

**SANTA CLARITA VALLEY
ATHLETIC ASSOCIATION**

(SCVAA)



WARRIORS
TRACK AND FIELD

2019

PARENT PACKET

**PLEASE RETAIN THIS PACKET FOR
THE ENTIRE TRACK & FIELD SEASON**

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To: All Parents and Athletes
 From: SCVAA Warriors Track & Field Board

On behalf of the Board of Directors, it is our pleasure to WELCOME you to the 2019 season. SCVAA is a non-profit organization that promotes youth sports (Track & Field, Cross-Country, Football and Cheerleading). For your records, our Tax Identification Number is 23-7094577. Our athletes compete in the Southern California Youth Track and Field Conference (SCYTFC) that includes organizations throughout the greater Los Angeles area.

All board members, coaches, and program assistants are volunteers; parents just like you. These individuals work year-round to keep the Warrior Track & Field Program running. Since this is all done on a volunteer basis, your help, support and cooperation is CRITICAL for this program to be a success. There are many opportunities where you can make a difference for a program that can change a child's life. We encourage each parent/guardian to participate by helping with the various functions of the program (i.e. coaching, timers, data entry, spiritwear, fundraisers, field event helpers, etc.). A list with the descriptions of opportunities is included in this packet.

We are providing this Parent Packet to help you understand more about the Warrior Track & Field Program and our philosophy. It contains information regarding our purpose, participation, expectations, conduct during track meets and useful information concerning parent conduct and safety rules for training.

ATTENTION GREMLIN PARENTS: Due to the age of your child, it is mandatory that a parent be present at all practices and track meets. No exceptions to this rule unless discussed and approved by the Directors.

Please contact the individuals listed below or visit our website if you have further questions or wish to review any of the sections contained within this packet.

Directors: Jennifer & Kris Wieckowski/Ashley & Josh Lukaszewski

Treasurer: Brenna Round

Secretary: April Phillips

Marketing: Monica Bunning

Board Members: Beth Seal, Chad & Jessica Hess, Charlotte Natche, Dana Fernandez, Gerry Perez, Heather & Chris Costa, Lamar Shamburger, Mark Kagaoan, Pam Rueff

Head Coach: Lamar Shamburger

Gremlin Coaches: Angela Best, Sandia Ennis, Chris Costa

Bantam Coach: Vivian Bonner

Midget Coach:

Youth/Intermediate: Lamar Shamburger

Distance Coaches: Dana Fernandez, Gerry Perez, Chad Hess

Long Jump Coach: Victor Natche

Relays/Sprints: Lamar Shamburger & Anthony Morris

Hurdles Coach:

High Jump Coach:

Shot Put Coach:

SCVAA Warrior Track & Field Website: <https://www.scvwarriorsrunning.com/>

Follow us on Facebook: SC Warrior Track & Field

CERTIFICATION

Each year we are required to provide our Conference with the following documentation for each athlete in order for them to participate.

Registration Form, Waiver and Consent Form and Birth Certificate – These forms should have been all completed on line.

IF PAPERWORK IS NOT COMPLETE THEN YOUR ATHLETE WILL NOT BE ABLE TO PARTICIPATE ON THE TEAM OR COMPETE. This is a requirement of our insurance company. NO EXCEPTIONS!

FUNDRAISING

Our team keeps the registration fee at a reasonable rate by doing fundraisers throughout the season. Merchandise sales raise funds for the team. In past years, a Lap-a-Thon/Bake Sale has been a fun way to raise money. If we do a Lap-a-Thon/Bake Sale, the date is yet TBD and would be during one of our regularly scheduled practice days/times. The athletes ask for donations from family, friends and neighbors based on each lap they run. We also encourage all parents to review their employer's benefits programs or corporate donations. Employers may offer matching funds, merchandise donations, time off with pay, and grants to programs in which their employees participate. Every penny we raise through fundraising and employee-matching programs goes to ensuring reasonable fees for parents and first-class equipment for the athletes.

PRACTICES

Dates and Times

Practices begin on February 4, 2019 at College of the Canyons Track. Practices are Mondays, Wednesdays and Thursdays. Gremlins will practice from 6:00 p.m. to 7:30 p.m. and all other age groups will practice from 6:00 p.m. to 8:00 p.m. The Distance Group practice times and locations will vary but will still practice on Mondays, Wednesdays and Thursdays. For the month of February, the distance group will also practice on Saturdays off campus at a location/time TBD. Everyone else will practice on Saturdays from 9:00 a.m. to 11:00 am at College of the Canyons. When the meets start, practices will be held on Mondays, Wednesdays and Thursdays of each week at the same times mentioned above and the meets will be on Saturdays. No field events will be included during the first two of weeks of practice.

Drop-Off and Pick-Up

Athletes should be brought to the practice field 5 to 10 minutes before practice starts and **MUST** be picked up promptly at the end of practice (Gremlin parents are required to stay throughout the practice and all other parents should arrive at 7:30 p.m. in anticipation for pick up). Coaches are responsible for waiting with the athlete until a parent arrives. It is unfair to the athlete and the coach (and the coach's own child/family) to wait for a late parent. You are welcomed and encouraged to stay for practice and observe or help. Having enough volunteers makes practices run much more smoothly and being there can be a good thing for both parent and athlete. Please also note that parents will not be able to use the track and stands for working out as the entire track will be used by the athletes.

ATTENTION GREMLIN PARENTS: Due to the age of your child, it is mandatory that a parent be in attendance during all practices and track meets. No exceptions to this rule unless discussed and approved by the Directors. Gremlin parents will be required to stay in the stands at all times unless called upon by the Coaches.

Mock Meet: The Saturday before the first meet, March 9, 2019, will be a “mock” meet. We will be timing all athletes in 100 meter, 400 meter and 1500 meter. The mock meet will also be a chance to double check the timing system and get a time for the athletes for the first meet. We will also have picture day right before the meet starting at 8am.

What to bring to Practice:

Warm ups / sweat suits should be worn at each practice, even when temperatures have been warm in the daytime. By 8:00 p. m. it can get very cool. Please label all warm ups/sweat suits with your child's name. Athletes can also bring only water (no colored drinks are allowed on the field at COC). Remind athletes to bring their drinks and sweats with them when they leave the track at the end of practice to prevent littering and loss of clothing.

Practice Uniform

Athletes can wear any kind of athletic short or pant and t-shirt to practice, providing they are in good taste. Boys’ shirts must remain on during practice. Underwear MAY NOT extend below the bottom of the running shorts. For the health and safety of your child, a good pair of running shoes (no cross-trainers) should be worn. No jewelry is to be worn. Spikes will be permitted at practices, during limited times under the direct supervision of an authorized coach. Regular running shoes must ALWAYS be brought to practice.

Practice Participation

Athletes are required to attend a minimum of two (2) practices a week to be eligible to run in the weekend meets. If the athlete is unable to attend due to illness or other reason the athlete’s age-group coach or one of the head coaches should be informed as soon as possible about the situation. While at practice, athletes are expected to participate in the designated workouts for their age group or event under the supervision of a designated coach. They are not to participate in any separate or unofficial workouts on our facilities during practice times without express permission of the Age Group Coach.

Warriors Distance Policy

The Distance Policy has been designed to ensure the safety of our athletes leaving the campus. Athletes will be sorted into 7 training groups, by ability level, based on a 1500m time trial. Groups will be defined as follows...

Group 1- Faster than 5:05

Group 2- Faster than 5:25

Group 3- Faster than 5:50

Group 4- Faster than 6:15

Group 5- Faster than 6:35

Group 6- Faster than 7:00

Group 7- Faster than 7:25

Athletes who do not achieve the minimum time of 7:25 will not be allowed to leave campus. Athlete’s times and leaving the campus are at the discretion of the Distance coaches. Athletes may move up in groups based ONLY on actual race performance.

The Distance group will be closed to new athlete's after the first 2 weeks of practice.

Athlete's **MUST** attend a minimum of 2 distance practices a week, including the off-campus distance night, in order to leave campus.

The Coaching staff reserves the right to drop an athlete's training group based on the ability to handle the assigned distance and pace workload.

The Coaching staff reserves the right to suspend an athlete from leaving campus based on behavior.

Rules and Regulations for Conduct of Athletes, Coaches and Parents at Practice

Rules and regulations for conduct of parents and athletes will be in accordance with those rules and regulations established by the SCYTFC. The Conference and its participating organizations have, as a major goal, presentation of youth track program featuring wholesome competition in an environment beneficial to the participants. **Physical and/or verbal abuse WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES.** Adults or participants unable to display acceptable behavior will be directed to leave the practice and can be removed from the team.

Rain - What to do?

IF IT IS RAINING, THERE WILL MOST LIKELY NOT BE PRACTICE! If rain is predicted to fall and you have not received a call remain at COC with your child until it is certain that there will actually be a practice that day. The bottom line is **BE AWARE OF WEATHER CONDITIONS AT ALL TIMES.** In the event of practice or a meet being cancelled, we will contact you by phone using your preferred phone number indicated on your sign up form and update the website. During the first week of practice, we will test this system to assure that all the numbers have been entered correctly. Please tell a coach or a board member if you did not receive the call.

Rewards at Practice

Important notice to parents: We do give jellybeans or Jolly Ranchers at the end of each practice. The sucrose helps muscle recovery after a workout. The amount of jellybeans is from 4 to 6 to each athlete. If this is a problem for your child for any reason (such as diabetes, braces, etc.) please contact your Age Group Coach for an alternative. **WE ARE ALWAYS IN NEED OF DONATIONS AND HELPERS. HELPING DISTRIBUTE CANDY CAN BE USED TOWARDS YOUR VOLUNTEER HOURS.** We would prefer a couple of Gremlin families and a couple of families from the older age groups to have enough coverage to ensure all athletes receive candy. If you sign up for this duty and your athlete is in the older age group, please arrive by 7:30 and stay until all athletes receive candy. If you will not attend a practice on a particular day, please coordinate with the other family assigned in your group to make sure they will be there

SHOES

Running Shoes

This is the most important piece of equipment an athlete will require for track. Each athlete must have a good pair of running shoes. (Asics, Brooks, New Balance & Saucony are good choices) If choosing a different brand such as Nike, please check that the upper part of the shoe is mounted squarely on the sole (not lopsided) and that there is enough padding to absorb the shock of running. Also, encourage your child to tighten the laces so that the shoe is snug, but not tight on the foot. **ABSOLUTELY NO** cross trainers, basketball shoes, high tops or skate shoes will be allowed!

Spike Shoes

Spikes are not required but may be used by Bantams, Midgets, Youths and Intermediates. (**Gremlins MAY NOT wear a spiked shoe of any kind**). Coaches can advise the athlete and parent about the need for spikes. Spikes will be allowed for practices when the Age Group Coach gives permission for a specific period during practice and then only under direct supervision. You can purchase the proper size spikes (the inserts) from any local sporting goods store or Runners Lane shoe store. Rules for spikes (size, etc.) may change for each track. Make sure your athlete, if they choose to use spikes, has the correct spike for the track - venues can have different spike requirements. We will have spikes for sale for use on most tracks.

INJURIES

It is natural for your athlete to have sore muscles for the first few practices. It is not natural to be sore more than 4-7 days or to have cramps. If any athlete has an injury, please notify their coach. Some injuries may require a doctor to check the athlete. The most common track injuries are:

1. **Blisters** - From improper fitting shoes or dirty or improper fitting socks.
2. **Strains** - Can be minimized by properly following the warm up jog, stretching exercise, staying warm and constant moving.
3. **Shin Splints** - Can also be minimized by proper shoes, heel walking and toe squeezing.
4. **Heat Injuries** - This can be minimized by drinking water before, during and after an event; (**NO ICE WATER, FRUIT DRINKS OR SODA**). Stay in a shaded area when possible. When temperatures are in the 80's and up, athletes should drink about 8 ounces of water each hour.

MEET PROCEDURE

The week before the meet: Each athlete can compete in 3 individual events and 1 relay. NOTE: Gremlins are allowed to compete in a maximum of 2 events and 1 relay, or 3 total events. Make sure to work out with your coach during practices the week before the meet what events you want to compete in. Athletes wishing to participate in field events should work with the field event coach to make sure they understand how to do the event with proper form. Please do not sign up for a field event until you have practiced with the appropriate field event coach. Injuries or disqualifications at the meet can be the unfortunate result.

The Day of the Meet: Be sure to bring the athlete's complete uniform, including sweats, spikes (if needed), sun protection, snacks, water or other appropriate drinks (Gatorade, etc), and something for the athlete to do while waiting for their event. Food and drink are usually available at the meet at a concession stand, but it's safest to bring your own food and drink in case they run out of something or they don't have what your athlete likes. On hot days, sun protection and lots of water are vital for the well-being of the athlete. There are a limited number of EZ-Ups set up by the team in the stands at each meet. Make sure to allow plenty of time to drive, park and locate your age-group coach for tags.

Uniform: Our complete uniform must be worn at all meets per Conference Rules. Tights are allowed under the uniform if they are a solid color. The solid color must be either black, white or maroon and must not have any logo affixed so it is visible. Any athlete appearing out of uniform will not be allowed to compete. Shirts must be tucked in before an event or the athlete can be disqualified.

Event Name Tags: Prior to participating in a meet, each athlete must check in at the Warrior Team tent to receive event tags with their name on it for each event in which they will participate. All athletes should have their tags before 8:15 a.m. or as soon as possible thereafter.

Warming Up: Most coaches want their athletes warming up at least 30 minutes before his/her scheduled event, unless otherwise noted. Check with the coaches for age group warm-ups held during the meet. If the athlete is participating in the first event of the day (3000M, Gremlin Long Jump, Bantam High Jump or Youth Shot Put) it is important to get to the meet early enough to get tags and have time to warm up before the meet starts. Other athletes just need to get their tags before 8:15 and wait until their event is called, or their coach starts group warm-ups.

Event Calls: Each event will be called 3 times by the meet announcer before the event occurs. The first call is 15 minutes before the start of the event. This is the time for the athlete to make any last-minute preparations – bathroom, sunscreen, water, warming up, finishing a snack, removing sweats – before heading down to the staging area for running events or the appropriate field event area. The second call (10 minutes prior) is when all athletes should be going to staging or the field event. Athletes participating in a field event need to tell the field event judge they are leaving for their running event if the two are occurring simultaneously. The third call (5 minutes before) is very close to the time of the event, to make sure everybody is at the appropriate area. If you are not where you are supposed to be by third call, you need to get there quickly! Please listen to the announcer and keep track so your athlete(s) don't miss their events. Coaches will not have time to find athletes during the meet to make sure they are at their events on time. Relays may be organized and warmed up before first call, at the coach's direction.

ORDER OF EVENTS

Track Events (Running)

Running events usually begin at 8:30a.m. Each running event is run in age group order: GG, GB, BG, BB, MG, MB, YG, YB, IG AND IB. Not all age groups run all events! Sometimes age groups will be combined (generally the 3000m, 1500m and Youth and Intermediate).

The order of running events is as follows:

3000 meter, 100 meter hurdles, 80 meter hurdles, 4×100 meter relay, 1500 meter, 400 meter, 100 meter, 800 meter, 200 meter and 4×400 meter relay.

Field Events

Field events usually begin at 8:30 a. m. The order of participation is usually as follows:

Long Jump: GG, GB, IG, IB, MG, MB, YG, YB, BG, BB

High Jump: BG, BB, MG, MB, YG, YB, IG, IB

Shot Put: YG, YB, IG, IB, BG, BB, MG, MB

Time of each event: There is no way of determining the time an event will start. It depends on too many variables such as the number of participants, quantity of help, etc.

Be aware of the order of events when choosing which events your athlete will participate in that week. Running the 100m, 800m and 200m in the same meet will not give the athletes much of a break in between races to rest. Conversely, doing the 3000m, 1500m and 4×400 relay means the athlete will have a long time in between events and you will be at the track for the entire meet.

Running Events: Athletes competing in running events must stay in their lane until a volunteer takes their tag at the finish line. Water is available at the finish line for athletes.

Field events (shot put, long jump and high jump): Field events are held at different locations near the track oval. An athlete who is doing a field event at an away meet should be aware that at some tracks the field events may be in areas that are not visible from the stands.

Before warming up, the athlete needs to check in with the field event judge and give them their name and tag. The field event judge will give instructions about warming up to the athletes – field judges will allow a certain number of practice jumps or throws before the event is judged.

BOTH ATHLETES AND SPECTATORS NEED TO BE VERY CAREFUL OF WHERE THEY STAND AND WALK DURING A FIELD EVENT. Being in an inappropriate spot can hinder an athlete's performance and/or get somebody injured. Judges will be very clear and forceful about this. Parents of younger athletes and children need to make sure their athletes and children are in a safe place at all times during the event. The athlete is done with the event when they have completed all of their throws or jumps.

Running vs. Field Events: Running events take precedence over field events. First check in at the field event. After the 2nd call for a running event, talk with the field event judge, and proceed to the staging area to check in for the running event. You have 5 minutes to return to your field event after your race is finished to return and complete that event.

Home Meets: Home meets are always at College of the Canyons. Allow a little more time for parking, as there are more people here on meet days. Our team is responsible for the home meets, so we need as many volunteers as possible to make sure the meet goes smoothly and quickly. The week before the meet, a sign-up sheet will be on the website. Please sign up for the time and activity that fits in with your schedule. Most of the volunteer activities are easy to do – somebody just needs to be there to do them. If you have not signed up and find you have available time during the meet (your athlete is in staging or in a field event, for example) please offer your volunteer services during the meet. The few minutes you help out could give a volunteer already on the field a much, needed break. When arriving for volunteer duties, please check in and out at the staging tent to have your time verified.

Away Meets: Directions to the locations of away meets will be available on the website under "Maps/Directions." Make sure to allow enough time to drive to the meet, find the track, park and still arrive in time to get tags before 8:15 or so.

Meet results are posted on the website, usually a day or two after the meet is run.

RULES AND REGULATIONS

Unsportsmanlike conduct is offensive, unethical, or dishonorable in nature. It includes action and/or language that will bring discredit to the individual and his/her Association. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official, and destruction of the facility or any equipment (personal or otherwise) are examples of unsportsmanlike conduct. The penalty for unsportsmanlike conduct is disqualification from further participation in the meet including any event in which the individual is involved or had just completed at the time of the infraction. All events completed prior to the point of disqualification shall stand. Unacceptable conduct includes willful failure to follow the directions of a meet official, rude and/or obnoxious behavior, or criticizing a teammate. The penalty for unacceptable behavior is disqualification from the event if participating in an event. If a non-participating athlete is involved, he/she shall be warned and on a second offense, be disqualified from the meet.

Personal conduct of spectators, officials, parents, coaches and participants must, always, be beyond reproach. Physical and/or verbal abuse **WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES**. Adults or participants unable to display acceptable behavior will be directed to leave the competition site by the meet director and coach. In extreme cases, the meet can be stopped and the police called. All involved individuals are to carefully consider their words and actions. Criticism, aggressiveness and intemperate behavior are all too easily generated by the stress of competition. All parents and participants are expected to maintain a positive atmosphere in all situations.

POST-SEASON AND FINALS

Varsity (League) Finals: For an athlete to attend this meet, he/she must initially meet or surpass a Qualifying Standard. These standards are available from the coach. These standards are set very high and most of the athletes do not meet these goals. To fill all the lanes of the track with participants, we may ask additional athletes to compete in this meet based strictly on times or distances. If an athlete meets or exceeds a qualifying standard, he/she becomes **INELIGIBLE** to compete at J.V. Finals. **EXCEPTION:** A J.V. athlete can run in the Varsity Finals only on a relay team that does not have enough Varsity athletes to complete that relay. The J.V. athlete is still able to compete in the J.V. finals. Athletes who qualify for Varsity Finals will be listed on the website and notified by their age-group coach.

Junior Varsity (Open) Finals: All participants that did not qualify for the Varsity Finals. This is the final meet of the season for these athletes.

****For an athlete to participate in ANY Finals, he/she must have attended at least half of the regularly scheduled meets. Athletes do not participate in both Varsity and J.V. Finals.**

Co-Conference Championships: This is the final meet of the year at conference level. An athlete participating in this meet must have been among the top four finishers in the Varsity League Finals for sprinters (100m, 200m) and top eight finishers for distance (800m, 1500m and 3000m)

AGE GROUPS

Athletes compete in a variety of running and field events according to their year of birth:

GREMLIN

Girls and Boys (GG/GB) Age 5/6/7 (Y.O.B.) 2011-2013
100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 4x100 meter relay, long jump

BANTAM

Girls and Boys (BG/BB) Age 8/9 (Y.O.B.) 2009-2010
100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 4x100 meter relay, 4x400 meter relay, long jump, high jump, shot put

MIDGET

Girls and Boys (MG/MB) Age 10/11 (Y.O.B.) 2007-2008
100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 3000 meter, 4x100 meter relay, 4x400 meter relay, 80 meter hurdles, long jump, high jump, shot put

YOUTH

Girls and Boys (YG/YB) Age 12/13 (Y.O.B.) 2005-2006
100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 3000 meter, 4x100 meter relay, 4x400 meter relay, 100 meter hurdles, long jump, high jump, shot put

***INTERMEDIATE**

Girls and Boys (IG/IB) Age 14/15 (Y.O.B.) 2003-2004
100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 3000 meter, 4x100 meter relay, 4x400 meter relay, 100 meter hurdles, long jump, high jump, shot put

*Note: Athletes who compete on a High School Track Team are NOT ELIGIBLE for Conference Competition.

REFUNDS

If, for any reason, your child wishes to withdraw from the SCVAA Track team, the following refund schedule will apply.

Withdraw prior to February 8, 2019	100% Refund
Withdraw February 9 to February 15, 2019	50% Refund
Withdraw after February 15, 2019	No Refund Issued

VOLUNTEER OPPORTUNITIES

Director- Oversees the operations of the Warrior track club. Attends monthly conference and board meetings.

Secretary- Maintains minutes during monthly board meetings.

Treasurer- Manages the financials of the club. Writes and deposits checks as needed.

Head Coach- Plans out weekly workouts, works with age division coaches to carry out the work outs.

Gremlin Head Coach- In charge of all Gremlins during practice and at meets.

Bantam Head Coach- In charge of all Bantams during practice and at meets.

Midgets Head Coach- In charge of all Midgets during practice and at meets.

Youth and Intermediates Head Coach- In charge of all Youth and Intermediates during practice and at meets.

We would like to have 3 people in rotation to shadow the below field event coaches to build a solid team of experts in each event.

Long Jump- Teaching athletes the fundamentals and techniques of long jump. (need 1)

High Jump Coach- Teaching athletes the fundamentals and techniques of high jump. (need 3 and Head Coach)

Shot Put Coach- Teaching athletes the fundamentals and techniques of shot put. (need 3 and Head Coach)

Relay Coach- Teaching athletes the fundamentals and techniques of relays. (need 2)

Hurdles – Teaching athletes the fundamentals and techniques of hurdles. (need 2)

Registrar- Prints/Compiles all registration forms, enters into meet manager, completes registration binder. Must be available for team certification date (mid to late February)

Marketing director- In charge of any form of marketing to the community. (Flyers, Paseo Banners) Maintains social media outlets.

Website Manager- In charge of building and maintaining the Warrior website. Sends out messages to the team via email.

Merchandise coordinator- In charge of ordering uniforms, handling of ordering and selling all spirit wear. Must be available to sell during parent meeting, home meets and manage online sales.

Merchandise coordinator assistant- Assists with the sales during parent meeting and home meets.

Equipment manager- In charge of all equipment used for practice and meets. Including transportation if necessary.

Dr., Nurse, EMT- Cares for any athletes in a medical emergency during the meets or practice.

Candy Distributor- Candy (jelly beans and jolly ranchers) are distributed after each practice. We will need a candy distributor for the season for the Gremlin group (7:15-7:30) and for all other age groups that leave later (7:45-8:00). This position is for the entire season. 2 people for the Gremlins and 2 people for the older age groups.

Timing- We need to build a team to attend clinics and shadow existing timers during the various meets to get familiar with the timing process. 2 people suggested to assist in the timing tent each week.

Staging- Arranges athletes in seed order by age group/gender, hands out lane assignment stickers, walks athletes to timing tent for check in, walks athletes to starting line.

PA Announcer- Calls out events during home meets and makes any announcements during the meet.

Photographer- (Ideally 3 people) Photographs athletes on the field during meets and posts to our social media site on a weekly basis.

EZ Up Transporter- Transports and assembles in the stands 2 EZ Ups at every meet. You would need to arrive at 7:30am and stay at least until 2:30pm. This position is for the entire season. If you are unable to attend a meet, you would be responsible for finding a parent that could transport and set up at that meet.

Tag Distributor- Must arrive to the meet by 7:30am. Distributes tags/stickers to each athlete as they arrive. Person will be located in our event tent where athletes can easily find you. Must stay there until all tags/stickers are distributed. (2 people for the duration of the season).

Bathroom Escort—Escorts athletes to bathrooms during practice to alleviate coaches from having to leave the group

Lost & Found/Trash pick-up: This person makes sure the field is left clean each night as everyone leaves. Includes taking all left behind items (jackets. water bottles etc. and bringing them back to practice to display for retrieval. This also includes disposing of all trash left behind such as disposable water bottles and other items littering the field.

Volunteer Coordinator: Keeps track of all volunteer hours and reports to Treasurer for refunds. Sets up sign-ups for volunteer duties for meets etc. Needs to be present at meets for volunteer sign in/sign out

Please contact Jennifer Wieckowski or Ashley Lukaszewski for more information. Positions that require direct interaction with athletes requires a background check on file.

DATES TO REMEMBER –SCVAA WARRIOR TRACK & FIELD**PRACTICE SCHEDULE**

Date	Event
February 4 th	First Day of Practice @ College of the Canyons 6:00pm – 8:00pm
February 4 th –May 2 nd	Ongoing Practices M, W, TH @ College of the Canyons 6:00pm – 8:00pm
February 9 th February 16 th February 23 rd	Saturday Practices @ College of the Canyons 9:00 am-11:00 am

MEET SCHEDULE

Date	Event	Meet Location	Teams Competing
March 9	Mock Meet & Team Picture Day	@ College of the Canyons 10:00am – 2:00pm	N/A
March 16	Away Meet	Chatsworth Chiefs @ Chatsworth Charter High School 10027 Lurline Avenue Chatsworth, CA 91311	Warriors vs. Chatsworth Chiefs
March 23	Home Meet	@ College of the Canyons	Warriors vs. Calabasas Cheetahs
March 30	Away Meet	United Track Club @Agoura HS 28545 W Driver Avenue Agoura Hills, Ca 91301	Warriors vs. Flying Phoenix & United Track Club
April 6	Home Meet	@ College of the Canyons	Warriors vs. Chatsworth Chiefs & Flying Phoenix
April 13 & 14	Invitational	@ Oxnard High School 3400 W Gonzales Road Oxnard, CA 93036	All Teams
April 20	Away Meet	United Track Club @Agoura HS 28545 W Driver Avenue Agoura Hills, Ca 91301	Warriors vs. United Track Club
April 27	Home Meet	@ College of the Canyons	Warriors vs. Simi Valley Running Rebels
May 4	Junior Varsity Finals	Simi Valley Running Rebels @ Royal High School 1402 Royal Avenue Simi Valley, CA 93065	All Teams
May 11	Varsity Finals	@ College of the Canyons	All Teams
May 18	Co-Conference Championships	@ Moorpark High School 4500 Tierra Rejada Road Moorpark, CA 93021	All Teams
May 19	End of Season Team Picnic & Awards	Location TBD	N/A

