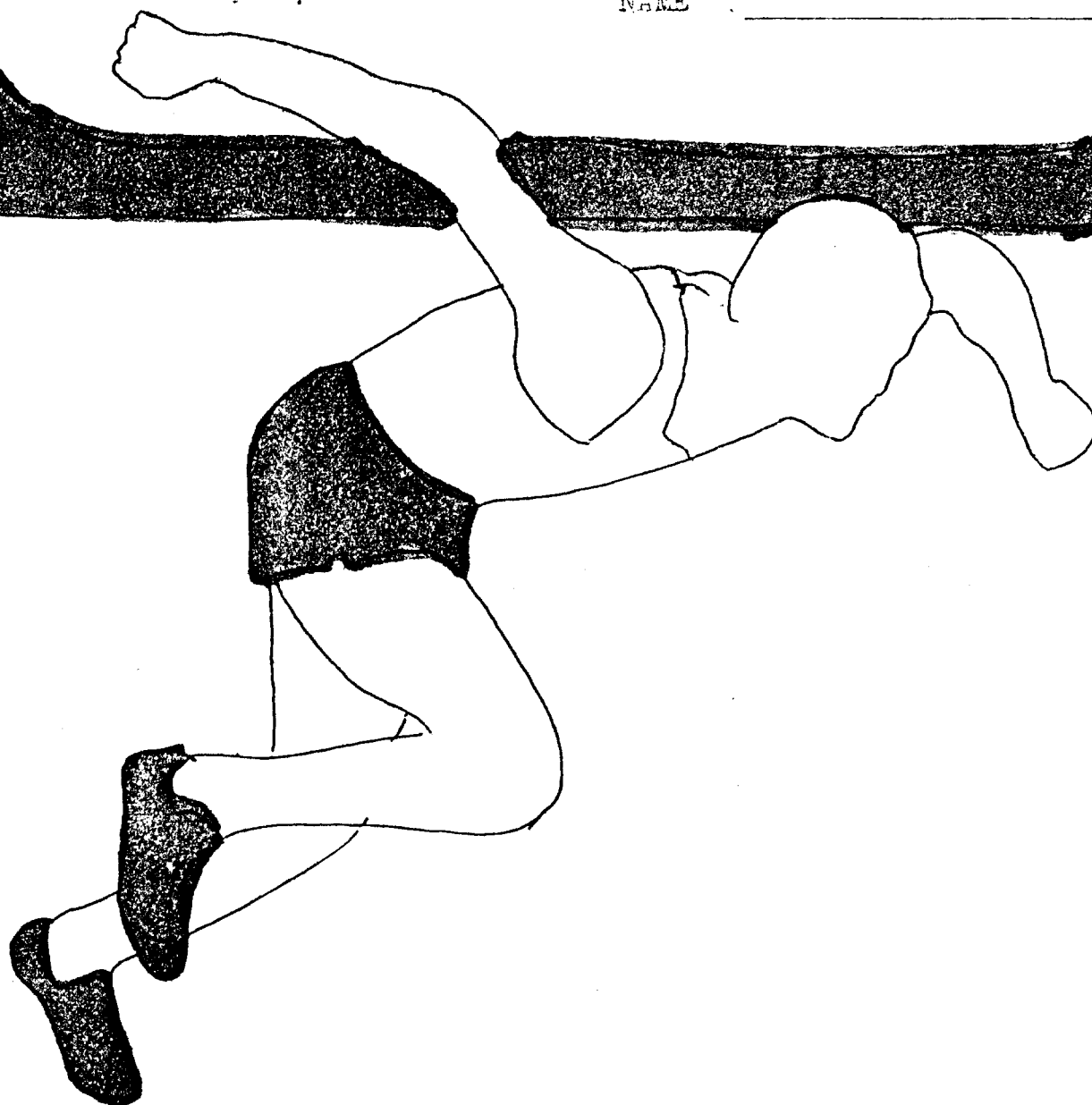


DOVER HIGH SCHOOL TRACK AND FIELD
NOTEBOOK
1980

NAME _____



THINK AND GROW RICH

If you think you are beaten, you are,
If you think you dare not, you don't
If you like to win, but you think you can't,
It is almost certain you won't.

If you think you'll lose, you're lost
For out of the world we find,
Success begins with a fellow's will --
It's all in the state of mind.

If you think you are outclassed, you are,
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the one WHO THINKS HE CAN.

PERSONAL GOALS

DISTANCE _____

TIME _____

PACE _____

SEASONS GOAL _____

WEEKLY GOALS _____

PERSONAL GOALS

DISTANCE _____

TIME _____

PACE _____

SEASONS GOAL _____

WEEKLY GOALS _____

1980 DOVER BOYS TRACK

| | | | |
|---------------------|------------------------------|------------|-------|
| Tuesday, April 1 | Coshocton/Zanesville | Coshocton | 4:30 |
| Thursday, April 3 | Perry/Fairless | Home | 4:30 |
| Wednesday, April 9 | Claymont | Home | 4:30 |
| Friday, April 11 | New Phila. Mini-Relays | | |
| Tuesday, April 15 | Claymont Mini-Relays | | |
| Thursday, April 17 | Wooster | Away | 4:30 |
| Wednesday, April 23 | Marietta | Home | 4:30 |
| Saturday, April 26 | Tornado Relays | | |
| Tuesday, April 29 | Carrollton/Aquinas | Home | 4:30 |
| Thursday, May 1 | New Philadelphia(B/G) | Home | 4:30 |
| Tuesday, May 6 | Canton Central Catholic(B/G) | Home | 4:30 |
| Saturday, May 10 | Cardinal Conference (B/G) | Malabar | 11:00 |
| Tuesday, May 13 | Marlington/Alliance | Marlington | 4:30 |
| Saturday, May 17 | SECTIONAL | | |
| Tuesday, May 20 | North Canton Hoover | Away | 4:30 |
| Saturday, May 24 | DISTRICT | | |
| Saturday, May 31 | STATE | | |

DOVER TRACK & FIELD RECORDS

| <u>EVENT</u> | <u>NAME</u> | <u>TIME</u> <u>DISTANCE</u> | <u>YEAR</u> |
|----------------|---|--------------------------------|-------------|
| 120 H. Hurdles | D. Sherrell | 15.0 | 1972 |
| 100 | J. Mills | 9.9 | 1975 |
| Mile Run | K. Knittle | 4:21.9 | 1969 |
| 440 Relay | S. Truchly, J. Black, M. Patrick, M. Black | 47.8 | 1979 |
| 440 | J. Mills | 49.8 | 1975 |
| 880 Relay | D. Sherrell, G. Crues P. Gardner, E. Mills | 1:32.7 | 1972 |
| 180 L. Hurdles | J. Terakedis | 20.3 | 1962 |
| 300 L. Hurdles | E. Redman | 38.4 | 1979 |
| 880 | M. Kremer | 1:59 | 1974 |
| 220 | E. Mills | 21.8 | 1971 |
| 2 mile run | K. Knittle | 9:25.7 | 1969 |
| Mile Relay | Googash, Myers Bennett, Schwartzwelder | 3:22.6 | 1966 |
| Shot-Put | T. Zifer | 53' 6 1/2" | 1973 |
| Discus | T. Zifer | 155' 2 1/2" | 1973 |
| Pole Vault | D. Lieser | 12'7" | 1972 |
| High Jump | K. Bosler | 6' 3/4" | 1975 |
| Long Jump | J. Black | 21' 4" | 1979 |

Interval chart

← DISTANCE →

TIME

| 100 | 220 | 330 | 440 | 600 | 660 | 880 | 1000 | 3/4 | Mile | 1 1/4 | 1 1/2 | 2 |
|------|------|------|-----|--------|--------|------|------|------|------|-------|-------|-------|
| 11.0 | 22.0 | 33.0 | 44 | | | | | | | | | |
| 11.2 | 22.5 | 33.7 | 45 | | | | | | | | | |
| 11.5 | 23.0 | 34.5 | 46 | | | | | | | | | |
| 11.7 | 23.5 | 35.2 | 47 | 1:03.6 | | | | | | | | |
| 12.0 | 24.0 | 36.0 | 48 | 1:05.4 | 1:12 | | | | | | | |
| 12.2 | 24.5 | 36.7 | 49 | 1:06.2 | 1:13.5 | | | | | | | |
| 12.5 | 25 | 37.5 | 50 | 1:07.8 | 1:15 | | | | | | | |
| 12.7 | 25.5 | 38.2 | 51 | 1:09.6 | 1:16.5 | | | | | | | |
| 13 | 26 | 39 | 52 | 1:10.8 | 1:18 | 1:44 | | | | | | |
| 13.2 | 26.5 | 39.7 | 53 | 1:12 | 1:19.5 | 1:46 | | | | | | |
| 13.5 | 27 | 40.5 | 54 | 1:13.8 | 1:21 | 1:48 | | | | | | |
| 13.7 | 27.5 | 41.2 | 55 | 1:15 | 1:22.5 | 1:50 | 2:05 | | | | | |
| 14 | 28 | 42 | 56 | 1:16.2 | 1:24 | 1:52 | 2:07 | | | | | |
| 14.2 | 28.5 | 42.7 | 57 | 1:17.4 | 1:25.5 | 1:54 | 2:09 | | | | | |
| 14.5 | 29 | 43.5 | 58 | 1:18.6 | 1:27 | 1:56 | 2:11 | 2:54 | | | | |
| 14.7 | 29.5 | 44.2 | 59 | 1:20.4 | 1:28.5 | 1:58 | 2:14 | 2:57 | 3:56 | | | |
| 15 | 30 | 45 | 60 | 1:21.6 | 1:30 | 2:00 | 2:16 | 3:00 | 4:00 | | | |
| 15.2 | 30.5 | 45.7 | 61 | 1:22.8 | 1:31.5 | 2:02 | 2:18 | 3:03 | 4:04 | 5:05 | | |
| 15.5 | 31 | 46.5 | 62 | 1:24 | 1:33 | 2:04 | 2:20 | 3:06 | 4:08 | 5:10 | 6:12 | |
| 15.7 | 31.5 | 47.2 | 63 | 1:25.8 | 1:34.5 | 1:06 | 2:23 | 3:09 | 4:12 | 5:15 | 6:18 | 8:24 |
| 16 | 32 | 48 | 64 | 1:27 | 1:36 | 2:08 | 2:25 | 3:12 | 4:16 | 5:20 | 6:24 | 8:32 |
| 16.2 | 32.5 | 48.7 | 65 | 1:28.2 | 1:37.5 | 2:10 | 2:27 | 3:15 | 4:20 | 5:25 | 6:30 | 8:40 |
| 16.5 | 33 | 49.5 | 66 | 1:30 | 1:39 | 2:12 | 2:30 | 3:18 | 4:24 | 5:30 | 6:36 | 8:48 |
| 16.7 | 33.5 | 50.2 | 67 | 1:31.2 | 1:40.5 | 2:14 | 2:32 | 3:21 | 4:28 | 5:35 | 6:42 | 8:56 |
| 17 | 34 | 51 | 68 | 1:32.4 | 1:42 | 2:16 | 2:34 | 3:24 | 4:32 | 5:40 | 6:48 | 9:04 |
| 17.2 | 34.5 | 51.7 | 69 | 1:33.6 | 1:43.5 | 2:18 | 2:36 | 3:27 | 4:36 | 5:45 | 6:54 | 9:12 |
| 17.5 | 35 | 52.5 | 70 | 1:35.4 | 1:45 | 2:20 | 2:39 | 3:30 | 4:40 | 5:50 | 7:00 | 9:20 |
| 17.7 | 35.5 | 53.2 | 71 | 1:36 | 1:46.5 | 2:22 | 2:40 | 3:33 | 4:44 | 5:55 | 7:06 | 9:28 |
| 18 | 36 | 54 | 72 | 1:37.2 | 1:48 | 2:24 | 2:43 | 3:36 | 4:48 | 6:00 | 7:13 | 9:36 |
| 18.2 | 36.5 | 54.7 | 73 | 1:39 | 1:49.5 | 2:26 | 2:45 | 3:39 | 4:52 | 6:05 | 7:18 | 9:44 |
| 18.5 | 37 | 55.5 | 74 | 1:40.8 | 1:51 | 2:28 | 2:48 | 3:42 | 4:56 | 6:10 | 7:24 | 9:52 |
| 18.7 | 37.5 | 56.2 | 75 | 1:42 | 1:52.5 | 2:30 | 2:50 | 3:45 | 5:00 | 6:15 | 7:30 | 10:00 |
| 19 | 38 | 57 | 76 | 1:43.2 | 1:53 | 2:32 | 2:52 | 3:48 | 5:04 | 6:20 | 7:36 | 10:08 |
| 19.2 | 38.5 | 57.7 | 77 | 1:44.7 | 1:54.5 | 2:34 | 2:55 | 3:51 | 5:08 | 6:25 | 7:42 | 10:16 |
| 19.5 | 39 | 58.5 | 78 | 1:46.2 | 1:55 | 2:36 | 2:57 | 3:54 | 5:12 | 6:30 | 7:48 | 10:24 |

NOTE: This table is adapted from one prepared by Armas Valste, Finland's National Track and Field Coach, 1960

TRACK AND FIELD NOTEBOOK

GOALS AND OBJECTIVES

Individual

Below are listed several goals that each of us, as a member of this team, should keep in mind and strive to achieve. Only by striving to achieve these goals will each of us be successful in our efforts in track and field. It is easy to be ordinary. It takes courage to excel. Each of us must excel.

1. To be dedicated in our efforts in practice and in competition in our events.
2. To set realistic goals of performance for ourselves.
3. To strive to achieve these goals, and constantly be resetting these goals.
4. To make each performance in competition better than the performance yet achieved.
5. To always strive for the best possible place each time you compete.
6. To strive to be the best athlete possible. (On and off the track. In and out of the classroom.)
7. To lead your team mates both in example and word.
8. To help any team mate whenever and however possible.
9. To represent yourself, your team, as well as your school in the best possible fashion.

DOVER HIGH TRACK AND FIELD GUIDELINES

Why's - Team images, performance, attitudes, and interest toward track and field.

1. Drinking will not be tolerated.
2. Smoking will not be tolerated.
3. Use of drugs will also not be tolerated.
4. We will conduct ourselves as gentlemen at ALL times.
5. Keep locker and area CLEAN.
6. Report all injuries when they happen.
7. Admittance to Med. Room with coach.
8. Get plenty of rest.
9. Watch diet day of competition and stay off feet.
10. To letter - in track and field. Must participate in half of the scheduled meets.
11. Bus conduct - Go as a team - Come back as a team.
12. Act like a gentleman on the bus.

AWARDS

1st year - 8" letter and certificate

2nd year - 8" certificate

3rd year - 8" letter and gold metal

THE PURSUIT OF THE DIFFICULT*

GEORGE ROMNEY

Happiness is never a result --- it is a by-product --- it comes from something else: from service, from the pursuit of a goal larger than yourself; for the pursuit of the difficult, which makes men strong, rather than from the pursuit of easy things, which make men weak.

It takes the strength of self control and courage to do what we ought to do. It is not easy to resist our own internal pressures to conform to a group -- to follow our friends, and do what they are doing even if we know it to be wrong. And it is not easy to guard against personal purity and to protect physical health, but these are essential to a meaningful and full life.

Character cannot be built nor anything of value accomplished without self-discipline -- and that takes courage. It is self-mastery which demonstrates maturity. You will never be truly grown up until you have learned to turn your back on the things you think you want most -- because of something you want more. And most people in achieving great accomplishments, have first had to do the things that they didn't want to do in order to achieve what they wanted to do.

*This was taken from an address delivered at the Western Michigan University commencement on January 23, 1965.

REASONS FOR PROPER WARMUP

It is generally conceded that the real value of warmup is in its use as a preventive measure. Since it has become known that adequate warmup prevents strains and muscle tears that would probably occur if the athlete went into full performance without such a preliminary. The main purpose of warm-up is to raise both the general body and the deep-muscle temperatures and to stretch the ligaments and other collagenous tissues in order to permit greater flexibility, and thus to generally supply the body, thereby reducing the possibility of muscle tears and ligamentous strains, as well as prevent muscle soreness.

When the athlete attains a state of sweating, he has raised his internal temperature to a desirable level.

Most high school athletes fail to warmup sufficiently, intending to save themselves for competition. This is a mistaken concept. It takes approximately 20 minutes of gradual warmup to bring the body to a state of readiness with its attendant use in body temperature and to adequately mobilize the body physiology in terms of making a greater number of muscle capillaries available for extreme effort and of readying blood sugar and adrenaline.