



Welcome to the Tigres Parent Information Meeting

February 5, 2024





Questions

If you have general questions, please wait until the end of the presentation.

If you have questions for your division coaches, there will be smaller age group meetings at the end of the main presentation.



2024 Board Members

Coaches Coordinator/Head Coach – Kristin Daw

Public Relations – Kelly Nicely, *President*

Volunteer Coordinator – Jeremy Patelzick, *Vice President*

Registration Coordinator – Susan Henson

Treasurer – Jorge DeLeon

Staging Coordinator – Jared Kuebler

Apparel Coordinator – Lisa Baier, *Secretary*

Coaches Liaison – Sean Feeney

Facilities/Operations Coordinator – **Open position**

Non-Board Member Position

Timing/Finish Line – Erin Sap



Welcome to the 2024 Season

- 48th Anniversary of Tigres – *Started in 1976*
- Tigres is 1 of 9 active clubs in **VCYTC** (*Ventura County Youth Track Conference*) <http://www.vcytc.org>
- 2024 will mark the 13th year of interleague competition with the 4 clubs of **SCYTFC** (*Southern California Youth Track & Field Conference*) <http://scytfc.org>
- 100% volunteer run organization
- **Let's make this the best season yet!**

Thank You Buena

- Tigres appreciates the partnership with Buena High
- Allowing Tigres to use facilities
- Sharing equipment
- Encouraging athletes to help coach
- ALWAYS advocating for Tigres
- Let's be respectful and take care of their track!





Communication

- Website is the 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 sign up already entered
 - Click on the STAY UPDATED
 - <http://www.venturatigres.org/stay-updated/>
 - Enter your email address, and select General Tigres Alerts
 - Check each age group in which you have children participating



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



If You Have Concerns...

- Contact Head Coach - Kristin Daw – youth@venturatigres.org
 - Gremlins 8U – 8U@venturatigres.org
 - Bantams 10U – 10U@venturatigres.org
 - Juniors 12U – 12U@venturatigres.org
 - Youth/Intermediate 16U – youth@venturatigres.org
- Next step is contact the Tigres Board
 - board@venturatigres.org
 - We are here to help make this the best experience possible for all!

 *General Questions or questions about canceling registration, uniforms, meet results, directions to meets etc.?*

Please use the contact page at venturatigres.org and use the subject drop down so your message gets properly routed.



Practice

- Schedule <http://www.venturatigres.org/practice/>
- Drop off/Pick up
 - Please pick up on time! Do not pull into the back gate behind track!
- Practice cancelation 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 required
 - Spikes/racing shoes used at coach's discretion (*not for 8U*)
- **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 with their relay teams
- We understand multiple sports
- Personal track coaches not allowed
- Participation required if at practice
- Don't come if sick or injured
- You must practice with your team
- You get out what you put in



Practices Start this week

Tuesday, Feb. 6 at 4:30 pm

First day of 8U (Gremlin) practice

Wednesday, Feb. 7 at 4:30 pm

First day of 10U (Bantams), 12U (Juniors), and the Youth/Intermediate practice

Speciality Practices Begin Tuesday, Feb. 13

Specialty practices for 10U, 12U, and the Y/I teams

Specialty practices are not mandatory



Practice Schedule

Monday (practices focused on endurance - distance will typically leave campus)

4:30 - 6:00	Team Workout Endurance
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Tuesday	Choice A	Choice B	Choice C	Choice D	Choice E
4:30 - 5:15	Hurdles	Strength/Plyos	High Jump	Relay	Shot Put
5:15 - 6:00	Hurdles	Strength/Plyos	High Jump	Relay	Shot Put

Wednesday (practices focused on intensity)

4:30 - 6:00	Team Workout Warrior
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Thursday	Choice A	Choice B	Choice C	Choice D	Distance
4:30 - 5:15	High Jump	Long Jump	Relay	Shot Put	Recovery Run *Off-campus
5:15 - 6:00	High Jump	Long Jump	Speed Development	Shot Put	

8U practices Tuesday and Thursdays at 4:30 pm



Upcoming NO Practice Days

Monday, **Feb. 19** *VUSD School Holiday*

Wednesday, **March 20** *Buena High Home Track Meet*

April 1 – 5 *VUSD Spring Break*

Wednesday, **April 10** *Buena High Home Track Meet*



Meets

- Schedule <http://www.venturatigres.org/meet-schedule/>
- Start at 8:30 am and usually end before 3:30 pm (*8U start with warm-ups at 8 am and start their long jump at 8:15*)
- Order of events
<http://www.venturatigres.org/order-of-events/>
- Must wear Tigres issued top and any black shorts
- Results posted after meets on [Athletic.net](http://athletic.net) with rankings
- Only timing/results volunteers permitted in the timing tent!
- NO walking in front of tent except for athletes finishing race

Meets

- 8U age group through Youth may participate in a maximum of four events (*maximum of three running events*)
- Intermediate athletes may participate in a maximum of four events
- Over-eventing will result in DQs – the 4x400 relay is a “free” running even as this event will not count against an athlete's number of events



Meet Events

Running Events

- 3200M Run*
- 100M Hurdles*
- 80M Hurdles*
- 4×100M Relay
- 1600M Run

- 400M Dash
- 100M Dash
- 800M Run
- 200M Dash
- 4x400M Relay*

Field Events

- Long Jump
- High Jump*
- Shot Put*

**Some events not available to 8U Group.*

You will sign up for events with your team coach at 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



Home Meets at Buena High

- Austin Gambill Memorial Practice Meet – March 2nd
- Tigres provides volunteers to run the home meets
- Food is offered – food truck, Kona Ice, etc.
- Bring snacks, sunscreen, etc.
- If using sunshades, 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
- Only Coaches and athletes allowed on track
- The in field is a **device-free zone** for athletes



Championship Meets

- **JV Finals** - April 27
 - All athletes qualify for JV Finals
- **Varsity Finals** - May 4
 - Varsity Championships – *athletes must qualify*
- **Super Varsity Finals** - May 11
 - Top athletes from VCYTFC Varsity compete with top athletes from SCYTFC Varsity

See full meet schedule on website for locations



Qualifying for VCYTC Varsity

- After the last meet, athletes will be ranked:
 - **Top 9 in the league** for the laned events
 - **Top 9 in the league** for field events (*ties for 9th qualify*)
 - **Top 12 in the league** for distance events (*800M, 1600M, 3200M*)
 - Each club granted one relay team for each gender per age group (*4x100M and 4x400M*)



Parent and athlete conduct

- Parents and athletes are expected to encourage good sportsmanship by demonstrating positive support for all athletes, coaches, officials and parent volunteers at every meet, practice, or other Tigres event.
- It is imperative that parents and athletes conduct themselves in a proper manner. Use of profanity, verbal, or physical harassment towards officials, staff, coaches, other spectators or athletes will not be permitted or tolerated.



Volunteering

- 4 shifts required to earn Priority Registration status
- Shifts are usually ½ meet (AM or PM), usually ~ 3 hours
- More than 4 shifts earns SUPER Priority
 - Early registration and
 - First choice of volunteer role for next season
- Tigres is responsible for all volunteer roles at home meets, PLUS some roles at JV, Varsity, and Super Varsity



Volunteering

- Volunteers are **required** to participate at Practice Meet on March 2, 2024
- Help train new volunteers if you're a veteran
- Adults need to be used as substitutes
(Teenagers can not fill in for you)
- Sign in/Sign out mandatory and VERY important
Not signing out may mean no credit for your shift
- **We are ALL volunteers. If everyone works together and holds up their end, it will be a great season!**




Volunteering Plea

- Volunteering is what makes Tigres function. Tremendous amount of work to organize volunteers
- Responsibility is on the volunteer to respond and make arrangements for shifts with the volunteer assistants or the coordinator.
- You will be contacted via the new website system via text or email, so make sure you put the right one in preferred contact method. Primary volunteer is in charge of the account on the website.
- We will discuss how the website works next.



RunFaster Volunteer App - Sign in


RunFaster

Sign In

Email address

Password

☒ Remember me


Log In

[Request Magic Link](#) [Sign Up](#) [Forgot your password?](#)

< > [Icons]

Your Magic Link to RunFaster > [Star]

Inbox

 RunFaster 8:03 PM to me ▾

← ...

Hello,

You requested a magic link to log in to the [RunFaster](#) app:


<http://lanethree.com/magic/login/?sesame=AAAABQet5XtEoLPmkMTkCIm->

This link is valid for 5 minutes from the time of the request. If you exceed that time window you'll need to make a new request.

< > [Icons]

[RunFaster] Password Reset Email > [Star]

Inbox

 RunFaster 8:05 PM to me ▾

← ...

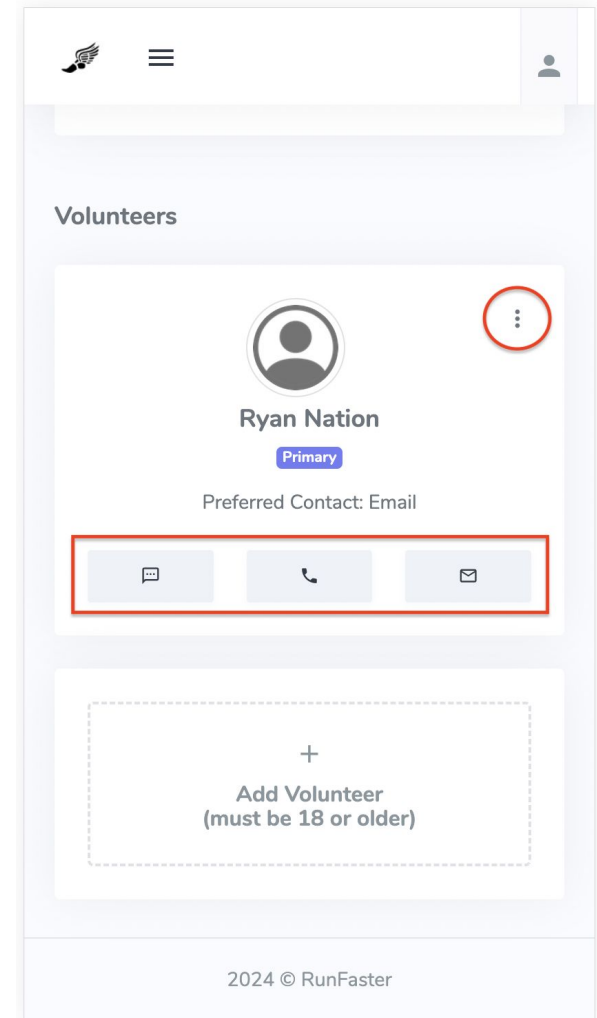
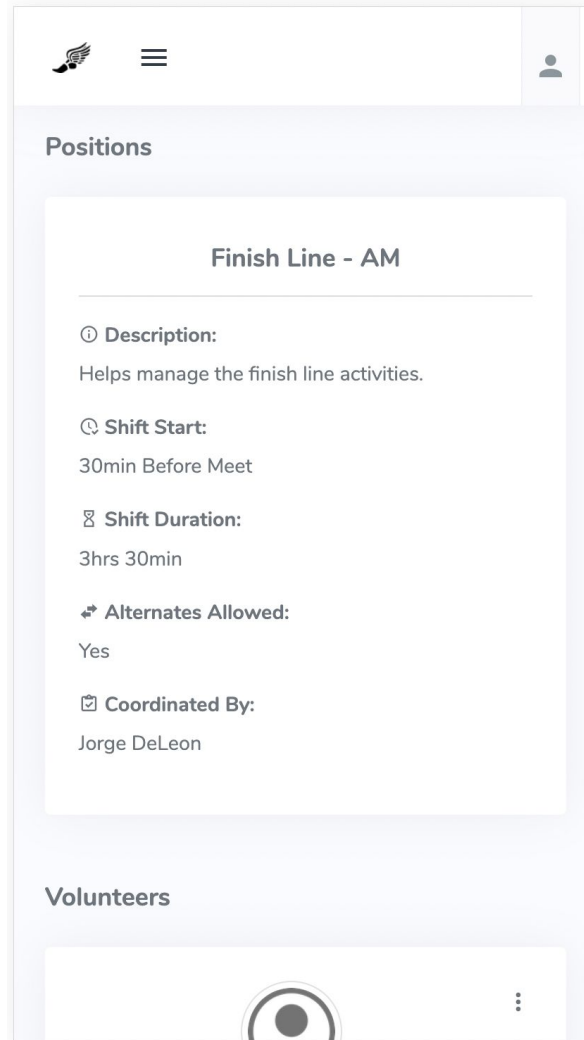
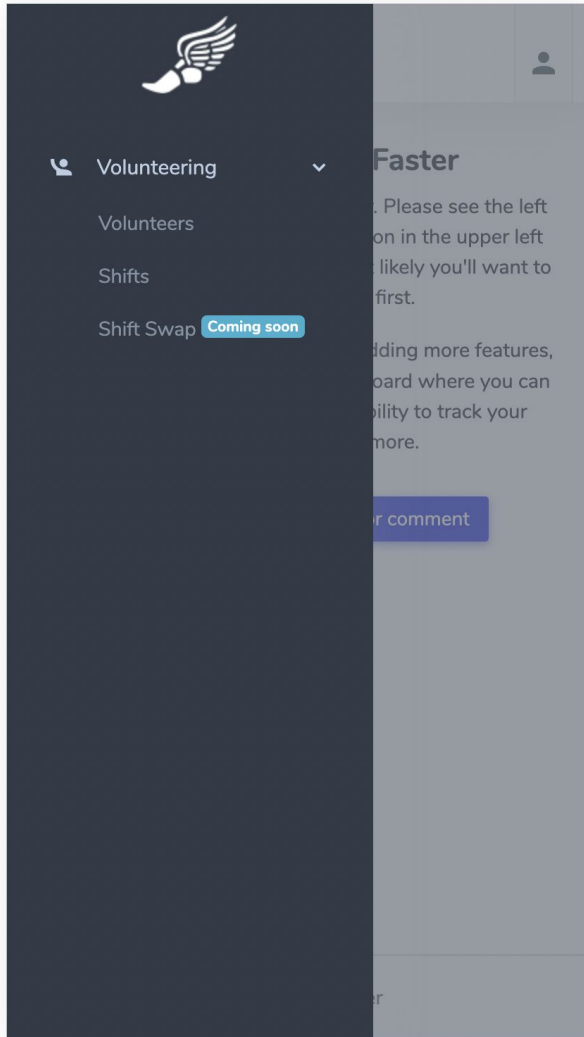
This request is for RunFaster in partnership with the Ventura Tigres Track Club.

You're receiving this e-mail because you or someone else has requested a password reset for your user account. It can be safely ignored if you did not make this request. Click the link below to reset your password:

<http://lanethree.com/accounts/password/reset/key/5-c1mt5d-86c7f5e05b364a7a7eb6c2a38fd3eec2/>


If you have any questions, please contact Ryan Nation at ryan@lanethree.com.

RunFaster - Volunteers





RunFaster - Volunteers



Volunteering

Volunteers

Shifts

Shift Swap Coming soon

ADMIN

Club

ryanenation@gmail.com

Positions

Finish Line - AM

Description:

Helps manage the finish line activities.

Shift Start:

30min Before Meet

Shift Duration:

3hrs 30min

Alternates Allowed:

Yes

Coordinated By:

Jorge DeLeon

Volunteers

Nicole Boucher

Preferred Contact: Text

Ryan Nation

Primary

Preferred Contact: Email

+

Add Volunteer

(must be 18 or older)



RunFaster - Confirmation



RunFaster

Shift Confirmation

Austin Gambill Memorial Track Meet (Practice Meet): March 2, 2024 - Buena High School

Finish Line - AM

Helps manage the finish line activities.

Volunteer:

Ryan Nation

Hours:

8:00 a.m. to 11:30 a.m.

☒ Current Status:

Unconfirmed

☒ Coordinated By:

Jorge DeLeon

Confirmed

Unavailable

Modify

Contact Michelle Quagliata at
michelle_burd@yahoo.com with any questions.

2024 © RunFaster



RunFaster

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2024 © RunFaster



RunFaster

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Volunteer:

Ryan Nation

Hours:

8:00 a.m. to 11:30 a.m.

☒ Current Status:

Unavailable

☒ Coordinated By:

Jorge DeLeon

Confirmed

Unavailable

We'll be out of town this weekend.

Submit

Modify



RunFaster - Shifts

Volunteering

Volunteers

Shifts

Shift Swap Coming soon

ADMIN

Club



ryanenation@gmail.com

Shifts

Austin Gambill Memorial Track Meet (Practice Meet)

Date:
March 2, 2024 @ 8:30 a.m.

Location:



Buena High School
5670 Telegraph Rd
Ventura, CA 93001

Finish Line - AM

Helps manage the finish line activities.

Volunteer:

Ryan Nation

Hours:

8:00 a.m. to 11:30 a.m.

Status:

Unavailable

Coordinated By:

Jorge DeLeon



Super Priority Volunteers

Lisa Baier
Steve Baier
Kathleen Baker
Richelle Bart
Juliana Beeson
Katie Biller
Nicole Boucher
Molly Brennan
Marcell Brickey
Christian Buenning
Ryan Casey
Ankit Chhalotre
Kristin Daw
Jason Daw
Basia DeBoer

Rushell DeLeon
Jorge DeLeon
Christopher Dunne
Katie Duran
Charles Elliott
Jeff Fassett
Sean Feeney
Lori Figueroa
Sean Fischer
David Gilbert
Marzena Gilbert
India Gonzalez
Nicholas Gray
Jason Griffith
Brian Guevara

Bryan Gunter
David Hampton
Brooke Harris
Whitney Hauer
Stacy Hebert
Kathryn Heller
Paula Hodgins
Charne Huff
Stephen Isbell
Jennifer Jacobs
Leah Kahler
Ryan Kaiser
Victoria Kightlinger
Rosanna Kirkendall-Azer
Christopher Kuebler



Super Priority Volunteers

Jared Kuebler

B Lewis

Tim Martinson

Jeff McKeown

Christopher Mendez

Cliff Montgomery

Dominka Montgomery

Jim Montgomery

Ryan Nation

Diana Neathery

Patrick Neiggemann

Kelly Nicely

Wainani Oesterle

Mike Oesterle

Jeremy Patelzick

Tiffany Peeke

Michelle Quagliata

Rob Tyler

Blake Selig

Charlotte Serrano

Katherine Shumway

Brett Shumway

Omar Solis

Nate Sommars

Griselda Soriano

Teresa Sprinkle

Keala Stephan

Sean Stephan

Ryan Stepp

Derek Swafford

Spencer Taylor

Xavier Terminello

Breanne Thompson

Mary Torres

Laura Traub

Brenda Usery

Abigail Verboomen

Kelly Vergeer

Isis Wagner

Autumn Watson

Eric Watson

Crystal Wilde

Ellie Windsor



Registration

- **Refunds**

- 50% refund for drops between first day of practice and Feb. 23
- NO REFUNDS after Feb. 23 for any reason
- After Feb. 23 rosters are frozen and athletes cannot be replaced by waitlist athletes
- Please be considerate of the waitlist if not participating
- A processing fee will be deducted from all refunds

- **New athletes age verification**

- Email a copy of the athlete's birth certificate to registration@venturatigres.org
- No age verification, no competing



Uniforms / Apparel

- Singlets must be worn to race **\$30**
- Three options for shorts **\$20**



Uniforms / Apparel

- Uniforms and other apparel items will be sold/distributed at practices and at home meets
- Upcoming Uniform Distribution Days:
 - **Tuesday, February 13 and Wednesday, February 14**
 - **Tuesday, February 20 and Wednesday, February 21**
 - **Monday, February 26 and Thursday, February 29**

4:30 to 6 pm each day

Most important things for a youth track athlete:

- Listen to your body and do the small things (ice, core, sleep, nutrition)
- Shoes - Get a comfortable running shoe.
- Mobility is important. Use a foam roller or massage device to work on your mobility every day.

Footwear Rules of Thumb

- For training shoes you want between a half and a full thumbs width from the end of your big toe to the end of the shoes when standing up (weight bearing).
- For spikes or waffles you want about half a thumbs width.
- Entry level all-around spikes (typically middle distance or distance spikes that have a midsole...\$60 to \$80) work the best for most youth track athletes. They offer more protection and have a reasonable price tag. For the more advanced athlete event specific competition shoes (\$90+) are worth considering.
- Comfort is King. Get in something that works with your body, not against it.
- At younger ages choosing a shoe based on biomechanics is generally not important unless the athlete has major foot problems.



**Gear will be made to order.
Order by February 27th.
Gear will be delivered to practice
on or before March 14th.**



Order Team Gear at
www.Mile26RunningCo.com/Ventura-Tigres

+10% OF EVERYTHING IN THE STORE.
JUST MENTION YOU ARE WITH THE TIGRES

2222 E. Thompson Blvd. Ventura, CA
805-628-9501 www.Mile26RunningCo.com



2024 Head Coaches

- *8U Head Coach (2016-2017)*

Scott Weir

- *10U Head Coach (2014-2015)*

Ellie Windsor

- *12U Head Coach (2012-2013)*

Jim Montgomery

- *Youth & Intermediate Head Coaches (2005-2011)*

Kristin and Jason Daw



2024 8U Assistant Coaches

Rachel Dittmar

Rosanna Kirkendall-Azer

Chris Kuebler

Nick Parazoo

Zenilda Thompson



2024 10U Assistant Coaches

Katie Biller

Marcell Brickey

Mike Chapman

Christian Contreras

Marjory Doimas

Christopher Dunne

Katherine Duran

Jason Griffith

Charne Huff

George Keiho

Ryan Meuse

Sean Stephan

Ryan Stepp

David Young



2024 12U Assistant Coaches

Molly Brennan

Basia DeBoer

Lori Figueroa

David Gilbert

Han Hanjoyo

Elizabeth Isbell

Stephen Isbell

Leah Kahler

Dominika Montgomery

Lindsay Murray

Ryan Nation

Christine Weber



2024 Youth/Intermediate Assistant Coaches

Sean Feeney
Miguel Galindo
Brian Guevara
David Hampton
Tom Holt
Ryan Kaiser

Jared Kuebler
Omar Solis
Griselda Soriano
Brenda Ursey
Jeremy Weir
Amber Weir

2024 Assistant Coaches



Youth/Intermediate Youth Coaches

Viggo Bortolin

Baker Carlisle

Brody Daw

Jacob Hatler

Lyla Huff

Chance Leandro

Bridget Nicely

Paul Nicely

Camden Taylor

Noah Wagner

Becca Walker

Lizzy Walker

Keera Wallace



2024 Specialty Coaches

Sean Feeney *Head Specialty Coach*

Hurdles

Jeff McKeown

Ryan Meuse

Long Jump

Patrick Brown

Beth Belk

David Hamilton

Shot Put

Jeremy Patetzick

Cliff Montgomery

Edward Mitchell

Steve Baier

Strength

Justin Werth

High Jump

Mike Oesterle

Tim Martinson

Chris Mendez

Speed Development/Relay

Jason and Kristin Daw

Sean Feeney

Nate Sommars

Derek Swafford

Recovery Run

Jared Kuebler



Any questions???





Meet with Age Division Coaches

Thank you for coming tonight!