

# Segerstrom

## Boys and Girls Track and Field



### Why Track and Field?

- Get faster (every sport needs speed and in track and field, you can work on that and be measured)
- Be part of a winning tradition

Boys League Champs	Girls League Champs
2008, 2009, 2010, 2014, 2018, 2019, 2022, 2023, 2024	2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2018, 2019, 2021, 2023, 2024, 2025
<u>Boys and Girls Santa Ana City Champions</u> 2019, 2021, 2022, 2023, 2024, 2025	

- Open to all levels and abilities (no tryouts, everyone can participate and be part of a team)
- Colleges prefer multi-sport athletes for scholarships

### Track and Field events:

**Long Distances:** 800m, 1600m, 3200m

**Sprints:** 100m, 200m, 400m, 100/110H, 300H, 4 x 100 relays, 4 x 400 m relays

**Field events:** Long Jump, Triple Jump, High Jump, Pole Vault (only program in Santa Ana), Shot Put, Discus

Interested? Use this qr code to sign up for more information about summer and fall practice time:



## Why you should run track:

High school athletes should consider running track for a multitude of compelling reasons that extend beyond simply improving their speed. Here's a breakdown of the key benefits:

### 1. Enhances Performance in Other Sports:

- **Develops Speed and Explosiveness:** Track workouts, especially sprints, are fantastic for building explosive power and top-end speed, which are crucial in sports like football, soccer, basketball, and lacrosse.
- **Improves Agility and Coordination:** Events like hurdles and sprint drills enhance footwork, agility, and body control, translating to better maneuverability in various sports.
- **Builds Strength:** While often associated with endurance, track also incorporates exercises and events that build strength in the legs, core, and even upper body (for throwers). This contributes to overall athleticism.
- **Increases Endurance:** Distance running events build cardiovascular fitness and stamina, allowing athletes to perform at a higher level for longer durations in their primary sports.
- **Refines Running Mechanics:** Track coaching often focuses on efficient running form, which can help athletes in other sports move more effectively and reduce the risk of injury.

### 2. Physical Health Benefits:

- **Cardiovascular Health:** Running is an excellent aerobic exercise that strengthens the heart and lungs, lowers blood pressure, and improves cholesterol levels.
- **Builds Muscle and Bone Density:** Running, especially sprinting, helps build fast-twitch muscle fibers and increases bone density, reducing the risk of osteoporosis later in life.
- **Reduced Risk of Injury (when done correctly):** Training on the track's consistent surface can sometimes be less impactful than uneven terrain, and proper coaching emphasizes injury prevention.
- **Improved Balance:** Strengthening leg muscles through running enhances balance and stability.
- **Better Sleep:** Regular physical activity like running can improve sleep patterns.
- **Boosted Immunity:** Exercise can strengthen the immune system.

### 3. Mental and Personal Development Benefits:

- **Mental Toughness and Resilience:** Track requires discipline, perseverance, and the ability to push through discomfort, building mental fortitude that benefits all aspects of life.
- **Stress Reduction:** Running releases endorphins, which have mood-boosting and stress-relieving effects.
- **Improved Mood and Energy Levels:** Regular exercise can alleviate symptoms of anxiety and depression and increase overall feelings of well-being.
- **Enhanced Focus and Concentration:** The discipline of training and the mental focus required during races can improve concentration skills.
- **Goal Setting and Achievement:** Track provides opportunities to set personal goals (improving times, distances, etc.) and experience the satisfaction of achieving them.
- **Increased Self-Discipline and Self-Esteem:** Sticking to a training plan and seeing improvement builds self-discipline and confidence.