**Tigres 2013**

**Youth and Intermediate Information**

**Welcome to Tigres**

We’re very excited to have everyone. We’d like to teach track and field skills, practice and compete to the best of our abilities, demand good sportsmanship when winning or losing and most importantly, have fun. This is the first time for many parents, so I’ll cover a lot and probably overlook a lot – please ask questions. The coaches have 73 athletes and their parents names to remember so please be patient.

**Introduction of Coaches**

Eric Reynolds

Paul King

Eric Henuber

Kelly King

Doug Anders

Rick Perez

Josh Spiker

**Practice times**

Practices will be held on Monday, Wednesday and Thursday from 4:30 – 5:45. Once we move to Buena (Feb 25th) practice will be from 4:30 – 6:00. Based on conflicts at Buena, practice could be moved.

Practice will held on President’s day (Monday, Feb 18st)

**Weather**

If practice needs to be cancelled, an e-mail will be sent out by 3:00 the day of practice. If you don’t have access to e-mail at that time, please call a friend. Also, each age group is different – just because another age group has practice doesn’t mean we will.

**Sign in and sign out of practice**

We will not be having athletes sign in and out this year. However, we start on time – be on time for pick up. Coaches need to stay until the last athlete is picked up. If you plan on having someone else give your athlete a ride, notify the coaches.

**Behavior**

Reminder: every athlete has signed the Athletes Code of Conduct. We have many athletes to manage. We want to have fun, but if we have management issues, we’ll have to talk with the parents about options.

**Participation**

We realize everyone has other things going on in their lives (other sports, school, etc.), however, we encourage every athlete to make every practice possible. The more an athlete time, energy and effort an athlete puts in, the better they will perform.

**Sportsmanship**

Sportsmanship in practice and meets

Encouraging each other in practice

Shaking hands after every race

**Practice organization**

We have a training program that is designed for the whole season. Each group will have a running, strength and drill session during practice. The plan is a template and can be modified based on the range of the athletes. I will e-mail this parent introductory letter and Season Training Plan to all.

The athletes will be divided into groups at practice.

Warm up, drills, running, strength and specialties (roughly 20 min at each activity)

Specialties include shot put and hurdles (Monday), high jump (Wednesday) and long jump (Thursday).

**Parent volunteers**

We can always use help. Please let us know what you’re interested in and what days you are available. A volunteer’s job at practice would be to assist the coaches. If you do wish to volunteer please give the coaches a little bit of time you determine where your assistance would be most beneficial. Regardless of helping at practices, you still must need to fulfill your volunteer obligations, which are coordinated with the volunteer coordinator.

**Equipment needed**

Athletes keep their gear on the track. Please label everything (water bottles included)

Comfortable running clothes

Appropriate clothes (shirts must be worn)

Water bottles

Tigres uniforms – apparel also available – I will let you know when and where to pick them up.

Training shoes- most important part of equipment.

Racing shoes (spikes). If you do not know your event you may want to wait a bit.

**Injuries**

Injuries can occur in track/running. If your athlete is injured please let the coaches know. Sometimes a little rest or practice modification can prevent a lingering issue.

**Meet information**

Event signups on Wednesday (probably)

Home meets – volunteering required (check in and check out)

Usually 8:00 – 3:30 or so

Responsible for having your athletes in the stands prior to their events

Learn the schedule, but it’s not always the same – pay attention to calls

4 total events (3 running max)

Races are seeded by time (fast to fastest)

Relays are chosen based on seed times when possible

If you chose to be on a relay, your team is counting on you to be there.

Varsity standards – found on the VCYTC website (we are part of a conference)

Meet schedule is posted on the VCYTC Website

Dual Conference and Open meet – intended for Varsity or close to Varsity standards athletes

Varsity and JV Finals

**Choosing events**

Distance vs sprints

Field events – shot put, high jump, long jump

We encourage athletes to try everything, but it is also helpful to find out what they like and what their strongest events are.

**Communication**

E-mail is the primary form of communication – If you have not received an e-mail or if you want additional e-mail(s) added to the distribution list, e-mail addresses can be added via the Tigres Website.

New information will be sent to all through e-mails.

Websites:

Tigres Website: <http://www.venturatigres.org/>

 Tigres Handbook

VCYTC website: <http://www.vcytc.org/track/>

 Season Schedule

Call Eric if needed: 340-0709 (cell)

Problem with the coaches – please feel free talk to me or contact Tigres board liaison