

# Tigres Parent Information Meeting

February 6, 2023





#### Questions

If you have general questions, please wait until the end of the presentation.

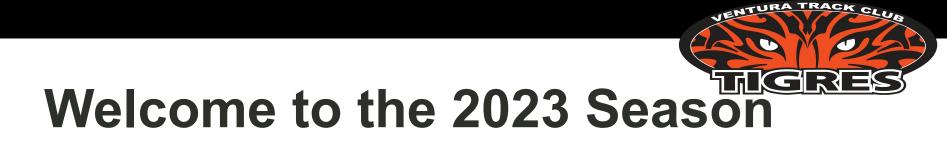
If you have questions for your division coaches, there will be smaller age group meetings at the end of the main presentation.



#### **2023 Board Members**

Coaches Coordinator/Head Coach – Kristin Daw Public Relations – Kelly Nicely, *President* Volunteer Coordinator – Jeremy Patelzick, *Vice President* Registration Coordinator – Nani Oesterle, *Secretary* Treasurer – Jorge DeLeon Staging Coordinator – Jared Kuebler Apparel Coordinators – Paula Hodgins and Lisa Baier Facilities/Operations Coordinator – Ankit Chhalotre Coaches Liaison – Sean Feeney

*Non-Board Member Position* **Timing/Finish Line** – Erin Sap



- 47<sup>th</sup> Anniversary of Tigres Started in 1976
- Tigres is 1 of 9 active clubs in **VCYTC** (*Ventura County Youth Track Conference*) <u>http://www.vcytc.org</u>
- 2023 will mark the 12<sup>th</sup> year of interleague competition with the 4 clubs of SCYTFC (Southern California Youth Track & Field Conference) <u>http://scytfc.org</u>
- 100% volunteer run organization
- Let's make this the best season yet!



#### **Thank You Buena**

- Tigres appreciates the partnership with Buena High
- Allowing Tigres to use facilities
- Sharing equipment
- Encouraging athletes to help coach
- ALWAYS advocating for Tigres



• Let's be respectful and take care of their track!



# Communication

- Website is the hub of all communication
  - All information posted to the Tigres website (both club wide and coaches updates)
  - Then sent to Email, Facebook & Twitter
- Sign up for updates
  - All email addresses used to sign up already entered
  - Click on the STAY UPDATED http://www.venturatigres.org/stay-updated/
  - Enter your email address, and select General Tigres Alerts
  - Check each age group in which you have children participating

venturatigres.org

Facebook.com/VenturaTigres







twitter.com/venturatigres

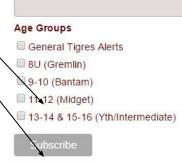


**Club Wide & Coach News** Updates

STAY UPDATED

Enter your email address below and select "General Tigres Alerts" & each age group your children are in to receive all updates as they get posted.

Email Address





#### If You Have Concerns...

- Contact Head Coach Kristin Daw <u>youth@venturatigres.org</u>
  - Gremlins 8U <u>8U@venturatigres.org</u>
  - Bantams 10U <u>10U@venturatigres.org</u>
  - Midgets 12U <u>12U@venturatigres.org</u>
  - Youth/Intermediate 16U <u>youth@venturatigres.org</u>
- Next step is contact the Tigres Board
  - <u>board@venturatigres.org</u>
  - We are here to help make this the best experience possible for all!

General Questions or questions about canceling registration, uniforms, meet results, directions to meets etc.?

**Please use the contact page at <u>venturatigres.org</u> and use the subject drop down so your message gets properly routed.** 



#### Practice

- Schedule <a href="http://www.venturatigres.org/practice/">http://www.venturatigres.org/practice/</a>
- Drop off/Pick up
  - Please pick up on time! Do not pull into the back gate behind track!
- Practice cancelation policy
  - Up to each age group coach
- Clothing/equipment required
  - Appropriate clothing (no swear words, etc.)
  - Shirts must be worn at all times (boys and girls)
  - Athletic clothing (comfortable to run)
  - Running shoes required
  - Spikes/racing shoes used at coach's discretion (not for 8U)

Only athletes and coaches allowed on the track



# **Attendance policy**

- No requirements to participate in meets
- No need to notify coaches if missing practice
- Each age group may have a different policy with their relay teams
- We understand multiple sports
- Personal track coaches not allowed
- Participation required if at practice
- Don't come if sick or injured
- You must practice with your team
- You get out what you put in



#### **Practices Start this week**

#### Tuesday, Feb. 7 at 4:30 pm

First day of 8U (Gremlin) practice

#### Wednesday, Feb. 8 at 4:30 pm

First day of 10U (Bantams), 12U (Midgets), and the Youth/Intermediate practice

#### **Speciality Practices Begin Tuesday, Feb. 14**

Specialty practices for 10U, 12U and the Y/I teams Specialty practices are not mandatory

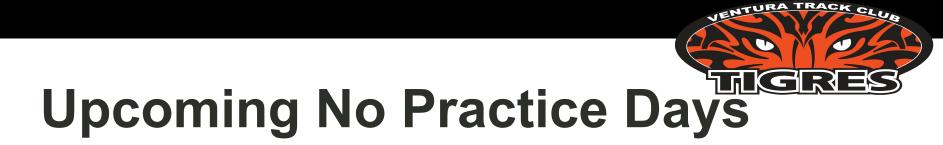


#### **Practice Schedule**

Mond	ays							
4:30 – 6:00 pm — Endurance		n Team	Team Workout					
Tuesdays								
		Choic	Choice A		e B	Choice C	Choice D	
4:30 – 5:15 pm		Hurd	Hurdles		gth/Plyos	High Jump	Relay	
5:15 – 6:00 pm		Hurd	Hurdles		gth/Plyos	High Jump	Relay	
Wednesdays 4:30 – 6:00 pm Team Workout — Warrior Thursdays								
	Choice A	Choice B	Choice	C	Choice D	Distance		
4:30 - 5:15 pm	High Jump	Long Jump	Relay		Shot Put	Recovery Run		
5:15 - 6:00 pm	High Jump	Long Jump	Speed Develo	opment	Shot Put			

8U practices Tuesday and Thursdays at 4:30 pm

8U does not participate in specialty practices



Mondays, Feb. 13 and Feb. 20 VUSD School Holidays

Thursday, March 30 Buena High Home Track Meet

**April 3 – 7** VUSD Spring Break

Wednesday, April 12 Buena High Home Track Meet



#### Meets

- Schedule <a href="http://www.venturatigres.org/meet-schedule/">http://www.venturatigres.org/meet-schedule/</a>
- Start at 8:30 am and usually end before 3:30 pm (8U start with warm-ups at 8 am)
- Order of events <u>http://www.venturatigres.org/order-of-events/</u>
- Must wear Tigres issued top and black shorts
- Results posted after meets on Athletic.net with rankings
  - Only timing/results volunteers permitted in the timing tent!
  - NO walking in front of tent except for athletes finishing race
- Over-eventing will result in DQs
- 8U age group through Youth may participate in a maximum of four events (maximum of three running events)
- Intermediate athletes may participate in a maximum of four events
- The 4x400 relay is a "free" running event (this event will not count against an athlete's number of events)



#### **Meet Events**

Running Events		Field Events
<ul> <li>3200M Run</li> <li>100M Hurdles</li> <li>80M Hurdles</li> <li>4×100M Relay</li> <li>1600M Run</li> </ul>	<ul> <li>400M Dash</li> <li>100M Dash</li> <li>800M Run</li> <li>200M Dash</li> <li>4x400M Relay</li> </ul>	<ul> <li>Long Jump</li> <li>High Jump</li> <li>Shot Put</li> </ul>

Some events not available to 8U Group.

You will sign up for events with your team coach at practices.



#### Relays

- Open to all athletes
- Attend relay practice
- Only event that REQUIRES signing up prior to meet day
- Be reliable
- Understand there is some complexity
- Top teams are competitive

# Home Meets at Buena High

- Austin Gambill Memorial Practice Meet March 4th
- Tigres provides volunteers to run the home meets
- Food is offered food truck, Kona Ice, etc.
- Bring snacks, sunscreen, etc.
- If using sunshades, please move high up in bleachers to not block view
- No food or drinks other than water on the field (volunteers included)
- We are hosts act like gracious hosts to visiting clubs
- Only Coaches and athletes allowed on track
- The in field is a device-free zone for athletes



#### **Away Meets**

- JV Finals April 29
  - All athletes qualify for JV Finals
- Varsity Finals May 6
  - Varsity Championships *athletes must qualify*
- Super Varsity Finals May 13
  - Top athletes from VCYTC Varsity compete with top athletes from SCYTFC Varsity

See full meet schedule on website for locations



#### Qualifying for VCYTC Varsity

- After the last meet, athletes will be ranked:
  - Top 9 in the league for the laned events
  - Top 9 in the league for field events (ties for 9<sup>th</sup> qualify)
  - Top 12 in the league for distance events (800M, 1600M, 3200M)
  - Each club granted one relay team for each gender (4x100M and 4x400M)



#### Parent and athlete conduct

- Parents and athletes are expected to encourage good sportsmanship by demonstrating positive support for all athletes, coaches, officials and parent volunteers at every meet, practice, or other Tigres event.
- It is imperative that parents and athletes conduct themselves in a proper manner. Use of profanity, verbal, or physical harassment towards officials, staff, coaches, other spectators or athletes will not be permitted or tolerated.



#### Volunteering

- 4 shifts required to earn Priority Registration status
- Shifts are usually  $\frac{1}{2}$  meet (AM or PM), usually ~ 3 hours
- Please let caller know if you are unavailable
- More than 4 shifts earns SUPER Priority
  - Early registration and
  - First choice of volunteer role for next season
- Tigres responsible for all volunteer roles at home meets, PLUS some roles at JV, Varsity, and Super Varsity



#### Volunteering

- Volunteers required to participate at Practice Meet on March 4
- Help train new volunteers if you're a veteran
- Callers will contact each family, the week prior to home meets (It is your responsibility to contact the volunteer caller or Jeremy Patelzick, directly if there are any issues covering your shift)
- Sign in/Sign out mandatory and VERY important *Not signing out may mean no credit for your shift*
- •We are ALL volunteers. If everyone works together and holds up their end, it will be a great season!



# **Volunteering Plea**

- Volunteering is what makes Tigres function
- Tremendous amount of work to organize volunteers
- Responsibility is on the volunteer to respond and make arrangements for shifts

•Adults need to be used as substitutes (Teenagers can not fill in for you)

•Volunteer roles for teens who want service hours



# **Super Priority Volunteers**

Andrea Barrios **Richelle Bart** Kate Bayless Julianna Beeson Stephanie Branca Patrick Brown Shaun Callahan Jason & Erin Canavan **Forest Carlisle** Ryan Casey Linda Conboy Terry Davis Kentasha Davis Kristin & Jason Daw Basia & Maja DeBoer Jorge DeLeon **Rushell DeLeon** Luis Delgado

Annie Devericks Amy Dragoo Chris Dunne Jason Duque Harmony Eckberg Charley Elliott Jeff Fassett Sean Feeney Lori and Matthew Figueroa Jordan and Lydia Fine Sean Fischer Mark Garcia Suki Garcia David & Marzena Gilbert India Gonzalez Nick Gray Brian Guevara

David Hampton Stefanie Hathaway Lisa Hatler Whitney Hauer Stacy Hebert Kathryn Heller Paula Hodgins **Becky Holguin** Steve Hongola Charne Huff l orelee Intenzo Stephen Isbell Aviva Janofsky Brianna Johnson Stina Johnson Torrey Kightlinger



# **Super Priority Volunteers**

Valerie Kingston Rosanna Kirkendall-Azer Chris Kuebler Jared Kuebler Erik & Stacy Lange Kristy Lim Tim & Frin Martinson Jeff McKeown Summer McMeekin Scott Meckstroth Tobie Mitchell Jim & Dominka Montgomery Ryan Nation **Diana Neathery** 

Pat Neiggemann Kelly Nicely Nani & Mike Oesterle **Nell Papavasiliou** Jeremy Patelzick Michelle Quagliata Kate & Armando Ramos Reva Redmond Jim Seguine Charlotte Serrano **Omar Solis** Griselda Soriano Jack Sprinkle Sean & Keala Stephan Jenifer Swartzentruber Spencer & Annette Taylor Meridith Thompson Breanne & Matthew Thompson Mary Torres Laura Traub Brenda Usery Amanda Verboomen Heather Von Gunten Barbara Walker Nivedita Wallace Autumn & Eric Watson Crystal Wilde Ellie Windsor David Young Carmelita Young-Everard



#### Registration

#### Refunds

- 50% refund for drops between first day of practice and Feb. 24
- NO REFUNDS after Feb. 24 for any reason
- After Feb. 24 rosters are frozen and athletes cannot be replaced by waitlist athletes
- Please be considerate of the waitlist if not participating

#### New athletes age verification

- Email a copy of the athlete's birth certificate to registration@venturatigres.com
- No age verification, no competing



# **Uniforms/Apparel**

- Singlets must be worn to race \$30
- Three options for shorts \$20
  - Unisex running shorts
  - Girls compression shorts
  - Boys compression shorts



# **Uniforms/Apparel**

- Uniforms and other apparel items will be sold/distributed at practices and at home meets
- Upcoming Uniform Distribution Days **5 to 6 pm each day** 
  - Wednesday, February 15 and Thursday, February 16
  - Tuesday, February 21 and Wednesday, February 22
  - Monday, February 27 and Tuesday, February 28





#### Most important things for a youth track athlete:

- Listen to your body and do the small things (ice, core, sleep, nutrition)
- Shoes Get a comfortable running shoe.
- Mobility is important. Use a foam roller or massage device to work on your mobility every day.

#### **Footwear Rules of Thumb**

- For training shoes you want between a half and a full thumbs width from the end of your big toe to the end of the shoes when standing up (weight bearing).
- For spikes or waffles you want about half a thumbs width.
- Entry level all-around spikes (typically middle distance or distance spikes that have a midsole...\$60 to \$80) work the best for most youth track athletes. They offer more protection and have a reasonable price tag. For the more advanced athlete event specific competition shoes (\$90+) are worth considering.
- Comfort is King. Get in something that works with your body, not against it.
- At younger ages choosing a shoe based on biomechanics is generally not important unless the athlete has major foot problems.

#### 2222 E. Thompson Blvd. Ventura, CA805-628-9501www.Mile26RunningCo.com







Gear will be made to order. Order by February 27th. Gear will be delivered to practice between March 16th and 23rd.



#### Order Team Gear at www.Mile26RunningCo.com/team-gear

2222 E. Thompson Blvd. Ventura, CA805-628-9501www.Mile26RunningCo.com



#### **2023 Head Coaches**

#### • 8U Head Coach (2015-2016) Mike Oesterle

- 10U (2013-2014) Head Coach
   Stephen Isbell
- 12U Head Coaches (2011-2012)
   Jim Montgomery
- Youth & Intermediate Head Coaches (2006-2010)
   Kristin and Jason Daw



#### 2023 8U Assistant Coaches

Whitney Hauer Keala Stephan Sean Stephan Ankit Chhalotre Chris Kuebler Chris Dunne Marcell Brickey **Jennifer Jacobs Richelle Bart Charne Huff** 



Stephen Isbell Rosanna Kirkendall-Azer Brenda Ursey Jorge DeLeon Marzena Gilbert Lori Figueroa Katie Biller Ankit Chhalotre

# 2023 12U Assistant Coaches

Basia Debour David Gilbert Sean Fisher Griselda Soriano Autumn Watson Eric Watson Laura Traub

**Ryan Nation** Nicholas Gray Kate Heller **Breanne Thompson** Kathleen Baker Molly Brennan **B** Lewis Dominika Montgomery



#### 2023 Youth/Intermediate Assistant Coaches

Jared Kuebler Karisa Curtis **Torrey Kightlinger** Ellie Windsor Jeff Fassett Crystal Wilde Leah Kahler Ryan Kaiser

Spencer Taylor Brian Guevara David Hampton Omar Solis Amanda Verboomen Nicole Boucher Sean Fisher



### **2023 Assistant Coaches**

#### Youth/Intermediate Youth Coaches

Bea Barnes Aelo Curtis Brody Daw Braeden Elliott Kiersten Falat Melanie True Laura Nicely Theresia Kuebler Eli Billings Keera Wallace Nisha Reddy Chance Leandro Asher Bayless Nathan Wolf



# **2023 Specialty Coaches**

Sean Feeney Head Specialty Coach

#### Hurdles

Derek Swafford Stacy Hebert Jeff McKeown

**Long Jump** Blake Selig Julianna Beeson

Shot Put Jeremy Patelzick Cliff Montgomery Strength Autumn Watson

**High Jump** Chris Mendez Tim Martinson

#### **Speed Development/Relay**

Nate Sommers Jason Daw Sean Feeney

Recovery Run Jared Kuebler



#### Any questions





#### Meet with Age Division Coaches

Thank you for coming tonight!