

DONEGAL TRACK & FIELD

APRIL NEWSLETTER

Food and volunteers are needed for the Concession Stand for all Home Meets. Please contact Stacey Spence at 653-0708 if you are able to help by donating or volunteering.

Fruit Donations needed for all meets. Please contact Jackie Rinehart at 653-8232 or djcbriehart@comcast.net if you are able to help.

Coaches' Corner

Hard training tears the body down; rest and recovery are an important part of physical training. The body must have time to recover.

Try this timetable, be up and moving at least three hours before a race. Have your last food two hours before, for digestion; and little water after one hour. If you hydrated the day before and that morning you will be fine.

Pre workout snacks to try: peanut butter and jelly, dry cereal, fig cookies, and low fat granola bars. Avoid foods high in acid like oranges and apples before a race.

For best performance results you must refuel your body after a workout or competition with high quality nutrition, or fuel. Also, in order to best recover the glycogen refueling window is 30 minutes after a workout or competition.

Post workout snacks to try: fruit, fresh veggies, nuts, peanut butter, rice cakes, yogurt, cheese, and whole wheat crackers.

We know April is a very aggressive month for fundraising. Please bear with us. It is well worth our efforts. Thank you for your continued support!

April 12th – Sub order forms to be handed out

April 16th – Sub order forms and money are due (\$20 buy-out is available)

Please note: these dates are different than noted on the web site

April 20th – Cookie Dough Pick Up in Cafeteria 4:30 to 6:00 p.m.

April 22nd – Hoss's Restaurant

COUPONS NEEDED! This is all day!

April 26th – Sub Pick up in Cafeteria 4:30 – 6:00 p.m.

May 8th – SONIC Drive-In

SONIC will donate 10% of all food sales from 12:00 - 7:00 p.m.

Coming UP:

- Team pictures April 15th at 3:00 (before the Home Meet)
Order Forms coming soon!
- Sweatshirt and T-Shirt Order Forms due back April 7th!
- A website to post pictures from meets, practices, and events
So take pictures!

HELP NEEDED in the DHS Cafeteria:

~ Sorting cookie dough on April 20th starting at 2:30 p.m.

~ Sorting subs on April 26th starting at 3:00 p.m.

Please contact Jackie Rinehart at 653-8232 or djcbriehart@comcast.net if you are able to help.

Parent Meeting

Tuesday, April 13, 2010

7:00 p.m. – DHS Library

Hope to see you there!

Remember to Hydrate Responsibly!