



WARRIOR NEWSLETTER


WEEK 11, MAY 10, 2009





BREAKING NEWS... CHECK THE WEBSITE THIS WEEK FOR UPDATES


 **LAST CHANCE TO EARN BACK YOUR \$100:** This weekend we will be hosting over 1,300 athletes and their families (including our own). Our cantina needs your help!! Sign up to spend a couple of hours working the window, set up, clean up or anything in between.


 **ANOTHER NOTE REGARDING HELP:** We also need help in High Jump and hurdles. We need tag mom's to hand out tags for the coaches. PLEASE go on-line and sign up ahead of time. This lets us (John, Geni and Leah) know that we are covered. If you don't sign up we are not only doing our jobs to prepare for the meet but we end up scrambling to find people on Thursday and Friday to get them to commit. This is our last event and we need YOUR help to make it successful.

 **BLOOD DRIVE TO BENEFIT MICHAEL HOFFFLIN FOUNDATION:** There will be a blood drive on Saturday at Open Finals. Proceeds will benefit the Michael Hoefflin Foundation. See attached flyer for more information.

 **TEAM PHOTOS:** Team photos will be distributed at open and league finals. We need a volunteer for each day to work a table to hand them out.

 **CANOPIES FOR FINALS:** Unlike regular meets there will not be any personal canopies allowed on the front side of the track at finals. Personal canopies will be allowed on the "away side" of the Canyon HS track only. Each team will have a team canopy on the "home side" for athlete check-in. This is just how it was at the invitational at Granada Hills.

 **HURRICANE HARBOR:** The location of our yearend celebration is considered a special event. Season passes and tickets bought at the gate will not get you into our celebration. The only way to obtain tickets is through the team. Get your forms turned in by Thursday, May 14th to ensure enough tickets for the entire team.

 **BOARD POSITIONS AND ELECTIONS:** There are some big changes coming to the SCVAA Track and Field Organization next year that will affect our team. Have some impact over those changes!!! Come to the meeting and VOTE!! Every parent of an athlete is entitled to a vote. Check the website for more information.

IMPORTANT DATES

MAY 14	(THURSDAY)	HURRICANE HARBOR FORMS DUE LAST PRACTICE FOR ATHLETES NOT GOING TO IEC'S
MAY 16	(SATURDAY)	OPEN FINALS AT CANYON HIGH SCHOOL <i>(This meet is for non-qualified athletes and Gremlins only)</i>
MAY 17	(SUNDAY)	LEAGUE FINALS AT CANYON HIGH SCHOOL <i>(This meet is for qualified athletes only)</i>
MAY 30	(SATURDAY)	INDIVIDUAL EVENT CHAMPIONSHIPS ~SANTA BARBARA CITY COLLEGE <i>(This meet is restricted to those athletes that advance from League Finals)</i>
MAY 31	(SUNDAY)	END OF SEASON CELEBRATION ~ HURRICANE HARBOR!!!

5/16&5/17: VYC OPEN & LEAGUE FINALS

FINALS ARE HERE! Saturday (5/16) is Open Finals and Sunday (5/17) is League Finals.

To participate in either of these meets, an athlete must have competed in a minimum of three VYC track meets. There will be many teams in attendance, so unless you are helping with a volunteer job, the infield will be closed to all parents and coaches both days.

- **Open Finals** are open to all Gremlins and all non-qualified Bantams, Midgets, Youths, and Intermediate athletes. Qualified athletes are not permitted to compete in Open Finals. Athletes who compete in Open finals in any event are not eligible to compete in League Finals or IEC's.
- **League Finals** are for any Bantam, Midget, Youth, and Intermediate who have achieved a qualifying mark. This meet determines who moves on to the IECs. Gremlins are not permitted to compete at League Finals.
- **Canopies:** Personal canopies will be allowed on the “away side” of the Canyon HS track only. Each team will have a team canopy on the “home side” for athlete check-in.
- **Events:** Gremlins may participate in a maximum of any three events (Open Finals only). Bantams, Midgets, Youth, and Intermediates may participate in a maximum of any four events (Open and League Finals). Field events will begin at 8:15 am, so arrive early if your athlete is competing in field events.
- **Tags** are required for Open Finals only. Tags are not needed for League Finals as it is a seeded event.
- **Medals:** Heat placement does not necessarily mean that a medal is earned. Medals are earned by overall age group placement. The events medal for 1st through 6th place.
- **Uniforms:** You must be in current year's official team uniform to compete. "Under armor" shorts can only be black, green, or white. Undershirts must be free of logos, words, and/or pictures and can only be white, black, green, or yellow. There is no jewelry allowed during competition. Athletes wearing non-approved uniforms or colors will be disqualified.

**Be a Winner
Donate Blood!**

Proceeds to help
Michael Hoefflin
Foundation

Valley Youth Conference Open Finals Blood Drive

DATE: Saturday, May 16th
TIME: 8:30 a.m. — 3:00 p.m.
PLACE: Canyon High School
Track and Field

For Appointments or Information Please Contact:
John Molster (818) 522-0272
kmolster@aol.com

BEFORE DONATING:

- Be in good health
- Bring valid photo I.D.
- Be at least 17 years old
- Weigh at least 110 lbs.
- Drink plenty of water
- Eat a nutritious meal
- No tattoos in the last 12 months

**Donate Blood, Enter the Raffle, Win
Cool Prizes!**

Valley
PRESBYTERIAN
Hospital



All blood donated benefits patients at Valley Presbyterian Hospital