



ACS Track & Field Adopts Feed the Cats Program

- Originated by Coach Tony Holler – Head Boys Track & Field Coach – Plainfield North HS
- Used by hundreds of Top Track & Field Programs in Illinois and around the World
- Top 3 Teams in 2018 Boys 3A IHSA Track & Field State Meet All follow Feed the Cats
 - Naperville (Neuqua Valley), Homewood Flossmoor, Plainfield North
- Well suited for Boys and Girls Teams Alike. Big or Small Schools. Builds Big and Solid Teams
- Perfect for building Speed, Power, Agility, and Vertical used in all School Sports
- Widely accepted and presented at Track Clinics and Trainings around the U.S. and the World
- Collegiate Coaches and Recruiters are well aware of Feed the Cats and Search out Athletes that take part and thrive in the System and Process

"Feed the Cats" Approach

Tony Holler says, “In the past, track practices were brutal affairs. They were long, frequent and hurt... Now, over 40% of my track athletes' seasons are off days. Our sprinters never run longer than a 200m in practice. We don't run laps. We never jog. Love has replaced grit. Speed has replaced endurance. Our times have never been faster.”

- Sprint as fast as possible, as often as possible, while staying as fresh as possible.
- Never let today ruin tomorrow. Accept small gains. Make "Happy and Healthy" your priority.
- "[Record-Rank-Publish](#)" to feed the competitive nature of your cats.
- Always train in spikes when surface allows
- Rest is key -- If you're too tired to sprint your fastest, you're not getting faster.
- Do strategic low-dose lactate workouts in season to become more efficient at longer sprint distances. But always remember for Sprinters and Jumpers, lactate training is like a poison. *Small doses stimulate, moderate doses inhibit, large doses kill.*
- Remember, kids are good at what they like, and incredible at what they love. **Grit is work in the absence of love.** "The Grind" has somehow become motivation for people who don't like their work.
- Practices take less time, yet yield better results as long as the athletes give 100%
- Less Injuries as Muscle Tissue is properly developed
- Much like Cats...We Sprint, Jump, Sleep, Eat, and Enjoy
- Sprint Technique and Max Velocity are fully explained to achieve best results
- X-Factor Days - Varying Muscle Movements for Technique, Brain and Neuron improved development, and utilizes activities which do not replicate specific sprinting max velocity training yet develops speed and vertical. Think Obstacle Courses, Exercise Movement Games, Bounding, Upper and Lower Body Coordination, Agility.
- Rest Days will be incorporated into the work week. Teaches Nutrition and Proper Sleep Recovery
- Weight Room incorporates lifts and exercises that enhance Speed and Vertical
- Meets are treated to achieve PR's and success every event and every Meet. Then a rest day or simple X-Factor Day will follow.
- Distance Runners will incorporate certain factors of Feed-the-Cats yet they have workouts that will incorporate additional Endurance, Lactate Usability, Long Runs and Short Speed Runs with Pace Settings, Hip and Ankle stability. They will have X-Factor Days, Rest Days and Lactate Days.