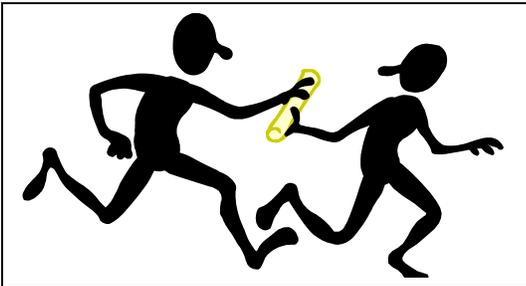


# Lehi Track & Field 2013

April / May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date Calendar Created 4/23/13	Rain-Out Hotline #: 801-768-7124 Option 5	23 Parent's Meeting 6:00pm Legacy Center	24	25	26	27
28	29 Practice 4:00-5:15pm Lehi HS Track	30 Intersquad Meet 4:00-5:15pm Lehi HS Track	1	2	3	4
5	6 Practice 4:00-5:15pm Lehi HS Track	7	8	9	10 Practice 4:00-5:15pm Lehi HS Track	11
12	13 Practice 4:00-5:15pm Lehi HS Track	14	15 Practice 4:00-5:15pm Lehi HS Track	16	17	18
19	20 Practice 4:00-5:15pm Lehi HS Track	21	22 Intersquad Meet 4:00-5:15pm Lehi HS Track	23	24	25
26	27	28	29	30	31	

All practices and intersquad meets will be held on at the Lehi High School Track (180 North 500 East).



## AGES 5 – 8

Youngsters 5 to 8 years old should be encouraged to run as part of play, such as in games of tag, or in short bursts with walking or other activities in between. Running in this way allows children to use more of their body than if they were jogging continually in a straight path, which makes it less likely that they'll become bored or injured.

Many experts, however, warn against 5-Ks for those under 8. "We're fine with a mile fun run, but nothing longer," says Brenda Armstrong, M.D., of Duke. "And a child who says he or she is hurting or tired must be allowed to stop." Bill Roberts, M.D., past president of the American College of Sports Medicine, has his own Happy Test. He believes that 7- or 8-year-olds can run a couple of miles, provided it's their choice and they enjoy it. How can you tell? "Smiles," he says.

## AGES 9 - 12

In the pivotal preteen years, growth and maturity allow for formal training, and competitive opportunities are abundant. Some kids this age will lean toward training and racing year-round, but they shouldn't give up other sports. "If they do another sport, they can still run on their own," says youth sports-medicine specialist Stephen Rice, M.D. "Kids in this age group shouldn't focus solely on competitive running." A big reason for restraint at this age is growth-related injury. As the long bones in kids' legs grow, the cartilage is not ossified, and hard running can lead to discomfort near the ends of the bones. When this syndrome strikes the knee--a common running condition known as Osgood-Schlatter--it can be very painful and may require medical attention.

"The mile is a good distance for kids, since they have to pace themselves," says Richard Dexter, Lynbrook's coach. "Young children usually have only two speeds: on and off. All year long as we prepare the kids to run the mile fitness test, we preach 'pace, don't race.'"

Info from: [runnersworld.com](http://runnersworld.com)