



WARRIOR NEWSLETTER


WEEK 10, MAY 3, 2009





BREAKING NEWS...

 **MOM's 100:** Are you this year's fastest MOM? Think you can beat the ladies from the Valley Raiders and the LA Falcons? Do you want to win one of 3 free trips to the spa? Space is limited to 21 MOMs per team. Remember you don't have to be the fastest to be a winner in your kid's eyes! Start training now and email us at scetrack@hotmail.com if you are interested in participating in this year's MOM's 100! We need to know by Wednesday.

 **LAST CHANCE TO EARN BACK YOUR \$100:** Finals weekend (5/16 & 5/17) 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.

 **JELLY BEAN SUPPLY:** We are in need of jelly beans for the end of practice. The little boost of sugar is helpful in helping the athletes recover from the work they do at practice. Remember, we ask for one bag per athlete to be donated. If you haven't contributed, please bring them to practice this week.

 **MEET RESULTS:** It would be really helpful to the timing crew if you took the time to review results at the meet. Errors are much easier to correct at the meet rather than after. Please make an effort to review the results posted at the meet! THANK YOU!

 **MEET DAY PICTURES:** We have a team photo website that you can access from the main page of our website or by entering the following address www.photoshow.com/members/scetrack. We would love to add your pictures to the site. Turn in a disk or flash drive at practice with you name clearly marked and we will get it back to you, or email them to scetrack@hotmail.com.

IMPORTANT DATES

MAY 9	(SATURDAY)	6TH TRACK MEET: VRTC vs. SCE vs. LAF AT BIRMINGHAM HIGH SCHOOL <i>(MOM's 100 ~ right after the kids run the 100)</i>
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!!!

VALLEY RAIDERS vs. SCE VS LA FALCONS 5/9 MEET

LOCATION: Birmingham High School, 17000 Haynes Street, Lake Balboa

DIRECTIONS (FROM CANYON HS): Take 14 South to 5 South to 405 South, exit Van Nuys/Victory Blvd., turn left at Haskell (signs for Van Nuys/Victory Blvd), turn right at Victory Blvd. Enter the main parking lot by turning right after crossing Balboa and passing the track. Additional parking available off of Haynes Street. Check the website for a link to a map detailing both entrances.

Tag distribution begins at 8:00. This is a tartan track – 3/16" needles are required (available for purchase at practice at \$2.00/bag). When not competing lay low and keep hydrated!