2018 Tigres

Bantams Information

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

Hello Parents! I am excited for another season of Tigres! We have a great group of coaches and we are all looking forward to this year. I wanted to share with you a bit of information about this season:

**Coaches**

* Kevin Baysinger - Head Coach
* Jose Betancourt- Assistant Coach
* Steve Holt - Assistant Coach
* Torrey Kightlinger - Assistant Coach
* Erin Martinson – Assistant Coach
* Summer McMeekin - Assistant Coach
* Danny Vasquez - Assistant Coach
* Veronica Vera-Vargas - Assistant Coach

**Goals**

• We will ensure and promote the health and safety of all athletes.

• We will offer enjoyable and educational practices and meets for all athletes.

• We will help each athlete set and achieve their personal goals for the season.

• We will teach and model good sportsmanship and good citizenship.

• We will instill the values of athletic participation and performance.

• We will abide by and promote the Tigres mission statement

**Information & Questions**

The Tigres website contains a significant amount of information. If you haven’t yet, please take the time to check it out. During the season, I will be posting information on the website. You should also receive the information through the email you used to sign up your athlete, as well as Facebook.

Feel free to ask questions to any coach.  Please arrange to ask your questions before or after practice. For any other time, please use the Tigres website to contact us. We will work to actively and regularly communicate all necessary information to athletes and families throughout the season.

**Athlete’s Behavior**

One of our goals is to provide enjoyable (think: fun!) and educational practices and meets for all athletes, as well as to help each athlete achieve their personal goals for the season. Additionally, there is a lot of learning that takes place in the first few weeks of practice. With about 75 athletes, it is important that each athlete pay attention and not be disruptive. Please have your athlete pay special attention to Athlete’s Code of Conduct, which they should have read and signed.

We do not expect to have discipline issues but the chart below outlines our behavior policy:

|  |  |
| --- | --- |
| Inappropriate Behavior | Consequences |
| * Horse-play or rough-housing * Profanity or vulgar gestures * Name-calling, teasing, or bullying * Theft * Disrupting practice by talking repeatedly * Disrupting practice by not listening to or not following instructions * Disrespect towards other athletes, parents, or coaches * Comments or actions that endanger the safety of others | * First Step – verbal warning or conversation with coach * Second Step – time out from that drill/rotation * Third Step – time out from practice and conversation between athlete, parent, and coach * Fourth Step – conversation between athlete, parent, coach, and board member * Fifth Step – request that athlete be removed from team |

**Events**

**Field** – Bantams may participate in the long jump, high jump, and shot put.

**Sprints** – Bantams may compete in the 100, 200, 400, 4x100 relay and 4x400 relay

**Distance** – Bantams may compete in the 800 and the 1600

Athletes may compete in a combined total of four events (no more than three running events) at any meet. The 4x100 counts as an event, but the 4x400 is a “free” event for athletes (does not count towards the four event total).

If your athlete is unsure about which event(s) they’d like to do, encourage them to try something new. During practice, we do a separate workout for sprinters and distance runners. Athletes can switch workouts at anytime – if they’d like to try distance, no problem at all. Conversely, if they want to try a sprint workout, again, no problem.

*A word about relays*: When your athlete signs up for a relay, please remind them that the other relay athletes will be counting on them to be at the meet on time and ready to be able to compete together as a relay team. If one athlete does not show up to a meet, this means that three other athletes may not be able to compete in the 4x100 relay. Additionally, showing up late to a meet may cause your athlete to forfeit their spot on a relay team.

Relay teams are assembled by the coaches. We try to assemble equally competitive relay teams, while simultaneously always looking for our top two relays teams to send to our VCYTC Championship Meet (more on this later). Factors that coaches use in selecting such teams are an athlete’s times in the particular relay (100m or 400m), dependability, and consistent performance in relay races, among other factors.

Bantam athletes are now able to compete in the 4x400 relay race. This race does not count towards an athlete’s meet total of four events. This is an incredibly fun event due to the unique nature – it is a team relay race, and because each athlete runs 400m, their teammates are able to cheer them on along with parents, spectators and coaches. I would strongly encourage each athlete to try this race at least once!

**Nutrition**

Nutrition is a key aspect of our athletes’ health and success. Please speak directly and privately with a coach about any particular health issues or concerns for your athlete. Please realize that your athlete may need more water, food, and sleep during the season. Adequate sleep is a key factor in avoiding both illness and injury.

If your athlete is sick, injured, etc., please do not send them to practice. If they show up to practice, they will be expected to participate.

**Meet and Results**

* The meet schedule is listed on the club website.
* Directions to each meet are also provided on the website.
* Please contact coaches with any questions or concerns about results.
* All athletes are eligible and invited to participate in the Conference Finals at season’s end, with the exception of those athletes that qualify for the VCYTC Championship.
* Personal performance results will be used to determine who races at VCYTC Championship at season’s end. There will be more on this as the season progresses.
* VCYTC Championship results will be used to determine who races at the Co-Conference Championship meet.
* We will keep track of all athletes’ results, and we will help each athlete set goals and keep track of their performance and progress.

**Practice**

The practice schedule is listed on the website (<https://www.venturatigres.org/practice/>). We will have two team practices per week on Mondays and Wednesdays. Specialty practices will take place on Tuesdays and Thursdays. Please refer to the schedule for specific times and practices.

We understand that many athletes are also participating in other sports, or have other things going on during the week. Practice attendance is not mandatory, but each athlete will get out of Tigres what they put into it.

Practices will be from 4:30 to 6:00PM unless otherwise noted. If it is raining, please pay attention to the website – there will be a notice put out in the afternoon only if practice will be cancelled. No notice means practice will still take place.

Only water is allowed on the field at Buena. Please, absolutely no drinks other than water, and no food/snacks on the field as well. We are Buena’s guests and need to be responsible.

**Supplies and Equipment**

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| --- | --- |
| **Practice** | **Meets** |
| \*Wear comfortable shorts and shirt  \* Comfortable, fitting, running shoes  \* Workout/gym bag (with name)  \* Sweatpants  \* Sweatshirt or jacket  \* Water bottle | \* Wear comfortable shorts and shirt  \* Comfortable, fitting, running shoes  \* Spikes or flats (optional)  \* Workout/gym bag (with name)  \* Tigres uniform (shorts and tank top)  \* Sweatpants  \* Sweatshirt or jacket  \* Water bottle  \* Snacks  \* Sunscreen |

**Spikes**

Bantams are allowed to wear spikes. For some, this is the first time that they are able to wear spikes. For safety reasons, spikes may only be worn at the direction of coaches. We will allow them to be worn a couple of weeks into the practice season, and only at the direction of the coaches. We want athletes that will be wearing them to be familiar with spikes, but not to overuse them. Athletes are not required to wear spikes, and if your athlete feels best in regular running shoes, I would encourage him/her to continue wearing running shoes.