



# TIGRES PARENT INFO MEETING

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February 4, 2019

# 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.....



**Before**

**After**





# Welcome to the 2019 Season

- 43<sup>rd</sup> Anniversary of Tigres
- Tigres is one of 9 active clubs in VCYTC (Ventura County Youth Track Conference) since 1976  
(website: <http://www.vcytc.org>)
- 2019 will mark the 10<sup>th</sup> year of interleague competition with the 7 clubs of SCYTFC (Southern California Youth Track & Field Conference). (website: <http://scytfc.org>)
- 100% volunteer run organization
- **LET'S MAKE THIS THE BEST  
SEASON YET!**



# Communication

- Website is hub of all communication
  - All information posted to the Tigres website (both club wide and coaches updates)
  - Then sent to **Email, Facebook & Twitter**
- Sign up for updates
  - All email addresses used to signup already entered
  - Click on the STAY UPDATED (<http://www.venturatigres.org/stay-updated/>)
  - Verify and add other emails
  - Enter your email address, and select General Tigres Alerts
  - Check each age group which you have children participating in



**venturatigres.org**



**Facebook.com/VenturaTigres**



**twitter.com/venturatigres**



## Club Wide & Coach News Updates

Enter your email address below and select "General Tigres Alerts" & each age group your children are in to receive all updates as they get posted.

Email Address

### Age Groups

- ☐ General Tigres Alerts
- ☐ 8U (Gremlin)
- ☐ 9-10 (Bantam)
- ☐ 11-12 (Midget)
- ☐ 13-14 & 15-16 (Yth/Intermediate)

Subscribe





# Equipment Swap / Lost & Found

- Meant for:
  - Families to communicate with each other
  - Help pass on lightly used uniforms/shoes
  - Announce lost and found items
- Not meant for:
  - Promoting businesses and making money
  - Non Tigres related business
  - Editorials and opinions

## URL:

<https://www.venturatigres.org/trading-post/>

## Password Protected:

tigres

## Categories:

- Free/Sell/Swap
- Lost & Found

## Place Posting

[Place Posting](#) [Edit Posting](#) [Browse Postings](#) [Search Postings](#)

## Select Category

1	2. Select Category	3	4	5	6
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Please select a Category for your Ad

Ad Category\*

Continue



# 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

- Schedule - <http://www.venturaticres.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
  - Spikes/racing shoes used at coach's discretion (not for Gremlins)
- Only athletes and coaches allowed on the track



# Attendance policy

- No requirements to participate in meets
- No need to notify coaches if missing practice
- Each age group may have a different policy w/relays
- We understand multiple sports
- Personal track coaches not allowed
- Participation required
- Don't come if sick or injured
- You get out what you put in



## **Mondays**

4:30 – 6:00 pm Team Workout — Endurance

<b>Tuesdays</b>	<b>Choice A</b>	<b>Choice B</b>	<b>Choice C</b>
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4:30 – 5:15 pm	Hurdles	Strength/Plyos	Shot Put
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5:15 – 6:00 pm	Hurdles	Strength/Plyos	Relay
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## **Wednesdays**

4:30 – 6:00 pm Team Workout — Warrior

<b>Thursdays</b>	<b>Choice A</b>	<b>Choice B</b>	<b>Choice C</b>	<b>Distance</b>
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4:30 – 5:15 pm	Long Jump	High Jump	Speed Development / Starts	Recovery Run
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5:15 – 6:00 pm	Long Jump	High Jump	Speed Development / Starts	Choose
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<b>Fridays</b>	<b>Choice A</b>	<b>Choice B</b>	<b>Choice C</b>
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4:30 – 5:15 pm	High Jump	Hurdles	Relay
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5:15 – 6:00 pm	Long Jump	Relay	Shot Put
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\*Gremlins practice  
Tuesday and Thursday  
\*Gremlins do not  
participate in specialty  
practices

# Relays

- Open to all athletes
- Attend relay practice
- Only event that **REQUIRES** signing up prior to meet day
- Be reliable
- Understand there is some complexity
- Top teams are competitive
- Age group policies may vary





# Meets

- Schedule - <http://www.venturatigres.org/meet-schedule/>
- Start at 8:30 and usually done before 3:30 (except night meets)
- 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 walking in front of tent except for athletes finishing a race
- Over-eventing will result in DQ's



# Home Meets

- Hosted at Buena High School
- Tigres provides volunteers to run the meets
- Food is offered – food truck, Kona Ice, etc
- 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 (volunteers included)
- We are hosts – act like gracious hosts to visiting clubs



# Away Meets

- See schedule on website for locations
- Southern California Youth Invitational
  - At Oxnard High School
  - VCYTC and SCYTFC
  - 2 days (Saturday and Sunday)
  - Gremlins not invited
  - Different order of events (info will be coming prior to the meet)
- Conference Finals and VCYTC Championships
  - All qualify for League Finals
  - VCYTC Championships – must qualify
- Co-Conference Championship
  - Tops from VCYTC Championships vs tops from SCYTFC Championships
  - At Moorpark High School



# 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)
  - Each club granted one relay team (4x100 and 4x400)
  - Can not qualify for the VCYTC Championship in the Conference Finals (except relays)



# VCYTC/SCYTFC updates

- New teams
  - Simi Valley Track Club (VCYTC) @ Simi Valley High School
  - Flying Phoenix (SCYTFC) @ Canyon High School
- Rule Book
  - Always changing
  - Please know rules rather than making assumptions from past
  - On VCYTC website – [vcytc.org](http://vcytc.org)



# 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
  - Conference 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 – **NOT ANYMORE!**
  - It is your responsibility to communicate issues
  - Contact the volunteer caller or Lori Prehn 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!





# Volunteers Needed

- Gremlin Team Parents (2)
  - Stay in home base for general help for athletes and coaches
- EZ Up transportation to away meets
- Open Board Positions
  - Volunteer Coordinator (assist in '19 – take over in '20)
  - Critical role
  - Lead a team of volunteers
  - Apparel Coordinator (assist in '19 – take over in '20)



# 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
- Please be considerate of the waitlist if not participating



# 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



# MILE Sports

## Footwear Tips

1. Comfort is Key
2. Do Not Overcorrect
3. Training Shoes ~ 1 thumbs width at the end. Spikes ~ 1/2 a thumbs width
4. Spikes are not necessary but can aid performance. If you do get spikes entry level Mid-Distance & Distance spikes typically the best for kids as they offer more protection and are suitable for everything except throws.

## Tigres Specials

10% Off at Store at all times. Plus come in by Feb 28th and we will donate an additional 10% back to Tigres. vFor Tigres athletes and their parents.

Buy a pair of running shoes at 10% off and get 30% off a pair of spikes. Must be purchased in same transaction.



1450 E. Thompson Blvd. Ventura, CA  
805-628-9501 [www.Mile26Sports.com](http://www.Mile26Sports.com)





# Questions?

- Next - meet with age group coaches