



# TIGRES PARENT MEETING

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February 1, 2016



# Thank You Buena

- Tigres greatly appreciates the partnership
- Allowing Tigres to use facilities (track, storage area, etc)
- Sharing equipment
- Encouraging athletes to help coach
- ALWAYS advocating for Tigres
  
- On behalf of Tigres.....





# Welcome to the 2016 Season

- 40<sup>th</sup> Anniversary of Tigres
- Tigres is one of 8 active clubs in VCYTC (Ventura County Youth Track Conference) since 1976  
(website: <http://www.vcytc.org>)
- 2016 will mark the 7<sup>th</sup> year of interleague competition with the 7 clubs of SCYTFC (Southern California Youth Track & Field Conference). (website: <http://scytfc.org>)
- Volunteer run organization
- Let's make this the best season yet!



# Agenda

- Communication
- Practice info
- Meet info
- Volunteering
- Refund Policy
- Uniforms/Apparel
- Meet with age group coaches




# Communication

- Website drives all communication

Team news posts to Tigres website then automatically feeds to email, social media and sms.

- Communication options

 The best way to get updates intended for all Tigres and age groups as they happen is through the automatic email subscription. Most everyone is already set up to receive these emails. You can verify, add other family members, work email etc By going to the Tigres website @ <http://www.venturatigres.org/stay-updated/>

2016 TIGRES - ALL

U8 (GREMLINS)

9-10 (Bantams)

11-12 (Midgets)

13-16 (YTH/INT)

- Social Media



[venturatigres.org](http://venturatigres.org)



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



[twitter.com/venturatigres](https://twitter.com/venturatigres)

- SMS

 Instructions for opting into receiving SMS alerts via Celly found at <http://www.venturatigres.org/stay-updated/>

- Questions for Coaches

 Email – [tigres@venturatigres.org](mailto:tigres@venturatigres.org) or [agegroupname@venturatigres.org](mailto:agegroupname@venturatigres.org) (example [gremlins@venturatigres.org](mailto:gremlins@venturatigres.org))

## 2016 Tigres - All Age Groups

\* indicates required

Email Address

First Name

Last Name

## 8U (Gremlins)

\* indicates required

Email Address

First Name

Last Name

Email signup forms as seen at [venturatigres.org/stay-updated](http://venturatigres.org/stay-updated)



# If You Have Issues...

- Contact Head Coach
  - Gremlins – [gremlins@venturatigres.org](mailto:gremlins@venturatigres.org)
  - Bantams – [bantams@venturatigres.org](mailto:bantams@venturatigres.org)
  - Midgets – [midgets@venturatigres.org](mailto:midgets@venturatigres.org)
  - Youth/Intermediate – [youth@venturatigres.org](mailto:youth@venturatigres.org)
- Next step is contact the Tigres Board
  - [board@venturatigres.org](mailto:board@venturatigres.org)
  - We are here to help make this the best experience possible for all



*General Questions or questions about cancelling registration, uniforms, meet results, directions to meets etc?*

***Please use the contact page at [venturatigres.org](http://venturatigres.org) and use the subject dropdown so your message gets properly routed.***



# Practice

- Attendance requirements
- Schedule - <http://www.venturaticgres.org/practice/>
- Drop off/Pick up
  - Please pick up on time!!!
- Practice cancellation 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 highly recommended
  - Spike/racing shoes used at coach's discretion (not for Gremlins)



<b>Monday</b>			
4:30 - 6:00	Team	Workout	Endurance

<b>Tuesday</b>	<b>Choice A</b>	<b>Choice B</b>	<b>Choice C</b>
4:30 - 5:00	High Jump	Strength	Relay
5:00 - 5:30	High Jump	Shot Put	Strength
5:30 - 6:00	Strength	Shot Put	Relay

<b>Wednesday</b>			
4:30 - 6:00	Team	Workout	Warrior

<b>Thursday</b>	<b>Choice A</b>	<b>Choice B</b>	<b>Choice C</b>	<b>Distance</b>
4:30 - 5:00	Long Jump	Power Plyos	Speed Development	Recovery Run
5:00 - 5:30	Long Jump	Starts	Power Plyos	Recovery Run
5:30 - 6:00	Power Plyos	Hurdles	Speed Development	Choose

<b>Friday</b>	<b>Choice A</b>	<b>Choice B</b>	<b>Choice C</b>
4:30 - 5:00	High Jump	Hurdles	Relay
5:00 - 5:30	High Jump	Long Jump	Starts
5:30 - 6:00	Relay	Long Jump	Shot Put





# Meets

- Schedule - <http://www.venturatigres.org/meet-schedule/>
- Start at 8:30 and usually done before 3:30
- Directions to meets - <http://www.venturatigres.org/vcytc-teams-directions/>
- Order of events - <http://www.venturatigres.org/order-of-events/>
- Must wear Tigres issued Top and black shorts (Tigres supplied shorts recommended)
- Dual meets, Southern CA Youth Invitational and Championship meets
- Results
  - Usually live results posted
  - After meets on Athletic.net with rankings
  - Only timing/results volunteers permitted in the timing tent once a meet has started! And NO one should walk in front of tent except for athletes finishing a race.



# Home Meets

- Hosted at Buena High School
- Tigres provides volunteers to run the meets
- Food is offered (maybe ask for snack shack volunteers)
- Bring snacks, sunscreen, etc
- If using sun shades, please move high up in bleachers to not block view
- No food or drinks (other than water) on the field
- We are hosts – act like gracious hosts to visiting clubs



# Away Meets

- See schedule on Website for locations
- Southern California Youth Invitational
  - At College of the Canyons
  - VCYTC and SCYTFC
  - 2 days (Saturday and Sunday)
  - Gremlins not invited
  - Different order of events (info will be coming prior to the meet)
- League Finals and VCYTC Championships
  - All qualify for League Finals
  - VCYTC Championships – must qualify



# Qualifying for VCYTC Championship

- After last meet, must be ranked:
  - Top 9 in laned events
  - Top 9 in field events (ties for 9<sup>th</sup> qualify)
  - Top 12 in distance events (800, 1600, 3200)
  - Top 9 fastest relays with unique athletes
    - Not all teams automatically get a team
    - Qualifying teams (individuals) do not have to run on the relay, they just qualify the team



# Volunteering

- 4 shifts required for priority registration status
- Shifts are usually ½ meet (AM or PM), usually ~ 3 hours
- To be fair, we take turns working late shift
- Please let caller know if you are unavailable for afternoons or early mornings
- PM shift is good with athletes running 800, 200 or 4x400
- 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
  - Southern California Youth Invitational
  - League Finals
  - VCYTC Championship
  - Co Conference Championship



# Volunteering (continued)

- Volunteers required to participate at Practice Meet
- Learn your volunteer job if you are new
- Help train new volunteers if you're a veteran
- Callers will contact each family, the week prior to home meets
  - They will KEEP CALLING until you let them know if you will be there or not
  - It is your responsibility to communicate issues
  - Contact the volunteer caller or Kris Shah directly if there are any issues covering your shift
- We are ALL volunteers. If everyone works together and holds up their end, it will be a great season for all!



# Refund Policy

- Full refund for any drops before the first day of practice
- 50% refund for drops between first day of practice and March 1
- **NO REFUNDS** after March 1 for any reason
  - Rosters are frozen and athletes can not be replaced by waitlist athletes



# Uniforms/Apparel

- Singlets must be worn to race (\$30)
- 3 options for shorts
  - Unisex running shorts (\$20)
  - Girls compression shorts (\$20)
  - Boys compression shorts (\$20)
- Uniforms will be handed out on specified practice days for each age group
- Apparel will be sold on certain days at practices until the practice meet
- After the practice meet, apparel will only be sold at the home meets





## Footwear Insight

Training Shoes	Spikes
Comfort Is King Biomechanics and Shoes Proper Fit	Spikes are event specific. Play it safe! Comfort Matters Break Spikes in before first race



**10% off everything for athletes and parents at Mile 26 Sports + 10% of your purchases will be donated back to the Tigres program during the month of February.**



# Questions?

- Next - meet with age group coaches