



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



Welcome to the 2023 Season

- 47th Anniversary of Tigres – *Started in 1976*
- Tigres is 1 of 9 active clubs in **VCYTC** (*Ventura County Youth Track Conference*) <http://www.vcytc.org>
- 2023 will mark the 12th year of interleague competition with the 4 clubs of **SCYTFC** (*Southern California Youth Track & Field Conference*) <http://scytfc.org>
- 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](http://www.venturatigres.org)



[Facebook.com/VenturaTigres](https://www.facebook.com/VenturaTigres)



twitter.com/venturatigres



Club Wide & Coach News Updates

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

Age Groups

- General Tigres Alerts
- 8U (Gremlin)
- 9-10 (Bantam)
- 11-12 (Midget)
- 13-14 & 15-16 (Yth/Intermediate)

Subscribe



If You Have Concerns...

- Contact Head Coach - Kristin Daw – youth@venturaticres.org
 - Gremlins 8U – 8U@venturaticres.org
 - Bantams 10U – 10U@venturaticres.org
 - Midgets 12U – 12U@venturaticres.org
 - Youth/Intermediate 16U – youth@venturaticres.org
- Next step is contact the Tigres Board
 - board@venturaticres.org
 - 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 venturaticres.org and use the subject drop down so your message gets properly routed.



Practice

- Schedule <http://www.venturaticres.org/practice/>
- 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

Mondays					
4:30 – 6:00 pm Team Workout – Endurance					
Tuesdays					
	Choice A	Choice B	Choice C	Choice D	
4:30 – 5:15 pm	Hurdles	Strength/Plyos	High Jump	Relay	
5:15 – 6:00 pm	Hurdles	Strength/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 Development	Shot Put	

8U practices Tuesday and Thursdays at 4:30 pm

8U does not participate in specialty practices



Upcoming No Practice Days

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 <http://www.venturatigres.org/meet-schedule/>
- Start at 8:30 am and usually end before 3:30 pm (*8U start with warm-ups at 8 am*)
- Order of events <http://www.venturatigres.org/order-of-events/>
- 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

- 3200M Run
- 100M Hurdles
- 80M Hurdles
- 4×100M Relay
- 1600M Run

- 400M Dash
- 100M Dash
- 800M Run
- 200M Dash
- 4x400M Relay

Field Events

- Long Jump
- High Jump
- Shot Put

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 VCYTFC 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 9th 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 ½ 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
Lorelee 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 & Erin 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@venturaticres.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

Mile 26

RUNNING CO.///



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, CA
805-628-9501 www.Mile26RunningCo.com

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**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, CA
805-628-9501 www.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



2023 10U Assistant Coaches

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 Patetzick

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!