

# **Glacier Peak Track & Field 2025 Handbook**



## **Message from Coach David**

Welcome to GP Track & Field 2025. We are looking forward to a great season together.

As complete as we would like to think this handbook is, we realize that there is much more to communicate as the season continues. Our main form of communicating to athletes and parents during the season is via our team newsletter. Please let me know if you would like to be included on the newsletter distribution list. I enroll every email that is provided via the Final Forms registration process, both athletes and parents. If there is an additional email you would like to have the newsletter sent to, please let me know.

Glacier Peak Track & Field has a rich history of excellence. But it is much more than winning races or events, we pride ourselves as an all-inclusive family atmosphere as a team. We are a co-ed, no-cut sport and value each and every athlete that wants to better themselves through the training Track & Field provides. It doesn't matter what your grade, gender, or athletic experience is; everyone is a welcome and important part of the team!

We could not be successful without the support of so many people. First and foremost is the support of the parents that make sacrifices so their athletes can succeed. From one parent to another; thank you!!!

We also have an amazing support group in our Booster Club. They are the glue that keeps our team together and allows us to do amazing things during the season. Please, please, please get involved with our Booster Club!

Finally, we are supported by our school and athletic director. GPHS has a tradition of fielding excellent teams across all sports. This speaks volumes to how amazing our athletic office is and all the work they accomplish behind the scenes.

We are glad that you are joining us for what will be a grand adventure. Please reach out if you have any questions or need additional information regarding our team.

Coach David Weed  
[david@gprunners.com](mailto:david@gprunners.com)  
425-308-0716

# Grizzly Track & Field

## **T&F COACHING MISSION STATEMENT**

Creating a safe, competitive, and welcoming environment where athletes can achieve their greatest potential, as they develop a lifelong love of running and healthy lifestyles.

## **COACHING PHILOSOPHY**

- Relationships (Belonging, part of a team)
  - Includes coach-athlete, coach-parent, athlete-athlete, team-school, etc.
- Culture of Excellence (Raise the bar and achieve)
- Athlete Development
  - Physically (strong competitors)
  - Mentally (emotionally balanced)
  - Economy of running/event (form, precision, velocity, etc)
- Trust
- Respect
- Hard work = improvement
- Don't limit what an athlete is capable of
- Different levels of ability, equal amount of effort to improve

## **COACHING EXPECTATIONS**

- Show up every day
- Give it your all (hard work = improvement)
- Treat everyone with respect
- Follow the coach's assigned workouts

*"The difference between the impossible and the possible lies in a person's determination." - Tommy Lasorda*

*"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." - Jesse Owens*

# 2025 GPT&F Meet Schedule

Thu, Mar 13	SnoCreekPeak Jamboree (Snohomish Stadium)
Sat, Mar 22	Chuck Randall Invitational (Arlington HS)
<b>Thu, Mar 27</b>	<b>Lake Stevens @ Glacier Peak (Snohomish Stadium)*</b>
Thu, April 3	Glacier Peak @ Kamiak (Goddard Stadium/Mariner HS)
Fri, Apr 4- Sat, Apr 5	Oregon Relays presented by AthleticNET (Eugene Hayward Field)
Sat, Apr 5	50th Annual Don Holder Relays (Yakima – Eisenhower HS Stadium)
Thu, Apr 17	WESCO: Cascade, Glacier Peak, Shorewood @ Shoreline Stadium
Sat, Apr 19	Robert Polk Invite (Everett Stadium)
Thu, Apr 24	GP @ Monroe HS
<b>Fri, Apr 25</b>	<b>Eason Hammer and Steeplechase Exhibition (Snohomish Throwing Field)*</b>
<b>Sat, Apr 26</b>	<b>35th Eason Invitational (Snohomish Stadium)*</b>
<b>Thu, May 1</b>	<b>Sulton, Jackson @ GP (Snohomish Stadium)* (Senior Night)</b>
Fri, May 2	Sunny & 70 Hammer (Snohomish Throwing Field)
Sat, May 3	Shoreline Invitational (Shoreline Stadium)
Sat, May 3	South Sound Classic (Puyallup Sparks Stadium)
Wed, May 14 & Fri, May 16	League Championship (Arlington HS)
Thu, May 22 & Sat May 24	District 1-2 Championship (Renton Stadium)
Thu, May 29- Sat, May 31.	WIAA 2A, 3A, 4A State Championship Meet (Mt. Tahoma HS)

(\*Home meets)

# Coaches and GPHS Athletic Staff

Head Coach	David Weed	Hurdles, Distance david@gprunners.com 425-308-0716
Co-head Coach	Jason MacDicken	Throws
Assistant Coaches	Becky Duhamel Susan Weed Christine Willems Amy Seelhoff George Markabi Isaac Staat Tyler Renteria Brent Willems Jenni Thoman Haley Staat	Throws Distance Sprints Jumps Distance Distance Throws Sprints Pole Vault Conditioning
GP Athletic Director	Rory Rosenbach	<a href="mailto:rory.rosenbach@sno.wednet.edu">rory.rosenbach@sno.wednet.edu</a> 360-563-7611
GP Athletic Admin	Jonnie Eames	<a href="mailto:jonnie.eames@sno.wednet.edu">jonnie.eames@sno.wednet.edu</a>
GP Athletic Trainer	Jessica Saathoff	<a href="mailto:jessica.saathoff@irgpt.com">jessica.saathoff@irgpt.com</a>
Team Website		<a href="https://gprunners.com/">https://gprunners.com/</a>
Athletic.net GPHS Page		<a href="https://www.athletic.net/team/22531/track-and-field-outdoor/2025">https://www.athletic.net/team/22531/track-and-field-outdoor/2025</a>

## Coaches by Events

**Sprints (100, 200, 400, 4X100, 4X200, 4X400)** – Brent and Christine Willems  
**Distance (800, 1600, 3200)** – David and Susan Weed, George Markabi, Isaac Staat  
**Hurdles (100H, 110H, 300H)** – David Weed  
**Throws (Discus, Javelin, Shot)** – Jason MacDicken, Becky Duhamel, Tyler Renteria  
**Jumps (High jump, Long jump, Triple jump)** – Amy Seelhoff  
**Pole Vault** – Jenni Thoman  
**Conditioning** – Haley Staat

# GPTF Booster Club

President	Brain Figler
Vice President	Open
Secretary	Amanda Figler
Treasure	Roger & Marie Morrison

Contact email for Track Boosters: [gptrackandfield@gmail.com](mailto:gptrackandfield@gmail.com)

Address:  
Glacier Peak Track and Field Booster Club  
13300 Bothell Everett Hwy  
Suite 303, Box 669  
Mill Creek, WA 98012

## Quick Info Regarding 2025

### Uniforms:

Uniforms can either be purchased or checked out from the school. We recommend the purchase option, as the uniforms can be used for multiple years and will not need to be returned at the end of each season. If you would like to have a uniform issued from the school, please contact Coach David.

Uniforms are purchased from the following Online Stores:

Nike GearUp - <https://glacierpeak.gearupsports.net/>

Make sure to select **“track and field”** in the upper left-hand corner (The GearUp store also has cross country items)

### Uniform pieces needed from Nike GearUp:

- Boy's Singlet - 'Men's Nike Dry Miler Singlet' \$35
- Boys Shorts – 'Men's Nike Fast 2in Short' \$30
- Girls Singlet - 'Women's Nike Dry Mile Singlet' \$35
- Girls Shorts Option #1 – “Women's Nike Dry Tempo Short' \$30
- Girl's Shorts Option #2 - 'Women's Nike Boy Short' \$30

## **Spirit Wear:**

We have team spirit wear with GPT&F Logos. These are all available at the GearUp store above and available for the whole family.

## **Shoes:**

Our main piece of equipment other than our competition uniform are the shoes we wear. Having a good pair of trainers (the shoes worn during practices) is essential. In addition, athletes should consider purchasing racing spikes (or flats) for the races or event shoes for jumps/throws. Later in this handbook is an article that covers shoes in detail.

(Trainers are allowed in races if an athlete prefers not to purchase racing spikes/flats.)

We highly recommend Super Jock n' Jill in Greenlake. We don't get any kick-backs from them, but recommend them on the basis that they understand high school athletes better than any other running store. The majority of their staff are high school or college coaches. They offer discounts for our team, so mention you are with GP.

## **Weather Accommodations**

Track & Field is an all-weather sport. We only delay or cancel in the occurrence of thunder/lightning. All other conditions (rain, snow, sleet, sun, flying monkeys) we continue with practice and hold meets. In the event there is truly un-accommodating weather (Thunder/lightning, excessive heat, smoke, torrential wind/rains, typhoons, etc) we will alter practices.

## **Communications:**

We primarily communicate via the team newsletter (sent out twice a week during the season) and via the team website ([www.gprunners.com](http://www.gprunners.com)).

## **Injury Policy**

Athletes who become injured and are deemed unable to run by a doctor or athletic trainer must follow these procedures:

1. Must be cleared by GPHS trainer in regard to a return to play protocol.

2. Once an athlete is recovered, he/she must obtain a written authorization from a medical professional clearing the athlete to participate fully. **This must be submitted to GPHS trainer or Athletic Director.** Only the GPHS trainer and Athletic Director may clear an athlete for return to play.
3. If an athlete is cleared for conditioning, but not competition, they must attend the 1<sup>st</sup> hour of each practice to participate in core and injury prevention exercise (if physically able).
4. Work with the event coach or head coach regarding an alternate training plan (biking, swimming, weights, etc.)

## Practice and Competition Expectations

We are a no-cut sport. Everyone who turns out and puts in effort during practices is part of the team. However, the expectation is athletes will participate in directed practices and will race/participate at assigned meets. Athletes who refuse to participate at practices or races will be dismissed from the team. Also, athletes who acquire more than 5 unexcused absence may be dismissed from the team.

Athletes need to come to practice dressed accordingly for the weather. Sweat pants and a sweatshirt or jacket are required as a minimum, especially for sprinters. Sprinters will be sent home and not allowed to practice if they do not have sweatpants and sweatshirt. This is to avoid injury by pulling a muscle due to cold muscles. In addition a water bottle and light snack is highly recommended.

All runners will be allowed to compete in weekday league meets, regardless of current finishing times or marks.

Weekend invites may have time/mark standard for competition, due to the size and competitive nature of these meets. As such, not everyone will be eligible to compete on weekends.

**All athletes are expected to stay for the entire competition meet. This is a team sport!** Once an athlete is finished with their events, they are expected to remain and cheer on their team mates.

## Meet Days

Bring layers and wear your warm-up clothes over your GP uniform until your event. Often, we will have cold, wet, and windy weather. You need to stay warm.



Pay attention to the meet announcer and meet schedule. The announcer will generally announce first, second, and last call for each event. Be sure to give yourself enough time to warm up. **It is the athlete's responsibility to be on time to your event.**

Be patient with the officials and meet organizers. Some are parent volunteers and are trying to do their best. If you have a major problem with the officials, talk to one of the coaches.

Bring food. Sometimes concession food is available, but the selection is limited and not as healthy as we'd like for our athletes.

Don't eat 1 to 2 hours before your event. Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule.

Bring a water bottle and an electrolyte replenishment drink. You need to stay well hydrated to enable your body to work at its highest potential.

**All athletes are expected to stay for the entire competition meet. This is a team sport!** Once an athlete is finished with their events, they are expected to remain and cheer on their teammates.

**NOTE – All GPHS home meets are held at Snohomish High School Veteran's Memorial Stadium.**

## **Transportation**

Busses will be provided for all Saturday meets. Busses will be provided on Thursday away meets. **There is no bus transportation to SHS Veteran's Memorial Stadium for home meets.** Athletes must provide their own transportation for those meets (including the Saturday Eason Meet).

## **Parent Involvement**

For our two home meets (March 27 and May 1) parents are expected to assist with the running of the meet. We need AT LEAST 25 volunteers to host a meet. We will have a parent sign up at the Spring Sports Meeting on March 11 and an online signup form.

# Lettering Criteria

The lettering criteria is established to reflect the importance this program places on:  
Effort - Improvement - Loyalty - Performance - Academics - Citizenship - Teamwork

There are a few ways to earn a varsity letter at GPT&F.

## **Automatic Qualifiers:**

- Compete at the District or State Meet.
- Compete at an invitational meet and place in the top 10.
- Being a team captain.
- Break or tie a school record.

## **Establishing Points:**

The following point system is another way to earn a varsity letter with GPT&F. Athletes who earn 20 points receive a varsity letter.

- GPA: 5 points for >3.75; 4 for >3.5; 3 for >3.25; 2 for >3.0; 1 >2.5
- Years with program: 5 points for 4 years; 4 for 3; 3 for 2; 2 for 1.
- Attendance: 5 points for 100% attendance; 4 for 98%; 3 for 95%; 2 for 92%, 1 for 90%
- Athlete of the Week award 5 points
- 1<sup>st</sup> place finish - 3 points; 2<sup>nd</sup> place finish - 2 points; 3<sup>rd</sup> place finish - 1 point.
  
- Coaches reserve the right to grant varsity letters to athletes who become injured or ill and are unable to complete the season.
- Coaches reserve the right to award a Varsity letter to athletes that are helpful to the team in ways that aren't listed here.

Coaches also reserve the right to withhold a letter for any athlete who:

- Is absent without a reasonable excuse for 2 or more practices.
- Violates any training rule
- Violates any school or team rule at a team/school function.

# Health and Wellness

Staying healthy and injury free is a very important part of Track & Field. Doing so, takes a significant amount of time and effort. There is much that can be done to greatly improve an athlete's chances of staying injury free and healthy during the season.

## Conditioning

Conditioning varies between event groups. How a distance runner conditioning will look very different than how a thrower conditions. However, no matter the event, conditioning is critical to injury prevention. Each event coach will establish a conditioning routine to help each athlete perform at their best and reduce the chance of injury.

## Diet and Nutrition

Track & Field Athletes require a very nutritious diet and also have more caloric needs than the average person. We emphasize eating healthy foods and staying away from, or limiting, junk food and sugary drinks and snacks. At the end of this handbook is an example of performance fueling tips.

## Hydration

Water is essential to good performance. Mild dehydration can zap energy and result in poor performance. Being in school all day can make staying hydrated difficult. A concerted effort on staying properly hydrated is essential to top performance.

## Low iron levels in the distance athlete

A big struggle with runners (especially distance) is the development of anemia or low iron. Eating iron rich foods as part of the nutritional intake will certainly help. Occasionally athletes will need iron supplements. These should only be taken under the direction of a doctor! Although low iron can greatly affect performance, so can high iron levels.

The only way to know for certain an athlete's iron level is to be tested at a lab.

## Injury Care

There is much that can go wrong with an athlete. Keeping open communication with the coaches is critical to catch an injury early and before it becomes serious. We have plenty of alternative workout options while recovering from injuries (bike, swimming, weights, etc)

## Physical Therapy

Occasionally, we need to refer a runner to a physical therapist for treatment. Our go to PT person is Susie Fagerholm in Kenmore (<https://runptllc.com>). She specializes in runners of all ages, but particularly with high school runners. She is a high school cross country coach in addition to her PT practice.

## **Strength Training**

Proper strength training to augment our running is important. We spend time in the weight room to strengthen muscles so they can endure the rigors of competing. Off season conditioning and strength training is a great way to promote an injury free season. Having a strength coach may help keep athletes motivated during the off season.

## **Guide to purchasing running shoes**

Adapted from article by Jonathan Beverly

As Track & Field season begins, it's time for a fresh pair of running shoes. But we know it can be easy to get overwhelmed by the selection—and the price tags—at the local running store. Before you start shopping, here are seven tips you should know to help you choose the shoes that will sweeten the miles this fall.

### **1. Go light.**

Many running shoes on the market today are designed with older, heavier people in mind, so the shoes have a lot of cushioning and support. Extra material between you and the ground makes it more difficult for the shoe to flex and for you to feel the ground underfoot and can alter your stride. You (or your kid) are still light and athletic, so you don't need that level of support.

Steve Magness, a coach for runners from high school athletes to elites, says that young cross-country athletes can run in a lightweight trainer with less cushioning without much risk of injury, and learning to run in such shoes will set them up for running better throughout life.

Read shoe reviews and ask at stores for models categorized as “lightweight trainers” or “marathon racing shoes.” You can also consider a light, low trail racing shoe.

### **2. Ask an expert.**

Ideally, get an expert to help you choose a pair that fits your size, stride, and training. Greg Weich, who has over 20 years of experience coaching in Colorado high schools and working at specialty running stores, says he won't make general shoe recommendations for young athletes. He urges parents and athletes to go to a reputable specialty store, where a knowledgeable fitter will help them make good

choices on footwear. (Note, GPT&F highly recommends ‘Super Jock ’n Jill’ in Green Lake.)

The specialist should ask you about your injury history, how much running you’ve been doing, what your training program is like, and your past experience with certain products and brands. The fitter might watch you run and do simple exercises like a squat, so he or she can analyze your gait.

### **3. Ignore looks; go by feel.**

We get it—you want to look cool (who doesn’t?). It’s easy to convince yourself that a popular or attractive shoe—or even the one your best friend wears—is good for you, even if it fits poorly or causes pain. If you’re thinking, “I’ll break them in,” or you think they feel good when you slip them on while sitting down, reconsider.

Comfort is important, but you have to assess how comfortable they are when running—not just at step-in. So get up and take them for a run down the street or on a treadmill in the store. Get going at a decent speed. Don’t settle for “OK”—try on several pairs and find which feels best.

### **4. Leave some room.**

You need more room in a running shoe than a street shoe because your feet swell while running. Make sure there’s space between your toes and the end of the shoe—at least a thumb-width. Check that the shoe isn’t too narrow, either. You want room to spread at the ball of the foot. When in doubt, go up a half size so they’ll still fit at the end of the season—you’re still growing, and you’ll be bummed if your favorite shoes no longer fit mid-season.

### **5. Ask for a discount.**

Local stores will often give 10 to 15 percent off a pair of shoes if you tell the clerk that you’re running for an area high school. Another wallet-saving move is to buy last year’s model. Running shoes do change over the years, but if a closeout model fits, and you like it, you aren’t losing out on anything. (And you’ll make mom and dad really happy.)

### **6. Be smart about spikes.**

When you’re first starting your running career, it’s fine to run races in the same pair of shoes you train in during the first year or two. As you get older and more competitive, you might change into spikes for races or field events. While not everyone needs competition shoes, these spikes are lighter than training shoes and provide a tighter fit and more traction, especially on muddy, grassy courses.

Spikes do, however, put more strain on your feet, Achilles tendons, and calves. They also aren't ideal for courses that cross over pavement and some meets may not allow them so be sure to be clear on the rules before you buy. Racing in a lightweight training shoe is safer until you've developed strength in your feet and lower legs over several years of running. No need to rush into spikes right away.

## **7. Don't expect a miracle.**

Perhaps the most important thing we've learned about shoes in the past decade is that they aren't as important as we once thought when it comes to injury. Injuries come from weaknesses in the body and poor training, and no shoe can correct or prevent that.

"Shoes do play a role [in injury], but the body plays an even bigger role," says Jay Dicharry, physical therapist and director of the REP Biomechanics Lab in Oregon. If you're a young runner struggling with injuries, Dicharry recommends you seek out solutions with a health care provider experienced with running and with growing teen bodies; not at the shoe store. "[Your] bodies are growing at such a fast rate—but the rate is different for bones, muscles, tendons and ligaments," he says. "The stresses running places on the body can affect one type of tissue more than another."

# Performance Fueling Tips

for the high school athlete



Tip

1

## EAT ENOUGH

Aim for 3 meals and 1-2 snacks per day. Ideally, you shouldn't go more than 4 hours without fueling. Eating every 3-4 hours will help keep energy levels up to avoid hunger.



Tip

2

## ADJUST YOUR PLATE

Adjust carbohydrates, protein, fruit, and vegetables to provide optimal energy for practices using the athletes plate as a guide. On rest days you may find that you are hungrier - honor that!



Tip

3

## STAY HYDRATED

Aim to drink at least half your body weight in ounces daily. Hydration is important for keeping the body cool and helping you perform your best. Beverages and foods like fruits and veggies help contribute to fluid intake.



Tip

4

## RECOVERY NUTRITION

Aim for *at least* 15g protein and 50g carbohydrate. Post workout meals/snacks (consumed within 30 minutes) are important for refueling, repairing muscle, and rehydrating so you can recover for your next practice.



Tip

5

## PLAN AHEAD

Pack non-perishable snacks in your backpack and always carry a water bottle. Performance nutrition requires planning to be successful. "Fail to plan, and plan to fail"



Kelly Pritchett PhD, RD, CSSD