



Welcome to the Tigres Parent Information Meeting

February 3, 2025





Questions

- Please wait until the end of the presentation for general questions
- There will be breakout team meetings at the end of the general presentation



2025 Board Members

Coaches Coordinator/Head Coach - Ryan Nation

Public Relations - Kelly Nicely, *President*

Volunteer Coordinator - Jeremy Patetzick, *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 - Lauren Anhalt

Non-Board Member Position

Timing/Finish Line - Erin Sap



Welcome to the 2025 Season

- Established in 1976 - 49th Anniversary of Tigres
- 100% volunteer run organization
- Tigres is 1 of 12 active clubs in the Ventura County Youth Track Conference (VCYTC) <https://www.vcytc.org>

Camarillo Cosmos

Gold Coast Spartans (Oxnard)

Heritage Valley Blazers (Fillmore)

Moorpark Striders

Newbury Park Panthers

Ojai Roadrunners

Oxnard Stars

Santa Barbara Island Foxes **

Simi Valley Running Rebels **

Thousand Oaks Flyers

United Track (Westlake)**

Ventura Tigres

- Let's make 2025 the best year yet!



Thank You Buena

Tigres appreciates the partnership with Buena High School

- Share facilities and 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
 - <https://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](http://www.venturatigres.org)



[Facebook.com/VenturaTigres](https://www.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...

Head Coach - Ryan Nation - headcoach@venturatigres.org

- 8U (Gremlins) - 8U@venturatigres.org
- 10U (Bantams) - 10U@venturatigres.org
- 12U (Juniors) - 12U@venturatigres.org
- 14U/16U (Youth/Intermediate) - youth@venturatigres.org

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.



Parent & Athlete Conduct

- Exhibit and encourage good sportsmanship
- Demonstrate positive support for all athletes, coaches, officials and volunteers
- Use of profanity, verbal, or physical harassment towards officials, staff, coaches, other spectators or athletes, is not be permitted and will not be tolerated



Divisions & Teams

- Divisions follow USATF age groups which are defined by birth year, not school grade
 - 8U (Gremlin): 2017 - 2018
 - 10U (Bantam): 2015 - 2016
 - 12U (Junior): 2013 - 2014
 - 14U (Youth): 2011 - 2012
 - 16U (Intermediate): 2009 - 2010
 - 18U (Young): 2007 - 2008
- Athletes will compete against other athletes in their same division
 - In some situations divisions and/or genders are combined in the distance events for expediency



Practice: Overview

- Schedule - <https://www.venturatigres.org/practice/>
 - No school, no practice (based on VUSD calendar)
 - Drop Off & Pick Up
 - Do not pull into the back gate behind track.
 - Please pick up on time!
 - Clothing & Equipment
 - Athletic clothing that's youth appropriate (*no swear words, etc.*)
 - Shirts must be worn at all times (*boys and girls*)
 - Running shoes are required
 - Spikes can be used at coach's discretion (*12U+*)
 - Practice Cancellation Policy
 - Determined by head coach of each team
- Only athletes and coaches are allowed on the track***



Practice: Attendance

- If attending practice, participation is required
 - Your best effort is expected at every practice
 - Rude or disrespectful behavior will not be tolerated
- You must practice with your team
- Don't attend practice if sick or injured
- No need to notify coaches if you are going to miss practice

You get out what you put in.

Personal track coaches are not allowed at practices



Practice: Specialties

- Supplemental training focused on specific skills and disciplines
- All athletes are encouraged to try out
- Great opportunity for non-runners
- Additional benefits
 - Cross training
 - Extra event at meets (HJ/LJ/SP)
 - Great for building friendships, particularly across divisions



Practice: Weekly Schedule

Monday/Wednesday, 4:30 - 6:00 pm

- 10U (Bantams), 12U (Juniors), and 14U/16U (Youth/Intermediate)

Tuesday/Thursday, 4:30 - 5:45 pm

- 8U (Gremlins) practice

Tuesday/Thursday - Specialty Practices

- 10U, 12U, and Y/I
- Session 1 - 4:30pm to 5:15pm
- Session 2 - 5:15pm to 6:00pm

Specialty practices are optional, but highly encouraged



Practice: Special Dates

We will not have practices on the following dates:

- Monday, Feb. 10th - VUSD Holiday
- Monday, Feb. 17th - VUSD Holiday
- March 24-28th - VUSD Spring Break
- Wednesday, April 2nd - Buena Track Meet
- Wednesday, April 9th - Buena Track Meet



Meets - Event Signups

- Athletes are encouraged to try all events
- Athletes sign up for their own events
- 8U through 14U may participate in a maximum of four events, with a maximum of three running events.
- 16U+ athletes may participate in a maximum of four events
- 4x400 relay is “free” for all divisions
- Over-eventing will result in DQs



Meets - Event Options

Running Events

- 3200M Run**
- 100M Hurdles^^
- 80M Hurdles^
- 4x100M Relay
- 1600M Run
- 400M Dash
- 100M Dash
- 800M Run
- 200M Dash
- 4x400M Relay*

Field Events

- Long Jump
- High Jump*
- Shot Put*

* 10U+ Divisions

** 12U+ Divisions

^^ 14U+ Divisions

^ 12U Division

Order of events is important when signing up for events



Meets - Relays

Participation

- Open to all athletes
- Only event that REQUIRES signing up prior to meet day
- Relay specialty practice highly encouraged

Expectations

- Be reliable
- Understand there is some complexity
- Top teams are competitive

Post Season

- One relay per division/gender runs varsity



Meets - Attendance Policy

- Participation in meets is not required
- Each age division/team may have a different policy with their relay teams

Personal track coaches are not allowed at meets



Meets - Race Day

- Start at 8:30 am and usually end before 2:30 pm
 - *8U start warm-ups at 8am and start their long jump at 8:15am*
- Food is generally available - food trucks, Kona Ice, etc.
- If using sun shades/tents, please move high up in bleachers so as not to block views
- Be gracious guests and hosts



Meets - Race Day

- Athletes must wear Tigres issued singlet and any black shorts when competing
- Bring water, snacks, sunscreen, etc.
- Things **NOT** allowed on the track:
 - Food or drinks other than water (*volunteers included*)
 - Devices
 - Parents/Family
- Results posted after meets on Athletic.net



Meets - Postseason

VCYTC JV West - May 3rd @ Ventura

- All athletes qualify for JV

VCYTC Varsity - May 10th @ Newbury Park

- Laned Events - **Top 9**
- Distance Events (*800M, 1600M, 3200M*) - **Top 12**
- Field Events - **Top 9** (including ties)
- Relays (*4x100M and 4x400M*) - **TBD**



Volunteering - Overview

Volunteering is what makes Tigres function. It takes a tremendous amount of work to organize volunteers.

- Tigres is responsible for all volunteer roles at home meets, PLUS some roles at JV & Varsity meets
- Shifts are ½ meet (AM or PM), ~ 3 hours
- Help train new volunteers if you're a veteran



Volunteering - Shifts

- 5 shifts are required to earn priority status
- > 5 shifts earns Super Priority status
 - Early registration
 - First choice of volunteer role for next season
- < 5 shifts moves you to the bottom of the waiting list
- Varsity participation requires that your 5 shift minimum has been met

We are ALL volunteers. If everyone works together and holds up their end, it will be a great season!



Volunteering - Home Meets

- Shifts are based on your selected volunteer position.
- You will be reminded about your shifts via text or email based on your preferred contact method in the app.
- Responsibility is on the volunteer to make arrangements if you can't fill a shift.
 - Volunteer alternates need to be 18+
- Sign In/Sign Out is mandatory and VERY important. Not signing out may mean no credit for your shift

**Volunteers are required to participate at Practice Meet
on March 1, 2025**



Volunteers - Super Priority

Amber Weir
Amy Aguiar
Andi Metzler
Basia Deboer
Beth Belk
Brenda Usery
Brian Guevara
Charne Huff
Chris Kuebler
Christian Contreras
Christine Weber
Christopher Dunne
Dave Gilbert
David Young
Derek Swafford

Diana Neathery
Dianne Fergus
Dominka Montgomery
Dustin Allison
Edward Mitchell
Elijah Willis
Ellie Windsor
George Keiaho
Griselda Soriano
Han Hanjoyo
Hanh Tran
Ivonne Watkins
Janine Jackson
Jared Kuebler
Jason Daw

Jason Griffith
Jeremy Patelzick
Jorge DeLeon
Justin Quan
Justin Werth
Katie Biller
Katie Duran
Kelly Nicely
Kelly Vergeer
Kristin Daw
Lacie Tarrant
Leah Kahler
Lisa Baier
Lizzy Isbell



Volunteers - Super Priority

Lori Figueroa

Marcell Brickey

Mari Brookshire

Marjory Doimas

Megan Wagner

Melissa Bush

Michelle Burd

Miguel Galindo

Miguel Hernandez

Mike Chapman

Mike Oesterle

Molly Brennan

Nell Papavasiliou

Nick Parazoo

Nikki Ledford

Omar Solis

Patrick Brown

Patrick Neiggemann

Rachel Dittmar

Richelle Bart

Rosanna Kirkendall-Azer

Ryan Casey

Ryan Kaiser

Ryan Meuse

Ryan Nation

Ryan Stepp

Scott Weir

Sean Feeney

Sean Stephan

Shayna De Kroon

Stacy Hebert

Stephen Isbell

Stephen Svoboda

Steve Baier

Steve Hongola

Sumita Lall

Susan Henson


Tiffany Peeke

Tom Holt

Zenilda Thompson



RunFaster - Sign In



RunFaster

Sign In

Email address

Password

 Remember me


[Request Magic Link](#) [Create Account](#)



Your Magic Link to RunFaster >

Inbox



 RunFaster 8:03 PM
to me ▾



Hello,

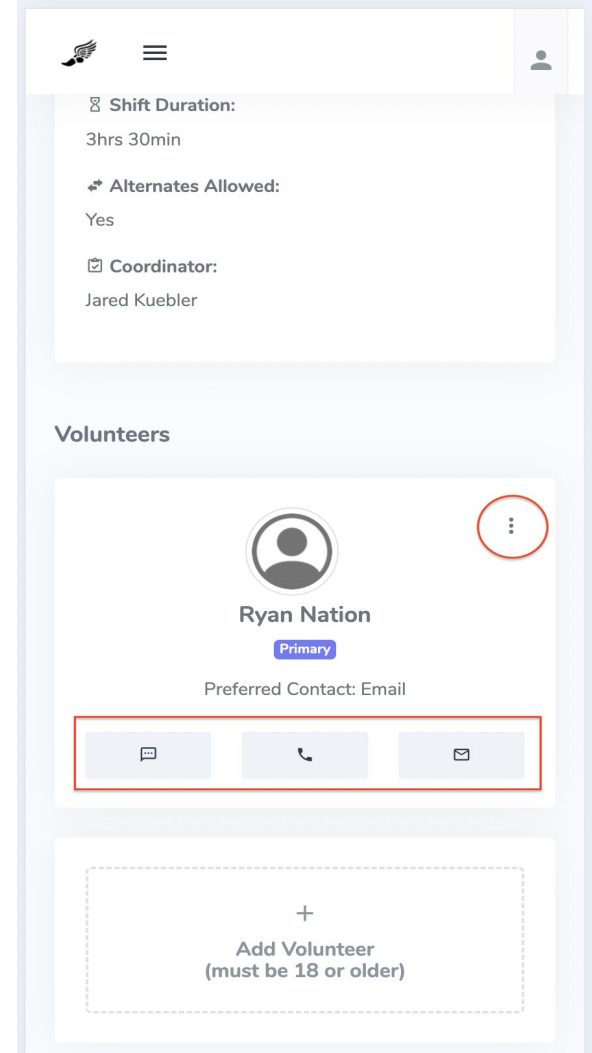
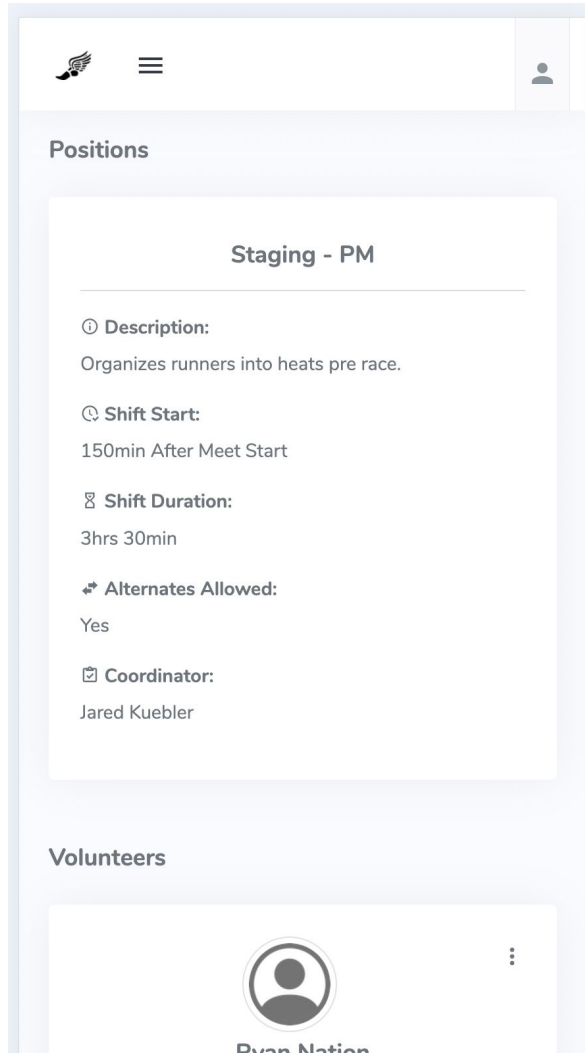
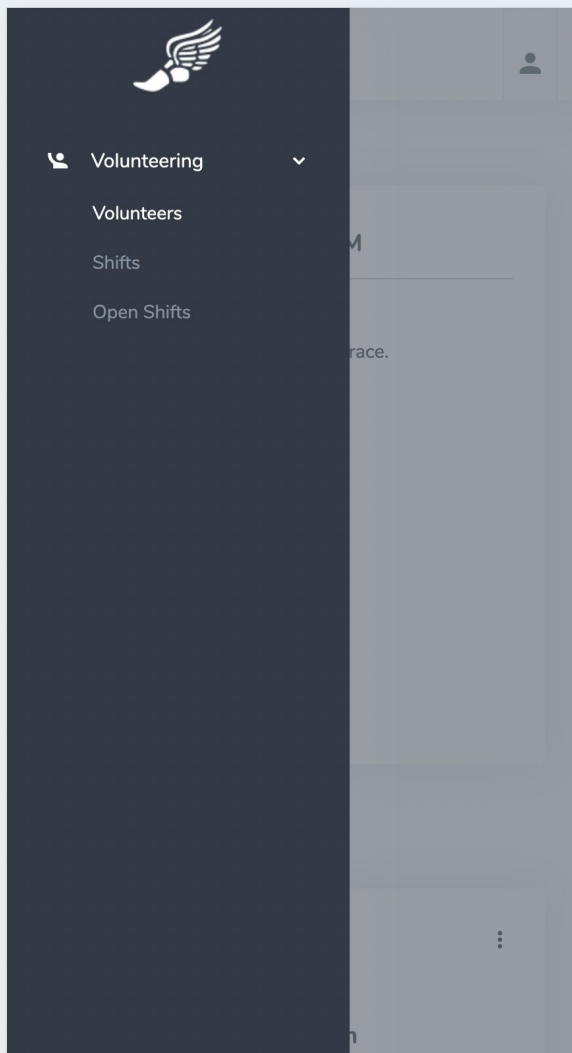
You requested a magic link to log in to the [RunFaster](#) app:

<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.




RunFaster - Volunteers





RunFaster - Volunteers



- Volunteering
- Volunteers
- Shifts
- Open Shifts



ryan.nation@motorcloud.com

Positions

Volunteers

Staging - PM

Description:

Organizes runners into heats pre race.

Shift Start:

150min After Meet Start

Shift Duration:

3hrs 30min

Alternates Allowed:

Yes

Coordinator:

Jared Kuebler



Ryan Nation

Primary

Preferred Contact: Email



Nicole Boucher

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

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: Confirmed
Coordinated By: Jorge DeLeon

Confirmed

Unavailable

[Modify](#)

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

2024 © RunFaster



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: Unavailable
Coordinated By: Jorge DeLeon

Confirmed

Unavailable

We'll be out of town this weekend.

[Submit](#)

[Modify](#)



RunFaster - Shifts



- Volunteering ▾
 - Volunteers
 - Shifts
 - Open Shifts



ryan.nation@motorcloud.com

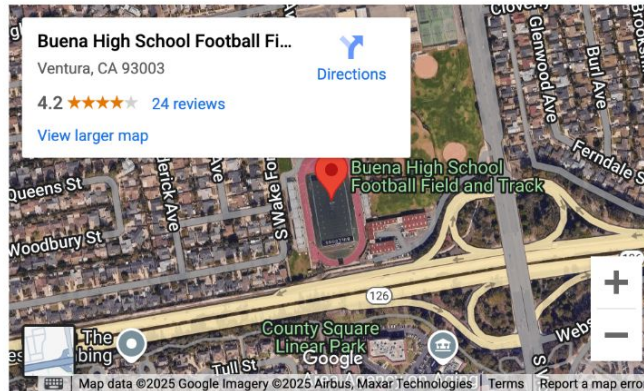
Shifts

Austin Gambill Memorial Track Meet (Practice Meet)

Date:

March 1, 2025 @ 8:30 a.m.

Location:



Buena High School
5670 Telegraph Rd
Ventura, CA 93001

Staging - PM

Organizes runners into heats pre race.

Volunteer:

Ryan Nation

Hours:

11:00 a.m. to 2:30 p.m.

Status:

Confirmed

Coordinator:

Jared Kuebler

You can make changes to your shift until 12:00 p.m. on Wednesday, February 26th. Any changes after that must be made by the position manager.

If you have any questions, email Richelle Bart at richellebart@aol.com or text (805) 701-7193.



RunFaster - Check In/Out



RunFaster

Shift Details

Austin Gambill Memorial Track Meet (Practice Meet)

March 1, 2025

Staging - PM

Organizes runners into heats pre race.

Volunteer:

Ryan Nation

Hours:

11:00 a.m. to 2:30 p.m.

Current Status:

Confirmed

Coordinator:

Jared Kuebler

Check-in for this shift will open at 11:00 a.m. on Saturday, February 1st



RunFaster

Shift Details

Austin Gambill Memorial Track Meet (Practice Meet)

March 1, 2025

Staging - PM

Organizes runners into heats pre race.

Volunteer:

Ryan Nation

Hours:

11:00 a.m. to 2:30 p.m.

Current Status:

Confirmed

Coordinator:

Jared Kuebler

11:03 a.m.

Check Out



RunFaster

Shift Details

Austin Gambill Memorial Track Meet (Practice Meet)

March 1, 2025

Staging - PM

Organizes runners into heats pre race.

Volunteer:

Ryan Nation

Hours:

11:00 a.m. to 2:30 p.m.

Current Status:

Confirmed

Coordinator:

Jared Kuebler

11:03 a.m.

2:14 p.m.



Registration

Refunds

- Partial refunds (50%) of fees (minus a processing fee) are available from Tuesday, Feb. 4 until Friday, Feb. 21.
- After Friday, Feb. 21, Tigres is unable to provide refunds
- After Feb. 21 rosters are frozen and athletes cannot be replaced by waitlist athletes
- Please be considerate of the waitlist if not participating

New Athletes Age Verification

- Email a copy of the athlete's birth certificate to registration@venturaticgres.org
- No competing without age verification



Uniforms / Merchandise

Singlets

- Must be worn to race
- Price: \$30

Shorts

- Any black shorts are ok
- Price: \$20

Team Merchandise

- Various items will be sold at home meets



Uniforms / Merchandise

Distribution

- Uniforms will be distributed at practices
- Uniform Distribution Days - 4:30-6:00 pm

Tuesday, February 18 and Wednesday, February 19

Tuesday, February 25 and Wednesday, February 26



Mile 26

RUNNING CO. ///

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.

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



Mile 26

RUNNING CO.///



**Gear will be made to order.
Order by February 26th.
Gear will be delivered to practice
on or before March 13th.**



**Order Team Gear starting Monday, Feb 10th 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



2025 Head Coaches

8U Head Coach (2017-2018)

Scott Weir

10U Head Coach (2015-2016)

Mike Chapman

12U Head Coach (2013-2014)

Jim Montgomery

Youth & Intermediate Head Coach (2007-2012)

Brian Guevara



2025 8U Assistant Coaches

Christopher Kuebler

Christopher Dunne

Katie Duran

Rosanna Kirkendall-Azer

Ryan Meuse



2025 10U Assistant Coaches

Charne Huff

Christian Contreras

Christine Webber

George Keiaho

Janine Jackson

Jeff Evans

Joe Stewart

Marcell Brickey

Nate Jenkins

Simon Balderas



2025 12U Assistant Coaches

Beth Belk

Brenna Huhn

David Gilbert

David Young

Dominka Montgomery

Elijah Willis

Han Hanjoyo

Leah Kahler

Lori Figueroa

Maria Mellein

Melissa Ruiz

Ryan Stepp

Stacy Hebert

Stephen Isbell



2025 Y&I Assistant Coaches

Amber Weir

Audrey Cunningham

David Hampton

Derek Swafford

Jason Daw

Justin Benton

Kristin Daw

Mollie Benton

Molly Brennan

Ryan Kaiser



2025 Specialty Coaches

Sean Feeney *Head Specialty Coach*

Hurdles

Ryan Nation

Long Jump

David Hamilton

Stephen Svoboda

Shot Put

Jeremy Patelzick

Cliff Montgomery

Edward Mitchell

Justin Werth

Strength

Dorothy DeGuzman

George Keiaho

High Jump

Ryan Muese

Relay/Speed Development

Jason Daw

Kristin Daw

Sean Feeney

Derek Swafford



Questions?



Division Breakouts

8U Head Coach (2017-2018)

Scott Weir

10U Head Coach (2015-2016)

Mike Chapman

12U Head Coach (2013-2014)

Jim Montgomery

Youth & Intermediate Head Coach (2007-2012)

Brian Guevara



Thank You For Coming!