



Welcome to the Tigres Parent Information Meeting

JANUARY 26, 2026





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



2026 Board Members

Coaches Coordinator/Head Coach - Ryan Meuse

Public Relations - Kelly Nicely, *President*

Volunteer Coordinator - Cheri Colborn, *Vice President*

Registration Coordinator - Susan Henson

Treasurer - Jorge DeLeon

Staging Coordinator - Jared Kuebler

Apparel Coordinator - Lisa Baier, *Secretary*

Coaches Liaison - TBD

Facilities/Operations Coordinator - Lauren Anhalt

Non-Board Member Position

Timing/Finish Line - Erin Sap



Welcome to the 2026 Season

- Established in 1976 - 50th Anniversary of Tigres
- 100% volunteer run organization
- Tigres is 1 of 11 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

Simi Valley Running Rebels **

Thousand Oaks Flyers

United Track (Westlake)

Ventura Tigres

- Let's make 2026 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!

- No food or drink other than water on track
- No dogs inside Buena gates



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

STAY UPDATED

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 Meuse - 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): 2018 - 2019
 - 10U (Bantam): 2016 - 2017
 - 12U (Junior): 2014 - 2015
 - 14U (Youth): 2012 - 2013
 - 16U (Intermediate): 2010 - 2011
 - 18U (Young): 2008 - 2009
- 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



New Event: Discus!

What is it?

- A throwing event where athletes spin and throw a weighted disc for distance
- It emphasizes technique, balance, and body control, not brute strength
- Fully supervised with strict safety rules during all throws
- Provisional event in 2026, available at Tigres home meets and a few others

Age Groups

- 12U
- 14U - 18U





Practice: Weekly Schedule

Monday/Wednesday, 5:30 - 7:00 pm

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

Tuesday/Thursday, 5:30 - 6:45 pm

- 8U (Gremlins) practice

Tuesday/Thursday - Specialty Practices

- 10U, 12U, and Y/I
- Session 1 - 5:30pm to 6:15pm
- Session 2 - 6:15pm to 7:00pm

Specialty practices are optional, but highly encouraged



Practice: Special Dates

We will not have practices on the following dates:

- Monday, Feb. 16th - VUSD Holiday
- March 30th - April 6th* - VUSD Spring Break
- Wednesday, April 15th - 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^
- 4×100M Relay
- 1600M Run

Field Events

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

- Long Jump
- High Jump*
- Shot Put*
- Discus*

* *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



SPECIAL ANNOUNCEMENT:

*****NIGHT MEET April 18th - 4PM - 8:30PM *****



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
 - *Coaches and volunteers included!*
 - Devices
 - Parents/Family
- Results posted after meets on [Athletic.net](#)



Meets - Postseason

VCYTC JV West - May 2nd @ Thousand Oaks High

- All athletes qualify for JV

VCYTC Varsity - May 9th @ Ventura (Buena High)

- Laned Events - **Top 9**
- Distance Events (*800M, 1600M, 3200M*) - **Top 16**
- Field Events - **Top 12** (including ties)
- Relays (*4x100M and 4x400M*) - **Top 9**



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 $\frac{1}{2}$ 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 - *and to arrange to make up 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 February 28, 2026**



Volunteers - Why Coach?

1. Super Priority Status - Register 3 weeks early!
2. Be on the track/field with your athletes during practices and meets - you get a fancy badge to flash all your friends!
3. Incredibly stylish polo shirts. Honestly, I never look better than in my Tigres polo
4. Most assistant positions require ZERO knowledge of track!
5. If you are already at practice, why not help!

Positions we need

- **Priority: Gremlin Assistants - Need 3-4!**
- Priority: Youth & Intermediate - Need 3-4!
- Long Jump & High Jump (*very, very easy!)



Volunteers - Super Priority

Some Stats on Super Priority

- Families who earned Super Priority status: 81
- Athletes registered during Super Priority window: 71

- Families who earned Priority status: 103
- Athletes registered during Priority window: 121

- Athletes registered during General window: 108



Volunteers - Super Priority

Amanda Hickey

Amber Weir

Andi Metzler

Ashley Kaiser

Beth Belk

Brenna Huhn

Brian Guevara

Charne Hugg

Cheri Colburn

Chris Kuebler

Christine Weber

Christopher Dunne

Christopher Kountz

Curt Schwarm

Dave Giblert

David Young

Dianne Fergus

Dominka Montgomery

Dorothy DeGuzman

Elijah Willis

Erica Contreras

Erin Broder

Evan Hunt

Jamie Kuske

Janine Jackson

Jared Kuebler

Jason Armstrong

Jeffrey Evans

Jeremy Patelzick

Jorge DeLeon

Joseph Stewart

Justin Werth

Karly Walker

Katie Duran

Kayla Lawless

Kelly Nicely

Kelly Ponce

Kristi Vartanian

Kristin Daw

Kristy Lim

Lauren Anhalt

Leah Kahler

Lisa Baier

Lisa Lawrence

Lizzy Isbell

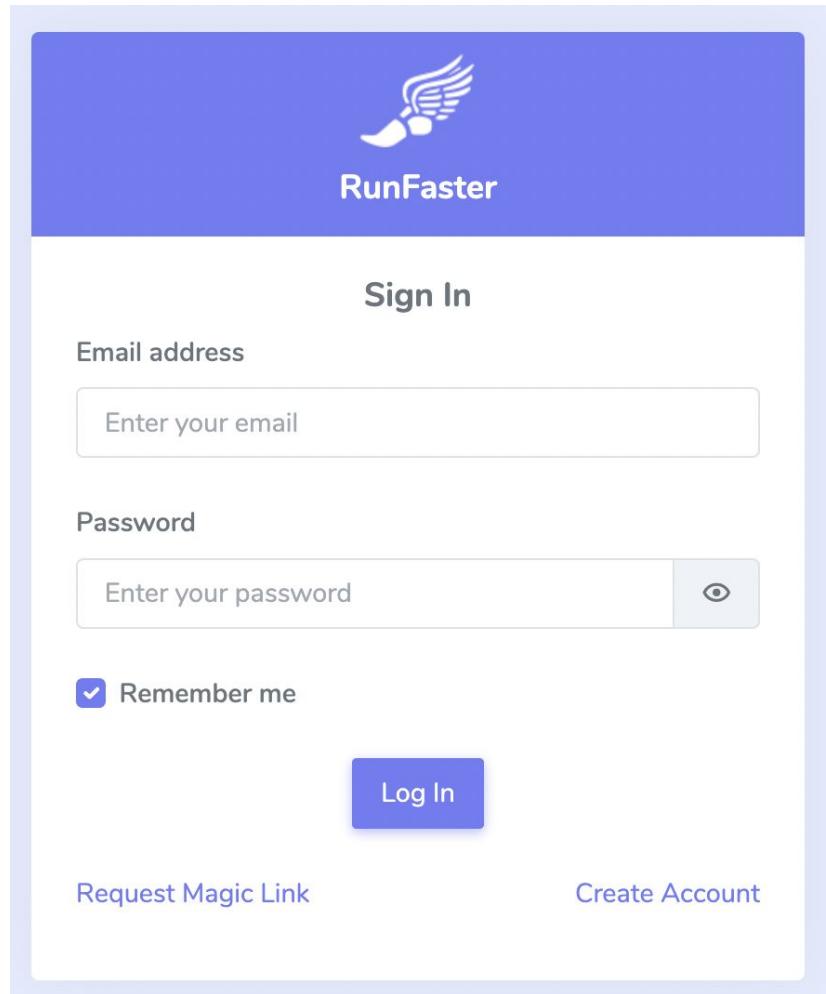


Volunteers - Super Priority

Loree Berry	Miriam Paniagua	Stephanie Trone
Lori Figueroa	Molly Brennan	Stephen Svoboda
Lori Mathiowetz	Mondo Lazaro	Steven Torres
Mallory Ybarra	Nathan Buck	Susan Henson
Marcell Brickey	Nicole Hull	Tobie Mitchell
Mari Brookshire	Nicole Meuse	Yuni Hanjoyo
Maria Mellein	Rachel Casanta	
Mary Torres	Richelle Bart	
Matthew Grimm	Rosanna Kirkendall-Azer	
Melissa Bush	Ryan Casey	
Melissa Ruiz	Ryan Nation	
Micaela Swafford	Ryan Stepp	
Michael Hipskind	Scott Weir	
Michelle Burd	Sean Feeney	
Mike Chapman	Shelby Keiaho	



RunFaster - Sign In

A screenshot of the RunFaster sign-in page. The top features a blue header with the RunFaster logo (a running foot) and the word "RunFaster". Below the header is a "Sign In" section with fields for "Email address" and "Password". The "Email address" field contains the placeholder "Enter your email". The "Password" field contains the placeholder "Enter your password" and includes an "eye" icon for password visibility. A "Remember me" checkbox is checked. At the bottom are "Log In" and "Create Account" buttons, and a "Request Magic Link" link.

>Your Magic Link to RunFaster ➤

Inbox



RunFaster 8:03PM

to me ▾

◀ ...

Hello,

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

<http://lanethree.com/magic/login/?sesame=AAAABQet5XtEoLPmkMTkClm->

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

A screenshot of the RunFaster mobile application. The top navigation bar shows a running icon and the word "Volunteering". The main content area is titled "Volunteering" and lists "Volunteers", "Shifts", and "Open Shifts". A message at the bottom says "race.".

A screenshot of the RunFaster mobile application showing shift details. The title is "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

The bottom section is titled "Volunteers" and shows a profile for "Rvan Nation" with a "Primary" status. A red box highlights the contact icons: a message icon, a phone icon, and an envelope icon.

A screenshot of the RunFaster mobile application showing a volunteer profile for "Ryan Nation". The profile includes a "Primary" status and a "Preferred Contact: Email" section with a red box around the contact icons. Below the profile is a dashed box with a plus sign and the text "Add Volunteer (must be 18 or older)".



RunFaster - Volunteers

The screenshot shows the RunFaster software interface for managing volunteers. On the left, a sidebar menu includes "Volunteering" (selected), "Volunteers", "Shifts", and "Open Shifts". The main area is divided into "Positions" and "Volunteers".

Positions:

- 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

Volunteers:

- Ryan Nation** (Primary) - Preferred Contact: Email. Buttons for messaging, calling, and emailing.
- Nicole Boucher** - Preferred Contact: Email. Buttons for messaging, calling, and emailing.

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: **Coordinated By:** Jorge DeLeon Unconfirmed

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: **Coordinated By:** Jorge DeLeon Confirmed

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: **Coordinated By:** Jorge DeLeon Unavailable

Confirmed

Unavailable

Submit

We'll be out of town this weekend.

Modify



RunFaster - Shifts

ryan.nation@motorcloud.com

Volunteering

Shifts

Open Shifts

Shifts

Austin Gambill Memorial Track Meet (Practice Meet)

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

Location: Buena High School Football Field and Track, Ventura, CA 93003

4.2 ★★★★☆ 24 reviews

View larger map

Buena High School Football Field and Track

Buena High School

5670 Telegraph Rd

Ventura, CA 93001

Directions

Directions

126

Queens St

Woodbury St

Jerick Ave

SWakeFor

Glenwood Ave

Burl Ave

Ferndale St

Brookshire Ave

Webb St

Map data ©2025 Google Imagery ©2025 Airbus, Maxar Technologies | Terms | Report a map error

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: **Hours:**
Ryan Nation 11:00 a.m. to 2:30 p.m.

Current Status: **Coordinator:**
Confirmed 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: **Hours:**
Ryan Nation 11:00 a.m. to 2:30 p.m.

Current Status: **Coordinator:**
Confirmed 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: **Hours:**
Ryan Nation 11:00 a.m. to 2:30 p.m.

Current Status: **Coordinator:**
Confirmed Jared Kuebler

11:03 a.m.

2:14 p.m.



Registration

Refunds

- Jan 26: Last day for full refund (minus a processing fee)
- Partial refunds (50%) of fees (minus a processing fee) are available from Tuesday, Jan 27 until Friday, Feb. 20.
- After Friday, Feb. 20, Tigres is unable to provide refunds
- After Feb. 20 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@venturatigres.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 - 5:30-7:00 pm

Tuesday, February 17 and Wednesday, February 18

Tuesday, February 24 and Wednesday, February 25



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



2026 Head Coaches

8U Head Coach (2018-2019)

Chris Dunne

10U Head Coach (2016-2017)

David Vartanian

12U Head Coach (2014-2015)

Mike Chapman

Youth & Intermediate Head Coach (2008-2013)

Stephen Isbell



2026 Specialty Coaches

TBD *Head Specialty Coach (help needed!)*

Hurdles

Janine Jackson - Head

Strength

Miranda O'Steen - Head

Long Jump

Stephen Svoboda - Head

High Jump

Jeff Evans - Head

Shot Put

Jeremy Patelzick - Head

Relay/Speed Development

Jim Montgomery - Head



Questions?



Division Breakouts

8U Head Coach (2018-2019)

Chris Dunne

10U Head Coach (2016-2017)

David Vartanian

12U Head Coach (2014-2015)

Mike Chapman

Youth & Intermediate Head Coach (2008-2013)

Stephen Isbell



Thank You For Coming!