



# Welcome to the Tigres Parent Information Meeting

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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 - 50<sup>th</sup> 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



**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...

Head Coach - Ryan Meuse - [headcoach@venturatifgres.org](mailto:headcoach@venturatifgres.org)

- 8U (Gremlins) - [8U@venturatifgres.org](mailto:8U@venturatifgres.org)
- 10U (Bantams) - [10U@venturatifgres.org](mailto:10U@venturatifgres.org)
- 12U (Juniors) - [12U@venturatifgres.org](mailto:12U@venturatifgres.org)
- 14U/16U (Youth/Intermediate) - [youth@venturatifgres.org](mailto:youth@venturatifgres.org)

Tigres Board - [board@venturatifgres.org](mailto:board@venturatifgres.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 [venturatifgres.org](http://venturatifgres.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.venturaticres.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
- 400M Dash
- 100M Dash
- 800M Run
- 200M Dash
- 4x400M Relay\*

## Field Events

- 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](http://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 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 - *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

Doroty DeGuzman

Elijah Willis

Erica Contreras

Erin Broder

Evan Hunt

Jamie Kuske

Janine Jackson

Jared Kuebler

Jason Armstrong

Jeffrey Evans

Jeremy Patetzick

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  
Lori Figueroa  
Lori Mathiowetz  
Mallory Ybarra  
Marcell Brickey  
Mari Brookshire  
Maria Mellein  
Mary Torres  
Matthew Grimm  
Melissa Bush  
Melissa Ruiz  
Micaela Swafford  
Michael Hipkind  
Michelle Burd  
Mike Chapman

Miriam Paniagua  
Molly Brennan  
Mondo Lazaro  
Nathan Buck  
Nicole Hull  
Nicole Meuse  
Rachel Casanta  
Richelle Bart  
Rosanna Kirkendall-Azer  
Ryan Casey  
Ryan Nation  
Ryan Stepp  
Scott Weir  
Sean Feeney  
Shelby Keiaho

Stephanie Trone  
Stephen Svoboda  
Steven Torres  
Susan Henson  
Tobie Mitchell  
Yuni Hanjoyo




# RunFaster - Sign In

  
**RunFaster**

**Sign In**

Email address

Password



☒ Remember me

**Log In**

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



Your Magic Link to RunFaster ➔

Inbox



RunFaster 8:03 PM  
to me ▾



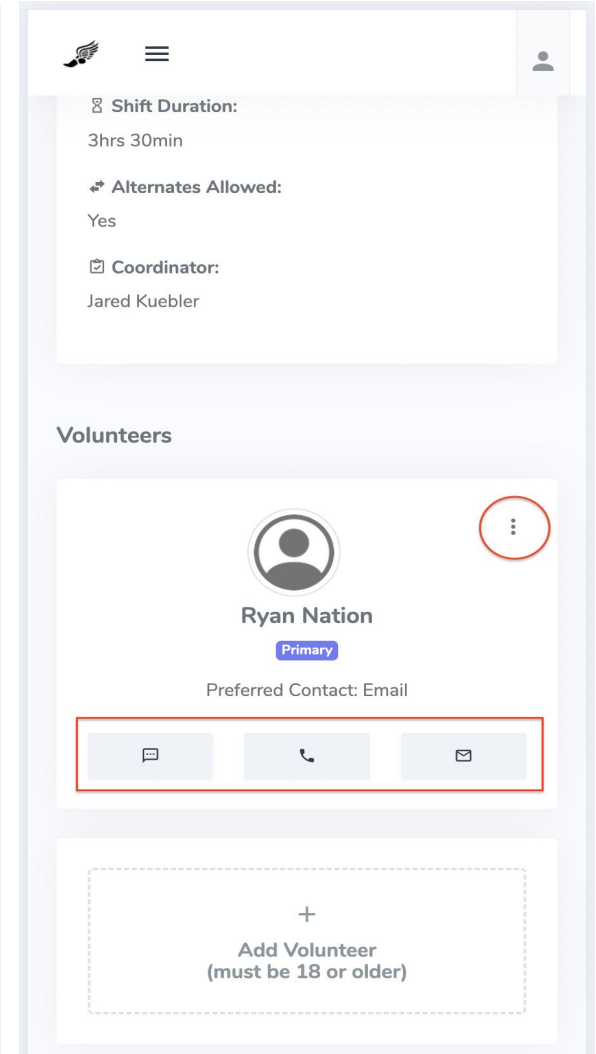
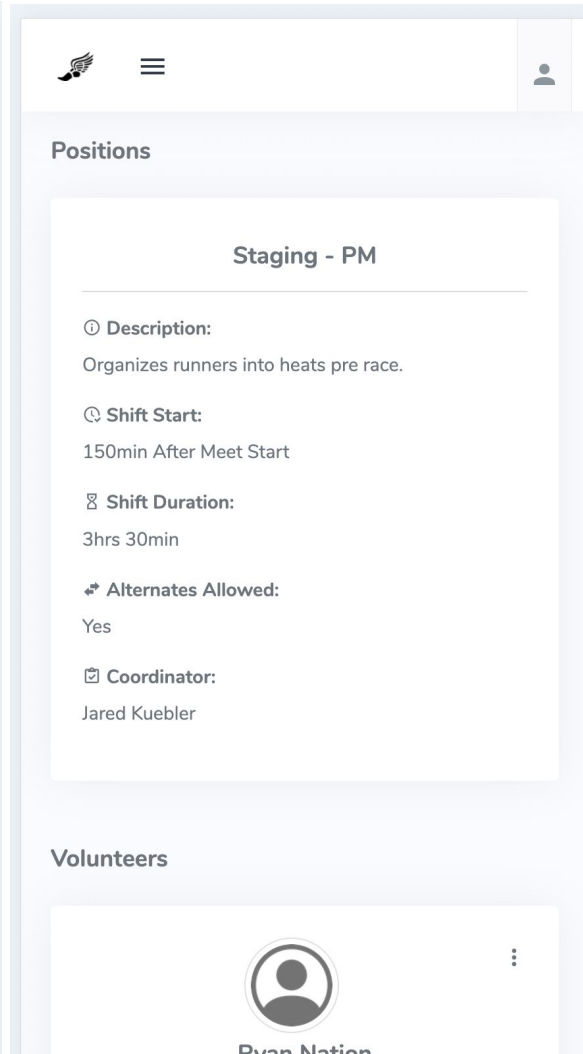
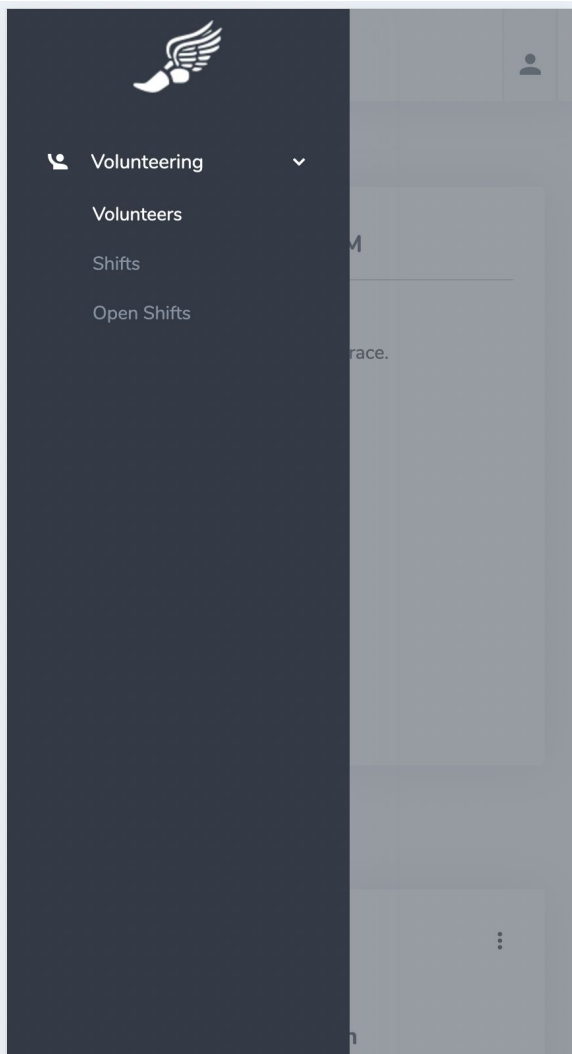
Hello,

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

#### 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



+  
Add Volunteer  
(must be 18 or older)



**Nicole Boucher**  
Preferred Contact: Email







# 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

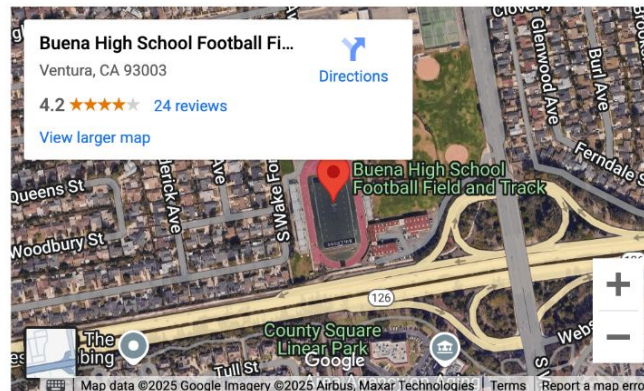
## Shifts

### 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](mailto: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

- 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](mailto: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](http://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](http://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](http://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!**