



# 2012 Season

## GOVERNING PRINCIPLES:

- Every athlete is important.
- We will work as a team.
- We will make decisions in the best interest of our athletes especially where safety is concerned.
- We will value and celebrate diversity, and treat all people with dignity and respect.
- We will operate in a fiscally responsible manner.
- We will maintain a working environment that promotes the positive growth of our track club.

We will embrace families and community as partners in fulfilling our mission and vision.

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

*"Tigres vision is to provide high quality track and field programs that enhance children's lives"*

## Board Members:

J'daire Davis (President)

John Alford (Treasurer)

Matt Hammel (Coaches Coordinator)

Lana Campbell (Secretary)

Eric Kirkegaard

Margarida Eidson

Barry Reagan

Tammy Stender

Kris Shah

Erin Sap

Heather Godfrey

Welcome to the Ventura Tigres Track Club. We look forward to working with you to make this 2012 season an enjoyable and rewarding experience for everyone.

### Tigres mission is to:

Develop and deliver youth track and field programs which fosters, in a positive, secure, and fun environment, the five Tigres philosophies:

- Everyone Participates
- Everyone Can Improve - Athletically and Personally
- Open Registration
- Positive Coaching
- Good Sportsmanship

## Age Group Classifications:

### TEAM

Gremlin

Bantam

Midget

Youth

Intermediate

### YEAR OF BIRTH

2004-2005

2002-2003

2000-2001

1998-1999

1996-1997

## Directions to meets:

### Rio Mesa High School - 545 Central Avenue Oxnard

Take 101 Freeway South to Vineyard Dr in Oxnard – turn left and take Vineyard to Central Ave and turn right. Rio Mesa will be on your left just before Rose Ave.



### Ojai (JV Finals) – Nordhoff High School – 1401 Maricopa Hwy, Ojai

Take Highway 33 to Ojai and turn right at 33/Maricopa Hwy. Nordhoff High is about another ¼ mile on the left side.



### Moorpark (3/31 Meet & Varsity Finals) – Moorpark High School

Take the 118 highway to Moorpark. Turn right on Tierra Rejada Rd. The school will be on your left just past the riverbed.



## Coaches:

### GREMLINS

HEAD COACHES Jay Locher  
Wendy Franke

ASSISTANT COACHES Suzie Marshall  
Mary Jones  
Natahn Sommers

### BANTAMS

HEAD COACHES Rob Lewis

ASSISTANT COACHES Schatzi Sovich  
Nancy Ochoa  
Nikki Noonan  
Tim Nicely

### MIDGETS

HEAD COACHES Joy & Matt Hammel

ASSISTANT COACHES Debbie Al-Saleh  
Julie Ronk  
Doug Anders  
Anna Clark

### YOUTH & INTERMEDIATE

HEAD COACHES Eric Reynolds

ASSISTANT COACHES Michele Burns  
Paul King  
Josh Spiker  
Kelley King

### SPECIALITY COACHES

HIGH JUMP Kristin Pekar  
Lisa Christensen

LONG JUMP Kelley King

SHOT PUT Lynette Kuchta

HURDLES

## 2012 Varsity Standards:

BOYS					GIRLS			
GREMLIN	BANTAM	MIDGET	YOUTH/INT	EVENT	GREMLIN	BANTAM	MIDGET	YOUTH/INT
16.56	14.95	13.73	12.31	100M	17.31	15.18	13.93	13.33
36.04	31.96	29.10	25.56	200M	37.02	32.62	29.57	28.04
1:23	1:15	1:07	58:00	400M	1:25	1:16	1:09	1:05
3:16	2:52	2:39	2:32	800M	3:29	3:00	2:51	2:38
7:02	6:17	5:47	5:22	1600M	7:35	6:39	6:13	5:55
--	--	13:04	11:52	3200M	--	--	14:01	13:06
--	--	15:30	--	80M HURDLES	--	--	16:09	--
--	--	--	17:30	100M HURDLES	--	--	--	18:10
--	3'10"	4'4"	4'11"	HIGH JUMP	--	3'7"	4'1"	4'6"
	3'0"	3'6"	4'1"	STARTING HEIGHT		2'9"	3'3"	3'8"
9'5"	11'10"	14'3"	16'8"	LONG JUMP	19'4"	11'5"	13'2"	14'6"
--	21'9"	28'3"	32'3"	SHOT PUT	--	16'6"	23'1"	27'9"

## Practices:

We are fortunate that most of our practices and all of our home meets are on the beautiful Buena High School track. Please follow all rules so we can continue using this great facility. This is a 100% volunteer organization.

**Your participation is crucial!**

Practices will start the week of Feb. 13th at Arroyo Verde Park. Time and date will be determined by each coaching group. Practices will continue at the park for two weeks and then we will move to Buena High School beginning the week of Feb 28th.

Head Coaches will establish practice locations and different schedules for each age group. Please be on time to practice and pick up your athletes promptly at the end of each practice. Absolutely, no dogs are allowed at the stadium.

## Important Rules – Practices and meets

The Buena H.S. track and field includes artificial turf and an all weather track. These materials are very sensitive. Damage created by negligence or even "accidents" could result in the loss of our privilege to use the facilities. Therefore, very strict rules will be in place during meets and practices.

- The turf field will be strictly "off-limits" at all times to non-athletes
- Only water bottles with water will be allowed on the track or in the jumping areas. Absolutely no chewing gum or food are allowed on the track or turf area.
- Spiked shoes should rarely be used in practice. Coaches will determine when this is acceptable. On race day, track spikes must be approved by the Clerk of the Course – 3/16" needles or less.
- Removable tape can be used for relay and jumping marks. Beyond that, absolutely nothing should be stuck to or pushed into the track or turf (e.g. sticks or stakes).
- Extreme caution should be used when using or transporting tools and shot puts around the track and turf.
- No dogs (of any size) are allowed in the stadium area.

## Personal Progress:

	Practice 3/10	3/17	3/24	3/31	4/14 4/15		4/28	JV 5/12	VAR 5/19
100M									
200M									
400M									
800M									
1600M									
3200M									
HURDLES									
HJ									
LJ									
SHOT PUT									

## Parents = Participation

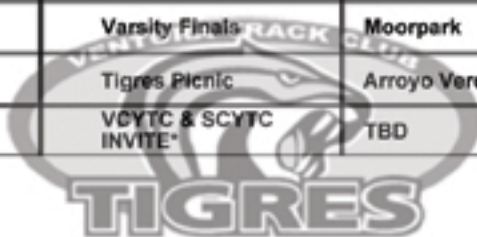
The club is a 100% volunteer organization. In order for our meets to run smoothly we must have everyone committed to participating. When we host a meet we need about 100 people handling various duties concurrently throughout the meet. The more volunteers, the faster the meet will proceed and it will be more enjoyable for everyone. All age groups have a parent meeting, usually during the first few days of practice. The purpose of the meeting is to communicate general information as well as outline what is expected of athletes and their parents.

Our coaches are all parent volunteers. If you are able to stay at practice and help out, please let the coach(es) know. Some coaches may have all the help they need, but more likely they would appreciate your help on a number of activities, no experience required! Of course a key point is to get your athlete to and from practice on time.

## Meet Schedule

All meets begin promptly at 8:30am

DATE	OPPONENT	HOST CLUB (Meet Location)
3/10/12	(Practice Meet)	Ventura
3/17/12	Thousand Oaks	Ventura
3/24/12	Newbury Park	Ventura
3/31/12	Moorpark	Moorpark
4/14 & 4/15/12	Dual Conf Meet*	Moorpark
4/21/12	Oxnard	Ventura
4/28/12	Ojai & Moorpark	Ventura
5/5/12	Camarillo	Rio Mesa High School
5/12/12	JV Finals	Ojai
5/19/12	Varsity Finals	Moorpark
5/20/12	Tigres Picnic	Arroyo Verde Park
6/2/12	VCYTC & SCYTC INVITE*	TBD



## Order of Events

Track events are usually run in the following order.

### EVENT

### AGE GROUPS

3200m run

Midget, Youth/Intermediate

Hurdles

Midget, Youth/Intermediate

4x100m relay

All

1600m run

All

400m run

All

100m sprint

All

800m run

All

200m sprint

All

4x400m relay

Bantam, Midget, Youth/Intermediate

## Field events occur throughout the day.

Long Jump

All

High Jump

Bantam, Midget, Youth/Intermediate

Shot Put

Bantam, Midget, Youth/Intermediate



## Safety:

Please observe these safety rules:

- Wear shoes at all times
- Do not throw objects on the track, field or in the stands
- No "horse-play" in the stands
- Do not climb on (or under) the bleachers
- Stay off the turf portion of the stadium
- Be careful with spiked shoes
- Respect the track and the athletes running on it

## Clothing and Uniforms

Official Tigres jerseys & shorts are required for meets. It is the responsibility of each athlete to provide his or her own running shoes.

Running shoes are available in local sporting goods stores, and range in price from \$75.00 to over \$100.00. Bantams, Midgets and Youth & Intermediate age groups are allowed to wear spiked track shoes. Spikes must be "needles" and cannot exceed 3/16" in length when used on the all-weather tracks in the county. We recommend that runners check with coaches before buying spiked shoes. Spikes are rarely worn at practices.

The Ventura Tigres dress code is as follows:

- All athletes will arrive dressed for practice, not dressing at practice.
- No visible undergarments, low riding shorts, or non running shorts/shoes.
- All athletes will have loose fitting running shorts (compression or lycra shorts underneath is fine)

Please observe the athlete dress code – it will be enforced. Sweat suits or long pants and a jacket are recommended for practices and meets. Please label all clothing and shoes with a name and phone number.

## Personal Progress:

	Practice 3/10	3/17	3/24	3/31	4/14 4/15	4/21	4/28	JV 5/12	VAR 5/19
100M									
200M									
400M									
800M									
1600M									
3200M									
HURDLES									
HJ									
LJ									
SHOT PUT									

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