



WARRIOR NEWSLETTER


WEEK 4, MARCH 24, 2008



BREAKING NEWS...

 **NVTT vs. SCE MEET:** We are looking forward to our first track meet this Saturday, 3/29 being held at Sylmar High School. See below for directions and the attached flier for important meet day information and procedure.

 **UNIFORMS:** Uniforms will be handed out at the conclusion of practice this week. Make sure your athlete(s) obtains his/her uniform before Saturday's meet, as they are required to compete.

 **FIELD EVENT HELP STILL NEEDED!** Shot put, hurdles, long jump, and high jump – please contact Coach Charles at (661)252-9115 or Melanie at 296-6776/melanie.cotterell@sbcglobal.net.

IMPORTANT DATES

MARCH 24, 26, 27

MARCH 25, TUESDAY

MARCH 27, THURSDAY

MARCH 29, SATURDAY

APRIL 1, TUESDAY

ATHLETES SIGN UP FOR EVENTS WITH AGE GROUP COACHES

LAP-A-THON!

PRACTICE WILL BEGIN AT THE CONCLUSION OF CANYON HIGH'S TRACK MEET

Remain in bleachers and stay off the field until the meet has concluded.

1ST TRACK MEET: NVTT vs. SCE AT SYLMAR HIGH SCHOOL

TEAM PHOTO NIGHT AT CANYON HS STARTING AT 5:30PM – no practice – pictures only – arrive in uniform. Beginning 4/1, **TUESDAY PRACTICES DROPPED** – **PRACTICE DAYS ARE MON., WED., AND THU. ONLY**

LAP-A-THON REMINDERS

Please arrive for check-in at 5:30pm. and don't forget to bring a copy of your pledge form. Remember to carbo load and hydrate well Monday night through Tuesday lunch. Lamppost Pizza will be available at the conclusion for purchase. Parents, join us in cheering our athletes to success!

NVTT vs. SCE, 3/29 MEET

LOCATION: Sylmar H.S. 13050 Borden Avenue, Sylmar, CA 91342

From Canyon Country, Sylmar HS is approximately 15 miles away. Take CA-14 SOUTH to Golden State Fwy/I-5 SOUTH. Exit I-5 onto I-210 EAST. From the 210, take exit 3 for Polk Street and turn RIGHT. Make a left at Borden Avenue and go to 13050 Borden Ave.

Tag distribution begins at 8:00. This is a dirt track – 3/8" spikes (available for purchase at practice at \$2.00/bag). When not competing lay low and keep hydrated! Both new and returning athletes should review the attached flier on meet day information and procedure.

JELLYBEANER VOLUNTEERS



Jellybean/Jolly Rancher donations – one 10 oz. bag (or larger) donation per child is all we ask.

Monday – Muhammad, Sykes, Teebken, Apsay

Wednesday - Ng, Prata, Apsay, Childs

Tuesday - Veluzat, Watts, Zazzi, Aguilar

Thursday - Veluzat, Watts, Zazzi, Aguilar

MEET DAY INFORMATION AND PROCEDURE



TRACK MEETS: Track meets are held on Saturdays and start at 8:30am. However, athletes should arrive at 8:00am and check-in with their age group coaches to 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.

EVENT SELECTION: Athletes sign-up for the events in which they will participate on the Wednesday or Thursday prior to the meet. If an athlete signs up to be part of a relay team, they must stay and participate in the event.

UNIFORMS: All competing athletes must wear a current Running Warriors uniform. 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.

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, Youths, and Intermediates. 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 athlete removes them at the completion of their event. Spikes should be carried to staging and then put on once you are staged or seated.

- 3/16" or shorter needle spikes or 1/4" pyramid spikes are needed for Canyon HS tartan tracks and runways
- 3/16" needle spikes are needed for most other tartan tracks and runways – check with coach before meet.
- 3/8" spikes are needed for dirt tracks

Spikes will be available to purchase at practice for \$2.00/bag. 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 shoe 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 shoe.

MEET PROCEDURE: 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 concurrently.

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. **INTERMEDIATES** are allowed to compete in a maximum of four events. *Important:* "Over-vented" athletes will be disqualified from all events they participated in. This includes relays teams; the entire team will be disqualified.

Thirty 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, then check-out of this event, when you hear 2nd 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 2nd call is made or announced. It is the responsibility of the athlete to find their events.

TRACK ETIQUETTE AND SAFETY FOR ATHLETES, FAMILIES, AND FRIENDS:

- **GENERAL:** The entire track and field areas are for the exclusive use of the athletes. 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. All non-enrolled children need to be under the supervision of an adult. Show respect to all coaches and volunteers. Under no circumstances should an athlete or spectator ask for times at the timing tent. When they are ready, times and event results will be posted.
- **ON THE TRACK AND FIELD:** To avoid event interference, always look both ways before crossing the track and runways. NEVER cross through the shot put area. NEVER cross through the approach area or runways of field events. NEVER interfere with an official.
- **DURING EVENTS:** INTERFERENCE with another runner is cause for disqualification. STAY in your lane after your race, until the lane judge has taken your race tag. DO NOT pace (run along-side) any runner during a race. This will result in disqualification of the runner being paced. DO NOT call split times out to any runner.

➤ **ON BEHAVIOR AND SPORTSMANSHIP:** NEVER “bad mouth,” taunt, or berate others. Throwing of a baton is not allowed. 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 and errors can and will occur. Disputes should be discussed in a proper manner. First discuss the problem with your age group coach and he/she will determine the next course of action to take. ONLY AGE GROUP COACHES are allowed in the timing tent area to meet with officials and discuss the issue.

WHAT TO BRING AND HOW TO PREPARE: As with practice, proper rest, nutrition, and hydration are essential for your athlete’s success on meet day. A heavy meal and dairy products should be avoided just prior to competition. Carbohydrate loading the day/evening before is the best way to take in and store valuable energy. Please also make sure your athlete is prepared with the necessary equipment and clothing. In packing, provide your athlete with plenty of water, nutritious snacks (fruit, trail mix, energy bars, etc.) or money, a towel, beach chair, or blanket, sweats, hat or visor, sun block, spikes (if using them), and running shoes. You may consider including a book, music, or other activity to keep your athlete occupied during down/non-competing periods.

We hope that all parents come to support and cheer on their athletes. If for some reason, you have left your child at a meet and/or he/she is going with a friend, please don't leave your child unattended. Make arrangements with an adult to be responsible for your athlete. **Gremlin** parents are always responsible to be in attendance at all meets throughout the meet.

ORDER OF EVENTS: During the day, running and field events take place simultaneously. The relays are at the end of the day, do not sign-up for one if you do not plan to stay for the event. All field events run concurrently. Running events take precedence over field events. If called for a field and running event at the same time, first check-in at the field event and then after the second call for the running event, check-out with the field event judge and proceed to the staging area for the running event. Immediately after finishing the race, you have a maximum of five minutes to return to the field event and check-in with the judge.

RUNNING EVENTS

3000M	MG, MB, YG, YB, IG, IB	GG: Gremlin girls
80M low hurdles	MG, MB	GB: Gremlin boys
100m low hurdles	YG, YB, IG, IB	BG: Bantam girls
4 x 100 relays	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB	BB: Bantam boys
1,500m	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB	MG: Midget girls
400m	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB	MB: Midget boys
100m	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB	YG: Youth girls
800m	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB	YB: Youth boys
200m	GG, GB, BG, BB, MG, MB, YG, YB, IG, IB	IG: Intermediate girls
4 x 400 relays	BG, BB, MG, MB, YG, YB, IG, IB	IB: Intermediate boys

FIELD EVENTS

High Jump	BG, BB, MG, MB, YG, YB, IG, IB
Long Jump	GG, GB, IB, IG, MG, MB, YG, YB, BG, BB
Shot Put	YB, YG, IG, IB, BG, BB, MG, MB