poultry, Fish, Beans, Eggs, and Nuts Group (3 to 4 servings daily)** 1 serving is 3 ounces of lean, cooked meat, 2 eggs, 1 cup of cooked dry beans, peas, or lentils or 4 tablespoons of peanut butter.
- **Vegetable Group (3 to 5 servings daily).** 1 serving is 1/2 cup of cooked vegetables, 1/2 cup of chopped raw vegetables, 1 cup of leafy raw vegetables such as lettuce or spinach, or 1 glass (6 ounces) of juice.
- **Fruit Group (3 to 5 servings daily).** 1 serving is 1 whole fruit such as a medium apple, banana, or orange, 1/2 grapefruit, 1 glass (6 ounces) of juice, 1/2 cup (4 ounces) of berries, 1/2 cup (4 ounces) of cooked or canned fruit or 1/4 cup of dried fruit
- **Bread, Cereal, Rice, and Pasta (6 to 11 servings daily).** 1 serving is 1 slice of bread, 1/2 hamburger bun or English muffin, one small roll, biscuit, or muffin, 3 to 4 small or 2 large crackers, 1/2 cup cooked cereal, rice, or pasta or 1 ounce ready-to-eat breakfast cereal.

Note: Each athlete body mass and energy exertion is different; therefore intake levels will differ from the daily recommended allowance and should be moderated appropriately.





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### **Examples of High energy Foods:**

Bananas: One of the highest sources of potassium.

Beef: Great source of zinc, high quality protein, iron and creatine.

Beans-Legumes: High in protein and B Vitamins, important for building protein

Broccoli: High in Vitamin C, folic acid, calcium, magnesium and iron.

Brown Rice: Great source for carbohydrates.

Carrots and Carrot Juice: source of beta-carotene

Cheese: Great source of calcium

Chicken: Great protein source

Corn: High carbohydrate source

Dried Fruit: Concentrated sources of energy and good sources of iron

Fig Bars: Strong carbohydrate punch and easy to eat

Grapes: Great source of boron, important in building strong muscles and bones

Kiwi: High in vitamin C

Lentils: Good source of protein, complex carbohydrates, and iron.

Milk/Yogurt: Great source of vitamin D and calcium.

Oatmeal: Great source of fiber and carbohydrates.

Orange Juice: Vitamin C, potassium and more

Papaya: Great source for several nutrients

Pasta: Loaded with complex carbohydrates

Potato: Powerhouse of complex carbohydrates, potassium, Vitamin C and iron

Salmon: High protein and rice source of important omega-3 fatty acids

Strawberries: Vitamin C and fiber



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Water: 2 liters a day for athletes is a must!

Whole Grain Cereals. Complex carbohydrates.

Note: As a reminder, food allergies should be considered prior to eating any of the recommended items.

### **Pre-Meet preparation:**

Proper rest, hydration and nutrition are essential components to achieving optimal performance during competition. Prior to a meet, 8 to 12 hours of sleep is recommended to maintain energy levels throughout competition.

Eight 12 Ounces glasses of water per day is recommended to ensure your body is fully hydrated prior to competition. This may vary based on; physical activity, body mass and other individual physiological factors.

An easily digestible, balanced meal should be consumed three hours prior to competition. Avoid foods that contain substantial amounts of fats or oils (deep fried foods such as potatoes chips, French fries, fried chicken). Fats are more slowly digested than other nutrients. Trying to compete with a high-fat meal still in your stomach will affect performance. Meals high in starches and protein are recommended such as:

- Eggs, wheat toast and juice & water.
- cereal with milk or yogurt & water
- Bacon/sausage and eggs & water
- Oat meal and fruit & water
- Smoothie & water
- Turkey breast and eggs & water
- Pasta Dishes & water
- Tuna Fish & water

All sugary items should be avoided such as: donuts, jelly, candy, syrup, frosted cereal, soda and pastries.

Track meets lasting 4 hours or more require more food consumption throughout the day such as:

- Fig Bars
- Power Bars
- Dried fruit
- Granola Bars
- Bananas, apples, oranges, grapes and other fruit, carrots
- Peanut butter sandwiches
- Turkey, Beef or Chicken Jerky



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### **Post Meet Restoration**

After competition, much of the glycogen in your muscle and liver tissue has been used up, and synthesis, or creation, of new muscle protein slows. To promote glycogen recovery, consume nutritious foods and drinks that are high in carbohydrates and protein. When you eat the right foods, your body can replace lost glycogen rapidly, and normal synthesis of new proteins can resume.

Whole foods like cereals, breads, and pastas with a glass of milk are better for total recovery than pure carbohydrate supplements. A mix of whole foods contains proteins, minerals, and vitamins in addition to carbohydrates. You need these other nutrients along with high levels of carbohydrates for a complete, rapid recovery. . Remember, whole foods, such as breads and cereals, when eaten with beverages like milk promote more rapid recovery than pure carbohydrates alone.

To assist in total, rapid recovery, you should consume nutritious foods and drinks as soon as you can tolerate them after an event or workout. Ideally, you should eat food within two hours afterward. However, if you can't tolerate eating that soon, choose what's comfortable for you.

Young athletes often have questions about foods high in fat and sugar, such as candy, soda, and desserts. These foods are called "empty calorie" foods because they're usually high in calories but contain few nutrients. Don't eat many of these foods but they are ok in moderation. Stay away from these foods on meet day. Get your energy from foods that supply ample proteins, vitamins, and minerals as well as calories.

### **SOURCES:**

- **Student Athlete Educational Foundation [www.chap.com/diet](http://www.chap.com/diet)**
- **Ultimate Sports Nutrition, Frederick C. Hatfield, Contemporary Books**
- **University of Illinois: Sports and Nutrition For Teenage Athletes—A Winning Combination.<http://www.urbanext.uiuc.edu/hsnut/>**



# Team Quest Advanced Track Training Program

## IX. Tournament Schedule

TAAF	AAU
Regional Meet 7/11 – 7/13, Rockwall, TX	Qualifier Meet 7/27 – 7/30, Burleson, TX
State Meet 7/25 – 7/28, Corpus Christi, TX	Junior Olympics 7/.29 – 8/3, Detroit Michigan

## 2013 T.A.A.F. Track and Field Region Qualifier

**All Unattached Athlete Registration and NEW Affiliate Memberships must be processed NO LATER than 3 working DAYS prior to assigned region deadline or June 30 whichever comes first - See below for date in your region**

**Region: 7**

**Unattached Athlete or New Affiliate Member Registration deadline:**

**June 25, 2013**

**TAAF Registration Deadline: 6/30/13**

**Region Online Entry DEADLINE: Sunday, 6/30/13 - midnight**

**Meet fee/event/person: \$6.00/event/person**

**Meet date: 7/11, 12, 13/13**

**Meet start time: 7/11/13 - 4:00 pm; 7/12 & 7/13-8:00 am**

State events not @ region meet:

**Meet location: Wilkerson Sanders Stadium**

**Meet Address: 1201 Townsend Drive**

**Host City: Rockwall, TX 75087**

**Rockwall Meet Director: Angie Smith**

**Meet director Address: 5300 Main Street Rowlett, TX 75088**

**Meet Director Phone: 972 412-6147; 469-853-9753 Meet**

**Director Email: asmith@rowlett.com**





# Summer Games of Texas 2013

Special Events / Summer Games of Texas 2013



*ignite the flame within*

Corpus Christi ♦ July 25–28, 2013

Welcome to the Summer 2013 Games of Texas!  
Corpus Christi was selected to host  
the Summer Games during 2012 and 2013.

During July 25–28, 2013, Corpus Christi will host the **Texas Amateur Athletic Federation (TAAF) 2013 Summer Games of Texas, presented by CITGO**. Amateur, recreational, and young Olympic hopeful athletes will compete in 13 sports categories: baseball, boxing, fencing, golf, Judo, kickball, skateboarding, softball, swimming, table tennis, tennis, track, and triathlon. Events will be held at various venues throughout the city. Over 8,000 participants and sport fans are estimated to be part of the Summer Games of Texas. [Read more.](#)

**STAY TUNED FOR MORE DETAILS**  
as they become available.

For more event and registration details, call **361-826-3460**.

[State Games of America - Advancement Opportunities](#)

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**ABOUT THE GAMES:** This is part of a series of amateur Olympic-style events organized by the Texas Amateur Athletic Federation (TAAF) for athletes of all ages held in Texas during the summer and winter each year. Medalists from these games qualify to participate in the State Games of America. These games are part of the National Congress of State Games.



## AREA 21 AAU TRACK & FIELD NATIONAL QUALIFIER

**Event Type: Sport: Super Regional Athletes**

**Contact: Nicholson Scott**

**Sanction No: 13NOATX5T9**

**Date: June 27, 2013 – June 30, 2013**

**Location: Burleson High School Athletic Complex, Elk Stadium, Burleson TX**

### Event Groups:

Gender	Age/Grade	Event Start Date	Event End Date
Both	Bantam (10)	06/27/2013	06/30/2013
Both	Intermediate (15 - 16)	06/27/2013	06/30/2013
Both	Midget (12)	06/27/2013	06/30/2013
Both	Primary (8U)	06/27/2013	06/30/2013
Both	Sub-Bantam (9)	06/27/2013	06/30/2013
Both	Sub-Midget (11)	06/27/2013	06/30/2013
Both	Sub-Youth (13)	06/27/2013	06/30/2013
Both	Young Men/Women (17 - 18)	06/27/2013	06/30/2013
Both	Youth (14)	06/27/2013	06/30/2013



# 2013 AAU Junior Olympic Games Detroit, MI

*Tentative Schedule as of 3/6/13*



Sport	Venue(s)	Sun 7/28	Mon 7/29	Tue 7/30	Wed 7/31	Thu 8/1	Fri 8/2	Sat 8/3
Baton Twirling	Cobo Center		Reg	Comp	Comp	Comp	Comp	
Bowling	Super Bowl Lanes	Comp	Comp	Comp				
Cheerleading	Cobo Center						Reg	Comp
Cricket	Belle Isle, Lyon Oaks, Rochester Hills	Comp						
Field Hockey	Ocker Field, University of Michigan		Reg	Pract	Comp	Comp	Comp	Comp
Feats of Strength AllSports Combine	Cobo Center							
Gymnastics	Cobo Center			Reg	Comp	Comp	Comp	
Jump Rope	Cobo Center	Comp						
Karate	Cobo Center					Reg	Comp	Comp
Multi-Events	Rynearson Stadium, Eastern Michigan University	Comp						
Powerlifting	Cobo Center							
Sport Stacking	Cobo Center							
Swimming	Canham Natatorium, University of Michigan	Comp	Comp					
Table Tennis	Cobo Center	Comp	Comp	Comp	Comp			
Taekwondo	Cobo Center	Comp						
Track & Field	Rynearson Stadium, Eastern Michigan University	Reg	Comp	Comp	Comp	Comp	Comp	Comp
Trampoline & Tumbling	Cobo Center	Comp						
Weightlifting	Cobo Center	Comp	Comp	Comp				
Wrestling	Cobo Center	Reg/Pract	Comp	Comp	Comp	Comp	Comp	
<b>Celebration of Athletes</b>	<b>Rynearson Stadium, Eastern Michigan University</b>		<b>7:30pm</b>					
<b>Check-In / Registration</b>	<b>Cobo Center</b>	<b>10am-6pm</b>	<b>10am-6pm</b>	<b>8am-10am; 3pm-6pm</b>	<b>8am-10am</b>	<b>3pm-7pm</b>	<b>3pm-7pm</b>	<b>Closed</b>
<b>Check-In / Registration</b>	<b>Convocation Center, Eastern Michigan University (ONLY Track &amp; Field/Multi-Events, Swimming, Field Hockey)</b>	<b>8am - 8pm</b>	<b>8am - 5pm</b>	<b>8am-4pm</b>	<b>8am-4pm</b>	<b>8am-3pm</b>	<b>8am-2pm</b>	<b>Closed</b>

Registration times for certain sports may differ, please check your sport's entry information for specific check-in times. Participants should check-in the day prior to competing.

The sports of Track & Field/Multi-Events, Swimming and Field Hockey check-in at Eastern Michigan University. All other sports check-in at the Cobo Center.



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### X. Trainer Bios

#### **Real Superior Athletics**

Real Superior Athletics has been delivering effective training for eleven years to amateur and pro athletics of all ages. Principal owner, Ronnie Braxton and his wife Brandy work as a tandem and have 20 years combined experience in the arena of personal training/strength and conditioning.

Ronnie's credentials consist of the following:

- Bachelor of Exercise Science Kinesiology
- NFL Combine Training
- NASM Performance Enhancement Specialist
- NASM Certified Personal Trainer
- Kaiser Cycling Certified
- ASFA Certified Master Personal Trainer
- National Alliance Youth Sport Certified

Brandy's credentials consist of the following:

- Former track standout at University of Houston
- Youth Track Coach for 7 years
- Certified Personal Trainer

Dominique's Credentials:

- Former track standout at Mississippi Valley
- Youth Enrichment administrator
- Youth track coach for 1 year





## Team Quest Advanced Track Training Program

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### **XI. Contact Information:**

Donnell Hobbs – (Program Facilitator) 469-667-4369

Brandy Braxton- (Personal Trainer Real Superior Athletics) 214-407-0355

Ronnie Braxton – (Personal Trainer Real Superior Athletics) 832-725-2049

Charlotte Samuel – (College and Career Advisor Allen High School) 214-914-6830

Dominique Gloster- (Personal Trainer) 720-530-5567