

# SCE RUNNING WARRIORS 2010

## WEBSITES

[www.trackeast.scvaa.com](http://www.trackeast.scvaa.com) or [www.scytfc.org](http://www.scytfc.org)

(Results, newsletters, and other important information are posted weekly)

Email: [scetrack@hotmail.com](mailto:scetrack@hotmail.com)

## 2010 BOARD MEMBERS

Track Director .....	John Molster
Head Coach.....	Richard Naranjo
General Manager .....	Frank Aragon
Administrative Manager .....	Karen Molster
Administrative Assistant.....	Trina Spivek
Treasurer .....	Melanie Cotterell
Secretary .....	Cathy Aragon
Assistant-Secretary.....	Trina Spivek
Merchandise/Uniform Manager .....	Stacey Carillo
Concession Manager .....	Debbie Stach
Concession Assistants .....	Christine Logan & Stacey Acquaviva
Equipment Manager .....	Dan Hillquist
Members at large .....	Richard Naranjo, Todd Spivek & Eric Logan
Volunteer Coordinators.....	Geni & Kevin Peterson Henry
Ribbon Managers.....	Jaimie & Steve Gonzales

## CONFERENCE MEMBER ORGANIZATION

SCE (Santa Clarita East) Running Warriors

Member of the SCYTFC (Southern California Youth Track and Field Conference) and  
Associated with SCVAA (Santa Clarita Valley Athletic Association)

We are a non-profit organization. Tax I.D. #23-7094577

## WELCOME ATHLETES AND PARENTS

Welcome new and returning athletes and families. With eager anticipation we look forward to another season at the Canyon High School track facility. We hope you will come to feel that the SCE Running Warriors team is your team, that you will support it where you can and help our children to have a positive experience. Please retain this parent packet, as most of your questions can be answered here !

## CHILD WELFARE

Our Club is sensitive to inappropriate behavior towards children. The SCYTFC requires us to have all individuals that are in direct contact with your children, fill out a Safe Kids Form. We will be performing random screenings of references and information. All of the information given, will be processed and maintained in a confidential and professional manner.

## PHILOSOPHY

It has always been the applied philosophy of the Running Warriors to insure our program develops the character, mind, spirit, and body in every child's need for a positive self- image.

Your child is going to benefit from a strong tradition of dedication, hard work, and uncompromising belief in every child's need for a positive self-image. We want our kids to have fun and accomplish his or her personal best.

We teach the basic and advanced skills needed for all Track & Field events. While doing so, we stress the importance of commitment; anything worthwhile demands time and devotion.

Not only will our athletes walk away with confidence and great memories, but also with the knowledge they were able to accomplish their personal best.

## REGISTRATION

- Registration form
- Birth Certificate or approved form of documentation ( returning athletes we may have on file )
- Physical form ( physicals will be offered at sign-ups )
- Waiver and Consent form
- Volunteer Opt-Out form
- Merchandise Order form (Optional)
- Registration will be at the Boys and Girls Club, January 30<sup>th</sup> , 9 a.m. - 2 p.m.
- You can sign-up online with our registration packet at [www.trackeast.scvaa.com](http://www.trackeast.scvaa.com) , to secure a spot on the team. We encourage you to do this as we have a team limit of 275 athletes. Last year our waiting list was quite long and unfortunately we had to turn away many children You still should come to sign-ups to verify correct uniform size and do physicals
- \$105- 1<sup>st</sup> child, \$210- 2<sup>nd</sup> child, \$280- 3<sup>rd</sup> child and \$50 for each additional athlete
- Checks payable to the SCVAA

Your uniform, pictures, ribbons, trophy, training and year end party at Hurricane Harbor included with each sign-up

Physicals are due no later than **March 8th.**

### Need A Birth Certificate?

#### **Birth Records Registrar-Recorder**

1028 W. Ave J2, Lancaster, CA, 93534      661-723-4494      Hours: 8 - 4:40 Mon. - Fri.

[http://www.lavote.net/RECORDER/BDM\\_Records.cfm](http://www.lavote.net/RECORDER/BDM_Records.cfm)

### Need A Physical?

Sand Canyon Chiropractic

16622 Soledad Cyn Rd, Canyon Country

661-252-5192

-OR-

American Family Chiropractic

17970 Sierra Highway, Canyon Country

661-250-1015

## PRACTICE TIME AND LOCATION

Canyon High School Track

19300 W. Nadal Street

Practice begins Monday, March 1, 2010 at 6:00 p.m.

Help is needed on a nightly basis both on and off the field.

All parents are welcomed and encouraged to stay for practice.

A parent or guardian of a Gremlin athlete is required to be in attendance at all practices and meets.

A minimum attendance of 2 nights per week is required to compete in meets

If you are unable to attend, talk to your coach to get an "on your own workout".

### DISMISSAL OF YOUR CHILD OCCURS PROMPTLY AT 7:45 p.m.

Please be courteous to our coaches and staff by honoring the 6:00-7:45 timeline.

### ARRIVAL

No one is allowed to park or drive into the stadium gates without a Canyon Parking Permit.

Please try to arrive 5 to 10 minutes early and sit on the bleachers and await announcements.

Remember, the parking lot can be busy and dark, so avoid having your kids darting through the lot and between cars. Warm up laps will take place after announcements. After completion of warm up laps, always check in with your age group coach before heading to any other venue or workout.

## WHAT TO WEAR OR BRING TO PRACTICE

### Practice Clothing

Athletes should wear shorts—no jeans-- and a loose T-shirt, and please bring warm-ups (sweat pant and sweatshirt) to all practices and meets. Label all clothing

### Water is very important

Please bring a large bottle (20 ounces) of water to all practices and meets. When the weather heats up, more water is needed. Be sure to label your water bottle.

### Shoes

Each athlete must have a pair of good Running shoes. Cross training, basketball or mid/high tops are not allowed and may cause injury. Athletes arriving in non-running shoes will be asked to "sit-out" practice.

### Need Shoes?

Flo at Runners Lane (661)260-3368  
26236 Bouquet Canyon Road, Santa Clarita

## AFTER PRACTICE REWARDS

Jellybeans or Jolly ranchers (for those with orthodontic appliances) are handed out at the end of each practice. The sucrose helps muscle recovery after a workout.

A donation of one 12 oz (or larger) bag of jellybeans or jolly ranchers per child would be appreciated.

# THE SUCCESS AND QUALITY OF OUR PROGRAM DEPENDS HEAVILY ON PARENT PARTICIPATION

Sometimes your interest is all it takes for your child to excel !

## LAPATHON FUNDRAISER

Each year, about the 3<sup>rd</sup> Week in March, we host our lap-a-thon to offset the soaring costs of our program. This is a mandatory fundraiser, so we require each and every athlete to participate. Any athlete, who raises a minimum of **\$30.00**, will earn a special lap-a-thon T-shirt. If for some reason you are unable to be a part of this event, an Opt Out tax-deductible donation of \$30.00 per athlete is acceptable. This is a fun event for athletes and parents !

The success of this event is critical to the financial well-being of our club and is the only way to ensure that our program continues year after year. Through your generous donations and those of friends, family and neighbors, we are able to offer scholarships to those in need, and keep our registration fees low while still maintaining a high quality program with state of the art equipment.

*The team is always in need of corporate donations for lapathon prizes. If you have a contact that may be able to donate, request a donation letter from any of the board members.*

## INVOLVEMENT OPPORTUNITIES

Experience and/or knowledge of Track & Field are not needed in any of our volunteer positions. Coaching clinics are offered at the beginning of the season for all age groups and events. Assistance is always needed and we will train !

### Age Group Coach

Training, advice and support are available throughout the season.

You will be responsible for:

- Organizing and running practice for your age group
- Organizing your age group at meets
- Directing assistant coaches and parent helpers

### Assistant Age Group Coach-no experience needed

Each age group needs at least 4 assistant coaches.

You will be responsible for:

- Assisting in the running of practices
- Assisting in the directing of age group athletes at meets

Effective practices take many bodies. Whether you can be there for one or all practices, your help is welcomed

### Age Group Helpers

- Assist age group coach with phone calls, tag distribution, attendance, etc.
- Organize and distribute weekly ribbons to athletes
- Keep track of weekly PR's for age group

## Specialty Coaches

These positions are very important to the progress of our athletes. Although some knowledge and/or experience is needed, you do not need to be an expert, as a coaching clinic is provided.

The following are our specialty coaching positions:

- Sprint Coach
- Hurdle Coach
- Middle Distance Coach
- Distance Coach
- Long Jump Coach
- High Jump Coach
- Shot Put Coach

## Team Photographer

----Take candid photos of our athletes at practices, at our lapathon fundraiser, and at track meets.

## TRACK MEET INFORMATION AND PROCEDURES

Staging a track meet is an enormous undertaking requiring the time and effort of many.

Track meets are always more fun if you are involved in the festivities!

Our first meet will be Saturday, March 27th, 2010

## TRACK MEETS

Track meets are held on Saturday's and start at 8:30. However, athletes should arrive at 8:00, check in with their coaches and pick up their tags. Tags must be worn on the uniform top for all events. No one can compete in an event without an official tag.

Athletes sign up for the event in which they will participate in, on the Wednesday or Thursday prior to the meet.

Only meet officials and meet helpers are allowed on the track, on the infield, or inside the track fence line.

No spectators allowed in the above listed areas.

## MEET DAY UNIFORM

All Competing Athletes must wear a current Running Warriors uniform.

Uniforms start arriving in February.

Black or Green tights and White long sleeve shirts can be worn under the uniform if desired.

Shirts must be tucked in during competition

## Unacceptable ATTIRE

- hats, scarves, dew rags or bandanas are not allowed
- sweats or warm-ups during competition are not allowed
- jewelry, with the exception of a runner's watch, is not allowed

## TRACK MEET SUPPORT

The following are positions required to run a meet. In order that one volunteer is not stuck in one area all day, we require numerous volunteers. No experience is needed, and most positions can be easily taught before the event takes place.

### Set-up Crew—the day begins at 7:00

----Responsibilities include setting up tents, staging area, timing, get pits and equipment ready for field events

### Starter

----Because this position takes training and/or experience, we need one head starter and at least one starter in training.

----Responsible for starting the majority of races with a starter's/blank gun

### Announcer

----Responsible for making announcements and calls for events using a PA system

----We need at least 3 announcers per meet

### Head Timer---training available

----Responsible for timer, operation of timer and subsequent results

----We need one head timer, one back-up timer, and one timer in training

### Data Input---training available

----Responsible for the data entry of race and field event results

----Watch the finish up close and personal and be the 1<sup>st</sup> to know official results

----4 volunteers per meet, 2 volunteers for relief, and 2 volunteers in training

### Stagers---training available

----Organize athletes for upcoming race(s) -- gives lane assignment

----Keep the meet running in a timely manner

----Minimum of 3 people plus 3 assistances and 3 in training

### Boys or Girls Long Jump

----Line up athletes, record, mark, and rake

----Instructions and record sheets available at event

----12 volunteers per pit needed throughout the meet----- (4 per rotation)

### High Jump or Shot Put---training available

----Run and record each event

----Some experience of event is needed

---6 volunteers per pit needed throughout the meet----- (3 per shift)

### Relay Zone Judges

----4 volunteers needed for 4 x 100 relay race

----Judge zone fouls

### Hurdle Crew

----Set up and take down hurdles prior to and after completion of races

----10 volunteers needed

### Concession Stand Crew

----Sell burgers, flip dogs, make snow cones, sell yummy snacks

----12 volunteers needed (3 shifts--4 persons per shift)

### Tear Down Crew

----Pack up supplies, equipment, tents, etc., at the completion of the meet

----A great job for those adults who have kids participating at the end of the day. Since you will be there late to watch them run, lend a hand and help take down equipment!

## MEET PROCEDURES

Because meets run at different speeds, depending on the size and organization of the home club, it is impossible to state a definite time schedule. Running events and field events run at the same time.

- Name tags will be given to each athlete by their Age Group Coach or Age Group helpers from 8-8:30 the day of the meet. These tags are to be worn for all events. Athletes checking in to running events without tags will not be allowed to run.
- **Gremlins** are allowed a maximum of three events.
- **Bantams, Midgets and Youths** are allowed to compete in a maximum of three events and a relay or 2 events and 2 relays
- **Intermediates** are allowed to compete in a maximum of 4 events  
"Over-evented" athletes will be disqualified from all events they participated in. This includes relays teams; the entire team will be disqualified.
- 30 minutes prior to your event athletes report to their age group coach for warm-up instructions.
- Running events take precedence over field events. Check in at your field event and then check out of this event, when you hear 2<sup>nd</sup> call for your running event. Proceed to the staging area. Return to the field event immediately after finishing your race.
- Listen carefully for the announcer's call of the races. You must be at staging immediately after 2<sup>nd</sup> call is made or announced.
- It is the responsibility of the athlete to find their events.
- Ribbons will be awarded to all participating athletes. Ribbons will be handed out at practice following the meet.

## STANDARD SATURDAY MEET SCHEDULE

Track events will begin at 8:30 A.M. The order of the competition will be as follows:

### **Running Events:** (Times are Approximate)

TIME	EVENT	AGE GROUP
8:30 AM	3000 meter run	Midget through Intermediates
9:00 AM	80/100 meter hurdles	Midget through Intermediates
9:30 A.M.	4X100 meter relay	Gremlins through Intermediates
10:30 A.M.	1500 meter run	Gremlins through Intermediates
11:30 A.M.	400 meter dash	Gremlins through Intermediates
12:30 P.M.	100 meter dash	Gremlins through Intermediates
1:30 P.M.	800 meter run	Gremlins through Intermediates
2:00 P.M.	200 meter run	Gremlins through Intermediates
2:30 P.M.	4X400 meter relay	Bantams through Intermediates

### **Field Events**

(Always verify start times and schedule before meet)

**High Jump**, Bantam Girls-Boys, Midget Girls-Boys, Youth Girls-Boys, Intermediate Girls-Boys

**Long Jump**, Gremlin Girls-Boys, Intermediate Boys-Girls, Midget Girls-Boys, Youth Girls-Boys, Bantam Girls-Boys

**Shot Put**, Youth Boys-Girls, Intermediate Girls-Boys, Bantam Girls- Boys, Midget-Girls Boys

## SPIKES

"Spike" shoes are racing flats with sharp metal spikes. They are built for speed and do not have good cushioning properties. Injuries could result with the wearing of spikes on a daily basis. They are optional and can only be used by Bantams, Midgets, Youth and Intermediates at meets or when the Head Coach allows them at practice. For safety concerns, Gremlins are never allowed to wear spike shoes.

**Spikes** should not be worn on hard surfaces as it will wear down the spikes and you may slip!

**Spikes** should only be worn when it is time to compete--be sure your child removes them at the completion of their event.

**Spikes** should be carried to staging and then put on once you are staged or seated.

-----1/4" pyramid spikes are needed for Canyon and Valencia High tartan tracks and runways

-----3/16<sup>th</sup>" needle spikes are needed for all other tartan tracks and runways

-----3/8" spikes are needed for dirt tracks

**Spikes** will be available to purchase at practice for \$2.00 a bag at the end of March.

To ensure that you purchase the correct size spike, we encourage you to purchase them through the SCE team.

Any athlete with the wrong size spike in their shoes, will not be allowed to run until the spike size is corrected.

## LOANER SPIKES

On meet days, loaner spike shoes are available at no cost. However you will need to purchase spikes for \$2.00 bag, if the appropriate size spikes are not in the loaner shoes.

## TRACK ETIQUETTE--FOR ATHLETES, FAMILIES AND FRIENDS

- The entire track and field areas are for the exclusive use of the athletes.
- All non-enrolled children need to be under the supervision of an adult.
- Show respect to all coaches and volunteers.
- To avoid event interference, always look both ways before crossing the track and runways
- Never cross through the approach area or runways of field events.
- Never "bad mouth," taunt, or berate others. Throwing of a baton is not allowed.
- If an athlete signs up to be part of a relay team, please be there because the other 3 athletes are counting on you !
- Interference with another runner is cause for disqualification
- Stay in your lane after your race, until the lane judge has taken your race tag.
- Never interfere with an official
- Do not pace (run along-side) any runner during a race, as this will result in disqualification of the runner being paced.
- Do not call split times out to any runner
- Do clean up after yourself. If you brought it or bought it, please dispose of it.
- We will not tolerate any arguments or heated discussions during practice or at meets.  
We are all human, errors can and will occur. Disputes will be discussed in a proper manner.
  - a. First discuss the problem with your age group coach and he/she will determine the next course of action to take
  - b. Only Age Group Coaches are allowed in the timing tent area to meet with officials and discuss the issue.

## ATHLETE, PARENT AND VOLUNTEER CONDUCT

Inappropriate behavior of any type will not be tolerated under any circumstances.

Physical and/or verbal abuse will not be tolerated under any circumstances.

All athletes are expected to be in the designated meeting areas under the supervision of a coach or coaches when not participating in an event or a workout.

No one is to participate in any separate or unofficial workout on our facilities during practice times without permission from the head coach. We encourage parents to stay and walk or jog outside the fenced track area

## DONATIONS

Although our lap-a-thon has been extremely successful for us, it never seems to be enough.

Any person or entity interested in donating any of the following items would be greatly appreciated. We are a non-profit organization, so any donations are tax-deductible.

\*\*Medical supplies

\*\*Cash or checks

**Business donations will receive a spot on our website as a sponsor !**

## Refunds

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

Withdraw prior to March 10, 2010

100% Refund

March 11, 2008 to Withdraw March 17, 2010

50% Refund

Withdraw March 18, 2010 or later

No Refund Issued

## SCE DATES TO REMEMBER

- Jan 28<sup>th</sup> (Thurs) Last date we will take On-Line registration
- Jan 30<sup>th</sup> (Sat) Our only walk-in Registration and physicals (Physicals \$15.00)  
We will also have most uniforms on hand to give out
- Feb 18<sup>th</sup> (Thurs) MANDATORY PARENT MEETING 6:45 sharp  
Multi Purpose Room at Sierra Vista Jr. High School
- Absence from the Parent Meeting will result in your Child(ren)  
being immediately removed from the SCE Team Roster and  
placed on a Waiting List.
- Feb 28<sup>th</sup> (Sat) LA84 Coaches Clinic ( Site to be announced )
- March 1 (Mon) Practice begins at Canyon High School  
Practice days are Mon, Tues, Wed, and Thurs
- March 8 (Mon) ALL PHYSICALS are due, or your child cannot participate in  
our first meet
- March 16<sup>th</sup> (Tues) Team photo night @ 5:30 ( All athletes to come in uniforms )
- March 18 (Thurs) Tentative LAPATHON DATE If choosing to OPT OUT the  
\$30.00 PER ATHLETE FEE is due at this time
- March 27 (Sat) 1<sup>st</sup> Track Meet We are hosting !

\*\*\*Beginning Tuesday April 6th the Tuesday practice is  
dropped through the end of season!!!!  
Practice days are Mon, Wed, and Thurs only!!

June 6 Team picnic at Hurricane Harbor

**ONCE AGAIN, WELCOME TO THE SCE RUNNING WARRIORS WE LOOK  
FORWARD TO A WONDERFUL SEASON !!!**