

# ORU

## CHRISTIAN SCHOOL FINALS COMPETITION athletic training and nutrition



At Christian School Finals Competition there is always one afternoon and evening that is noted for its blur of activity. At this particular time, a group of students is warming up and stretching while runners are coming out of the blocks with great speed vying to beat their competition. Other athletes are jumping both vertically and horizontally or hurling heavy balls and flat discs great distances. This hub of activity is the Track and Field competition attended by all schools participating at CSFC, and it is clearly one of the favorite evening events. After all, what could be better than enjoying camaraderie and dinner outdoors with friends while watching skilled athletes perform in a variety of events as another warm Tulsa afternoon at Competition stretches into a beautiful evening?

The Track and Field finals at Competition allow for student athletes to demonstrate skills in many areas as they can enter a total of five contests (including relays) in a mix of both running and field events. While excelling in track requires dedication and training, equally important to the performance of any athlete is nutrition.

In this edition, Eric Peterson, ORU Men's Chaplain, and Linda Owens, Adjunct Professor of Nutrition at ORU share some of their wisdom about athletic training, specifically for track and field events, and nutrition.



# ATHLETIC TRAINING FOR TRACK AND FIELD -ERIC PETERSON

INTERVIEWED BY: REBEKAH DUNCAN



Eric Peterson, ORU Men's Chaplain, has spearheaded the Competition athletics events for many years. Among his many talents, Eric is also an avid trackster who participated in an NCAA Division I Collegiate Track Team at Bowling Green State University. Recently, we asked Eric to share his insight about one of his favorite track events—sprinting.

**Q: How did you get involved in track?**

A: I have always enjoyed running. As a child, everywhere we went, I would run all over the place, so my mother finally introduced me to track and field. It continues to be one of my passions.

**Q: How many weeks before an event did you begin to train?**

A: When I was competing, I started training for track meets months in advance of our season. Initially, I would begin with weight training and long runs. As a sprinter, I would start weight training in the summer four times a week along with a long run (usually a mile). Following a few weeks of this, I would begin drills, and by mid-fall I would be sprinting on an indoor track. I would run intervals of 200, 150 and 50 meters. Specific training and exercise regimes may vary from event to event, so it is important to check with your coach for the best program for your particular track and field event.



**Q: We hear a lot about stretching before running. How important is stretching?**

A: Starting any exercise with stretches is very important. I don't have any particular stretches that I endorse; I just suggest anything that will limber up the body.

**Q: Do you have a sports drink preference?**

A: There are so many new sports drinks on the market today, and of course each of them claims to be optimal, but I must say water. Our bodies are created to function on water, so let's use what works the best. It may not have all the different tastes, but it is the best for us.

**Q: Competition guidelines for track require competitors to wear shoes on both feet during all events. Regular running shoes without cleats may be used. Also acceptable at Competition are shoes with 1/8 inch cleats. What pointers can you give about track shoes?**

A: I always found it important to have a great fitting pair of spikes. They do not need to



be tight, but they should fit much like a sock.

**Q: What tips do you have for the day of the meet?**

A: The day before your event you should greatly limit your activity. The practices during the week of the meet will normally start off heavy and gradually decrease in intensity as you get closer to your meet. On the day of the track meet, I suggest no activity outside of competing in your events.

***Student athletes should rely on guidance from their coaches in preparing for strenuous athletic competitions at Christian School Finals Competition.***

As far as diets, I have heard about carb loading before meets, but as a sprinter, I did not notice that it made a particular difference.

I would continue to maintain the healthy diet plan you have been following. One funny thing I have heard about is some sprinters taking honey right before their race for the natural burst of energy. Stay hydrated; again I recommend water and never carbonated drinks!

**Q: You have worked at the track meets at CSFC for several years. Do you have any general suggestions for competitors for improvement?**

A: I would say, whatever you do, become a continuous student of your craft. If you want to be a runner, learn about what it takes and what others are doing. Whatever you decide to do—do it well. Remember, our bodies are the temple of the Holy Spirit, if for no other reason than this we should strive to eat right and exercise to be good stewards of what has been given to us.



# ATHLETIC NUTRITION TIPS FOR TRAINING

BY: LINDA OWENS



As we attempt to be good stewards of our bodies we may find we lack information or are confused by conflicting information about food choices for an optimal performance. Additionally, food choices vary in different countries and cultures. Because the eating and drinking patterns of an athlete influence not only the overall performance but also the effectiveness of a training program, it is helpful to understand some nutrition basics. To help in this endeavor, Linda Owens, Adjunct Professor of Nutrition in the ORU School of Nursing answers some questions about the role of nutrition in an athlete's overall training and performance.



## Q: Why is nutrition important to an athlete?

A: Nutrition goes hand in hand with physical activity. Activity demands carbohydrates (starches) and fat as fuel, protein to build and maintain muscles, vitamins and minerals to support energy needs and also very important - water for hydration.

## Q: Does an athlete need more protein?

A: Athletes in training probably need more protein with the exact amount depending on what training activity they are doing. But the bottom line is all athletes in training should first get adequate

carbohydrates/fats to meet their energy needs so protein can be used to build and repair muscle tissue.

## Q: Should an athlete take special vitamin/mineral supplements?

A: Nutrient supplements do not enhance the performance of well-nourished athletes. However, some athletes believe that taking supplements directly before an event will let them perform better. But this is contrary to scientific reality. It takes time (hours or days) for these substances to get to the cellular level to do their work. Also individual amino acid supplements can be harmful and should be avoided. Our bodies were designed to use whole proteins found in food, and an overload of just one amino acid (these are the building blocks of protein) is dangerous.

## Q: What should you eat before competition?

A: No single food improves speed, strength or skill in competitive events. But some athletes have more or less of a ritual they follow before events. This should be re-





spected (if it's basically harmless), since it provides a psychological boost. What you eat before competition should include plenty of fluids and be light and easy to digest. Meals should provide between 300 and 800 calories, mostly from carbohydrate-rich foods (starches like fruits, breads, pasta, cooked veggies). The meal should end three to four hours before competition to allow time for the stomach to empty. It's best to avoid fiber-rich foods such as raw veggies and bran cereals. Some special "liquid meals" are also commercially available. Skipping meals especially breakfast before an event is not recommended.

**Q: Should I eat any special foods after an event?**

A: Eating carbohydrate rich foods after an event can increase glycogen storage (the fuel your muscles use at first). However, this is usually utilized by endurance athletes not power athletes.

**Q: What is the most important part of the diet for an athlete?**

A: The need for water far surpasses the need for any other nutrient. Your body loses water via sweat during physical activity and losing too much can cause dehydration. A water loss of greater than 2% of body weight can reduce a person's capacity to do muscular work. With a water loss of only 7%, a person is likely to collapse. Being fully hydrated is very important for every athlete both in training and in competition. The athlete who arrives at an event even slightly dehydrated begins with a disadvantage. The best fluid is water. However, for endurance athletes (long distance runners) a beverage containing carbohydrates may be appropriate. Also in events that last more than one hour, sports drinks may be needed to replace both fluids and electrolytes. The market now has many varieties from which to choose.



**Eric Peterson's** journey at ORU started as a student pursuing a Master of Divinity Degree. He is now the visionary and leader of the ORU Men's Chaplain Program. Additionally, Eric is very involved in missions efforts in Asia and traveled to Asia at the end of 2009 ministering in Taipei, Taiwan, China and Burma. Eric is also one of our very faithful CSFC staff members.

**Linda Owens** holds an M.S. from Southern Illinois University and a BAE from Wayne State College. She has participated as manager for various areas of Nutrition and Food Services Departments including Chief Clinical Dietitian. Additionally, Owens wrote and directed a formally accredited dietetic internship for 8 years and also served as a dietitian at St. Francis Hospital in Tulsa, OK. Currently Owens teaches Nutrition at the ORU School of Nursing.

*Have a Blessed New Year!*

## **CHRISTIAN SCHOOL FINALS COMPETITION DATES**

Plan to attend ORU Christian School Finals Competition on May 23-28, 2010.

## **COMPETITION HANDBOOK 2010**

The 2010 Competition Handbook is accessible online at the Competition Web site at <http://competition.oru.edu>. To access the Competition Handbook use the 2010 password, **closer2God**.

## **TENTATIVE 2010 COMPETITION SCHEDULE**

Online at the Competition Web site is a tentative schedule for 2010. The final schedule will be available after all the entries have been received in April 2010.

## **INTERNATIONAL SCHOOLS NEW REQUEST TO PARTICIPATE FORM**

International schools must submit a written request to demonstrate their serious desire to attend Competition. The new form, *Request to Participate*, has been e-mailed to international schools in the Competition database. The form is also available to download from the Competition web site at <http://competition.oru.edu>. The form must be submitted by February 1, 2010. This is a very important deadline for our international schools.

## **REGISTRATION FORMS**

Registration forms are accessible at the Competition Web site. The registration forms are password protected. Each school has a unique password assigned for access to these forms. Also, a pdf will be e-mailed containing all the forms needed to register. A copy of all registration forms submitted online should be sent to the Competition office.

## **FOREIGN LANGUAGE AUDIO FILES**

Now available online for your students to download are the French and Spanish audio files for the 2010 Competition Language events. These audio files give the correct pronunciations of the poems in the 2010 Competition Handbook. Courtesy of the ORU Modern Language Department.

## **CONTACT US**

The Competition office is open to take your calls Monday-Friday from 8:00 a.m. to 5:00 p.m. CST at 918.495.6856. E-mail your correspondence to [competition@oru.edu](mailto:competition@oru.edu).

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