

CENTENNIAL HUSKIES TRACK & FIELD – 2002

TRACK HANDBOOK

HANDY ALIBI SHEET

This list is intended to simplify the problem of selecting the proper alibi to suit the occasion. While some athletes are so bad that they don't need an alibi, most will at some time be in need of some explanation to account for some performance, and this handy check list may prove helpful.

- Ate too much
- Weak from lack of nourishment
- Not enough time to warm up
- Warmed up too much
- Not enough training
- Overtrained
- Not enough sleep
- Too much sleep
- Need wheat germ oil
- Need yogurt
- Not enough weight training
- Too much weight training
- I'm building up slowly for 4 years from now
- Don't want to improve too rapidly
- Saving myself for (Name of boy/girl, event)
- Bus too loud
- Bus too quiet
- Started kick too soon
- Started kick too late
- Never kicked
- Worried about studies
- Worried about finances
- (boy/girl)friend unfriendly last night
- (boy/girl)friend too friendly last night
- When I saw that ____ was running I choked
- I didn't think
- I thought too much
- He/she cut me off
- I cut him/her off & thought I was disqualified
- I'm a mudder and the track was dry
- They all jumped but me
- I was waiting for the recall
- I can't run on a muddy track
- Poor judges
- Poor starter
- Poor track
- Poor athlete
- Footing too hard
- Footing too soft
- Too hot
- Too cold
- Shin Splints
- Blisters
- Spikes too long
- Spikes too short
- I don't have red shoes
- Forgot to bring shoes
- Cramp in leg
- Cramp in brain
- Chicken
- Cold feet
- Heart attack
- Snowblindness
- Sun was in my eyes
- Moon was in my eyes
- Got lost
- Thought there was 1 more lap
- Thought race ended lap sooner
- Can't run from front
- Can't run from behind
- Can't run
- Too many meets
- Cheap medals
- Too many people depended on me
- Nobody cared about my performance
- Wanted to see what the 2nd place medal looked like
- I don't like organized athletics
- I only run for exercise
- I only run for fun
- I didn't feel like running
- I felt great & that's a bad sign
- I couldn't get excited
- I was overanxious
- My mind was too tense
- I heard we weren't getting a meal after the meet
- My coach is American and doesn't understand foreign athletes
- My coach is a foreigner and doesn't understand American athletes
- My coach is a _____
- I got discouraged when _____ passed me
- Looking forward to indoor track
- Looking forward to cross country
- My blocks slipped
- I can't stand success
- I have emotional problems
- My coach reminds me of my father, and I hate them both
- I'm here to study, not be an athlete
- This is for anything new_____