**2015 Tigres – Bantams Information**

**Coaches:**

* **Kevin & April Baysinger – Head Coaches**
* **Summer Al-Saleh – Assistant Coach**
* **Vanessa Barragan – Assistant Coach**
* **Melanie Campbell – Assistant Coach**
* **Darek Cunningham – Assistant Coach**
* **Jason Dinkler – Assistant Coach**
* **Dave Donaldson – Assistant Coach**
* **Brian Guevara – Assistant Coach**
* **Kaleb Kunis – Assistant Coach**
* **Chris Mendez – Assistant Coach**
* **Nancy Ochoa – Assitant Coach**
* **Hilary Romero – Assistant Coach**
* **Andrew Witt – Assistant Coach**

**Goals:**

* **We will ensure & promote the health and safety of all athletes**
* **We will offer enjoyable practices and meets for all athletes**
* **We will help each athlete achieve their personal goals for the season**
* **We will teach and model good sportsmanship and citizenship**
* **We will instill the values of athletic participation and performance**

**Questions:**

**Feel free to ask questions to any coach, before or after any practice. Use the website for any other communication. I will do my best to keep you all as updated as possible.**

**Practices:**

* **M, W, Thu, 4:30-5:30 at Arroyo Verde.**
* **Move to Buena in two weeks (Feb 23rd) - 4:30-6:00.**
* **Always welcome to stay and watch; at Buena only athletes/coaches inside the track**
* **Athletes will work with specialty coaches during specified days**
* **Please pay attention to website/e-mail for any changes/cancellations.**
* **Please sign in/sign out.**
* **Please be on time. Coaches cannot leave until all athletes are picked up**
* **Please make sure your athlete is ready to go – dressed, and already have used the restroom.**
* **Participation: Attendance is optional, but participation is mandatory. If it’s sickness, injury, or they just don’t want to participate, we prefer they stay home rather than show up and not participate. We also understand athletes have other sports going on.**

**Equipment:**

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| **Practice** | **Meets** |
| * **Comfortable shoes/shirt**
* **Comfortable running shoes/spikes/flats**
* **Bag (with name)**
* **Sweatpants**
* **Sweatshirt/jacket**
* **Hat**
* **Water bottle**
* **Snack**
* **Extra socks (long jump, etc.)**
* **Sunscreen**
* **\*At Buena, only water is allowed inside the track\***
 | * **Tigres Uniform**
* **Snacks/light lunch**
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**Behavior: We have 70+ athletes in Bantams. We want to have a fun time, but if there are behavior issues, we will try to address with the athlete first. If issues continue, we will need to speak to parents about options.**

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| **Inappropriate Behavior** | **Consequences** |
| * **Horse play or rough housing**
* **Profanity or vulgar gestures**
* **Name calling, teasing, or bullying**
* **Theft**
* **Disrupting practices by talking repeatedly**
* **Disrupting practices by not following directions**
* **Disrespect towards other athletes, parents or coaches**
* **Comments or actions that endanger the safety of others**
 | * **Begin with verbal warnings, time outs from drills, conversations with coaches, parent(s), and board members if needed**
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**Events**

* **Field – long jump, high jump, and shot put**
* **Sprints – 100, 200, 400, and both relays (4X100, 4X400)**
* **Distance – 800 and 1600**
* **We encourage them to try everything, but helpful to know what they like, and where they are strongest.**
* **Athletes may compete in 4 events at any meet, with a maximum of 3 running events.**
* **The 4X100 counts toward a running event, but the 4X400 is a ‘free’ event (does not count towards event total)**
* **Event signups will be on Thursdays. If your athlete signs up for a relay event, remember that there are other athletes that are counting on your son/daughter.**
* **There may be times where we can’t accommodate all those who want to run relays (can’t assemble a full team). We will do our best to make sure everyone that wants to run will have an opportunity to do so. Relay teams will be based on times.**

**Nutrition and Rest**

* **Please understand your athlete may need more water, food and sleep during the season. If you have any questions, please speak with a coach directly and privately.**

**Meets and Results**

* **Meet schedule listed on website, and directions to locations.**
* **Meets usually go from 8:30 to 3:30 or so. Your time will depend on the events your athlete decides to participate in.**
* **Please have your athlete in the stands on time. We need to give them their event stickers**
* **Please pay attention to the event calls. Order of events are listed on the website. Have your athlete near the team tent. We cannot spend time searching for athletes!**
* **Results usually take a day or two to finalize. Please contact coaches with any questions/concerns about results.**
* **All athletes are eligible to participate in JV Finals at season’s end. More info to follow**
* **Varsity athletes are determined by the athlete’s performance; varsity standards are posted on club website.**
* **Varsity results will determine who will run at CCC meet (End of year Championship meet).**
* **Dual conference meet at College of the Canyons on 4/11 and 4/12. This meet is spread out over two days; more info to follow.**