

Valley Youth Conference



NVTT Track & Field

**2008
Season**

Web address: www.nvtt.org

Valley Youth Conference: www.valleyconference.org

NVTT Track & Field

2008 Season

To the Parents & Athletes of NVTT

Welcome to the 2008 Track & Field Season, one that promises to hold lots of fun and excitement for all. To help you understand more about our program and philosophy, we are providing you with this handbook.

This book contains information on the purposes of the Club, lists the Officers, Coaches and Parent Volunteer Coordinators, and provides data on our Meet Schedule, the conduct of track events, gives useful information on nutrition, training shoes, parent conduct and directions for away meets.

The club is an ALL-VOLUNTEER, NON-PROFIT organization dedicated to the Youth in our Community. We must have EVERYONE'S help in keeping the Club strong and successful.

To insure that the few do not have to do all the work of many, we require each parent/guardian to participate in helping accomplish the various functions of the Club (administrative, coaching, conducting meets, etc.).

Each athlete is required to participate in our fundraisers to keep fees at a reasonable and affordable amount. Also our fundraisers allow the club to fulfill its obligations for facility expenses which is new and effective as of March 1, 2008. Also all fundraisers, sponsorships and donations are used for the overall operation of the team and not for any specific athlete.

Your athletes are going to benefit from a strong tradition of dedication, hard work and an uncompromising belief in every child's ability to compete and do well. Let's work together to make this the best Track & Field season ever.

2008 Club Officers and Coaches

Office	Officer	Telephone
Presidents	Elijah Wells	818 979-5123
	Danny Jordan	818 355-7401
Vice Presidents	Albert Johnson	818 833-9516
	TC Watterson	818 486-7874
Treasurer	Ron McGee	818 416-3285
	Janice Shanks	562 427-1599
Registration	Patricia Wells	818 528-5531
	CC Johnson	81 8 833-9516
Meet Director	Austin Shanks	818 335-1233
	Elijah Wells	818 979-5123
Athletic Director		
Equipment Coord.		
Meet Data Entry	CC Johnson, Erika McIntosh, Janice Shanks, Shea Shanks	
Starter	Austin Shanks	818 335-1233
	Daniel David	818 345-2019
	Gary Jackson	909 592-1214
Advisor	Earle Charles	818 366-9577
Fundraiser Coord.	Francis Farrand	
Grant Coord.	Austin Shanks, Ron McGee	

Coaches & Assistant

Austin Shanks	Intermed. Boys	818 335-1233
TC Watterson	Intermed. Girls	818 486-3285
Austin Shanks	Hurdles	818 335-1233
Russell Nelson		818 302-0174
Austin Shanks	Youth Boys	818 335-1233
Keith Steinhouse		818 554-3090
TC Watterson	Youth Girls	818 486-7874
Danny Jordan		818 355-7401
Keith Steinhouse	Midget Boys	818 554-3090
Danny Jordan	Midget Girls	818355-7401
Eli Wells	Bantam Boys	818 979-5123
Olga Pajarito	Bantam Girls	818 897-8922
Ron McGee	Gremlin Girls	818 833-9516
Dave Farrand		818 445-6928
Olga Pajarito		818 897-8922
Erick Morales		818 364-2897
Dave Farrand	Distance Coach	818 833-9516
Gary Jackson	Long Jump	951 218-4377
Kirkland Williams		818 554-6721
Ron McGee	Shot Put	818 416-3285
Kirkland Williams	High Jump	818 554-6721
Ron McGee		818 416-3285

General Information

Many of our members are new this year and therefore, are unfamiliar with Club operations. In this section of the booklet, we will share information that will answer the most commonly asked questions.

If you have additional questions, feel free to either ask any member of the Administrative Staff, Coaching Staff, or Parent Volunteer Coordinator. Someone will get an answer for you.

How much are registration fees and what do they cover?

Registration is \$125. There is a multiple sibling discount of \$10 per child and a family discount with four or more children. Our registration fee has been economically low for a number of years and we hope to continue it with complete participation of fundraisers and other support. Our fee still represents one of the lowest Track registration fees of all the clubs in the Valley Conference.

To cover our operating expenses, we periodically conduct fundraisers. Please volunteer to assist in these fund-raisers: Walk-a-thon (required), Corporate Sponsorship enlistments, Individual Sponsorship and donations, petitions, etc. wherever you can.

Your registration fee pays for the athlete's conference certification, insurance, uniform, pictures, ribbons and trophy. It is also used to purchase equipment and pay for the end-of-season Awards Picnic for the athlete and their family.

NOTE: Registration fees are not refundable after Team Certification on **March 23, 2008.**

Age Divisions

There are five age divisions in the Valley Conference, as well as the NVTT. They are...

<u>Division</u>	<u>Age</u>
Gremlin	5 - 7
Bantam	8 - 9
Midget	10 - 11
Youth	12 - 13
Intermediate	14 - 15

NOTE: Your child will be placed in a division depending on his/her age as of December 31, 2007. For example, if your child turned 10 years old on January 1, 2008 or after he/she will run as a 9-year old Bantam.

When does my child have practice?

Gremlin Boys & Girls	Monday & Wednesday
Bantam Boys & Girls	Monday Wednesday Thursday
Midget Boys & Girls	Monday Wednesday & Thursday
Youth Boys & Girls	Monday Wednesday & Thursday
Intermediate Boys & Girls	Monday Wednesday & Thursday
Field Events	Thursday
Relays	Thursday

NOTE: Your child's coach or a special event coach may suggest additional practice time depending on the circumstances. See the coach.

What time of day does practice start?

Track & Field practice, which officially starts on March 1, 2008, always starts by 5:30 p.m. with warm-up laps. Stretching drills will start approximately at 5:45 p.m. Our goal is to turn the athletes over to their coaches by 6:00 p.m. for specific training.

In all cases, practice will end no later than 7:30 p.m. Parents should arrive by 7:00 p.m. in the event of an early dismissal.

What happens if it rains on practice day?

If rain falls before practice and, if it is expected to fall throughout practice hours, then there will be no practice that day. If rain is predicted to fall close to the start of practice, please remain with your child until it is determined that there is going to be practice that day.

If it is a very cold day, practice might end up to 30 minutes early. Please be aware of weather conditions at all times. **PLEASE BE ON TIME TO PICK UP YOUR CHILD.**

Why so much time is spent warming up and cooling down?

The warm up and cool down serve many purposes, the primary one is to avoid injury to the athlete at all costs. The other motive for a proper and full warm up and cool down is to assist the athlete in reaching his/her potential in sports.

The type of stretching exercises and pre-conditioning that occur in a proper warm up/cool down will benefit the athlete tremendously.

What is Certification?

Each athlete must be certified as part of the NVTT Track club before he/she is allowed to participate in the Valley Conference. To be certified, the parent or guardian of the athlete must complete a Contract, provide proof of age, medical release and athlete Code of Conduct form.

What should your athlete bring to practice?

Warm-ups should be worn at each practice. **Please label them with your athlete's name.** Many are forgotten or lost because owners cannot be located. Your athlete should have a track bag for carrying warm-ups, water, spikes, etc., to and from practice and meets.

What happens to misplaced clothing?

During the season we will maintain a Lost & Found area. All athletes and parents are asked to assist in policing the Track & Field area and turn in any piece of clothing, sneakers, etc., that was forgotten by another athlete.

Properly identify clothing or shoes; these items should be clearly labeled, to protect against loss or theft.

Where will I find my athlete?

Athletes are expected to be in the designated meeting areas under the supervision of a coach when not participating in an event or workout.

What about shoes?

These are the most important piece of equipment an athlete will require for track. Each athlete should have a pair of good training shoes. Most well-known apparel manufacturers: Nike, Adidas, New Balance, Asics, etc. supply quality training shoes.

Please check that the upper part of the shoe is mounted squarely on the soles (not lopsided) and that there is enough padding to absorb the shock of running. Spikes may be used by Bantams and up (Gremlins are restricted from using spikes).

Please make certain that your young athlete has an adequate spike in his shoe before a meet. It is the Parent and athlete's responsibility to have the proper spikes in his/her shoe prior to meet day. Please note that tartan tracks require different size spikes than dirt tracks. It is unfair for the athlete to run with "nubs" or missing spikes in a meet. These are relatively inexpensive and can be obtained at most local sporting goods stores.

What can parents do to assist the Club?

This organization is made up of all volunteer personnel; therefore, each family is required to help at our home meets and during practice. This year, we will be hosting 2 meets. We will require lots of assistance in the following areas: timers, staging, club equipment, Team parents, Zone judges, snack bar assistants, and computer data entry.

Any member of the Administrative Staff, Coaching Staff or Parent Volunteer Coordinators will be happy to inform you of where we will need help. Remember, don't ask what your Club can do for you and your child, instead; ask what you can do for your child and his/her Club. We take great pride in our organization and tradition and ask that you be a part of that pride in a positive way. We operate in excellence and expect our Staff, Coaches, Parents and Volunteers to do the same. Our Athletes, Coaches, Staff, Volunteers and Parents make up "NVT" track club.

What about the Awards Picnic?

An 'end of season' Awards & Fun Day is arranged for the athletes, their families, the coaches and helpers. This event will be on **Sunday, June 01, 2008**. The location and time TBD.

The Awards Ceremony starts approximately at **TBD**

What to eat?

The question of a proper diet for Track is always a good question. Nothing takes the place of a balanced diet, so start with a good breakfast. In preparation for a big meet, it is always good to do a carbo-load (pasta, etc.).

During the meet, light meals such as fruit, dry toast, fruit rolls, are good. Drink lots of liquid, especially water. Candy and soda taste sweet, but they are not helpful to the athlete's performance.

Remember; do not eat at least 30 to 45 minutes before your race. As a rule of thumb, have something to eat right after each event.

Before eating lunch, the athlete should check with the coach to see if they are scheduled in an event coming up shortly.



Order of Track events @ Meets

Starting Time	Event	Divisions
8:45 a.m.	3,000 meters	M, Y, I
9:00 a.m.	80 meter hurdles	M
9:15 a.m.	100 meter hurdles	Y, I
9:30 a.m.	4 x 100 meter relays	G, B, M, Y, I
10:15 a.m.	1,500 meters	G, B, M, Y, I
11:15 a.m.	400 meters	G, B, M, Y, I
12:15 p.m.	100 meters	G, B, M, Y, I
1:15 p.m.	800 meters	G, B, M, Y, I
1:45 p.m.	200 meters	G, B, M, Y, I
2:30 p.m.	4 x 400 meter relays	G, B, M, Y, I

NOTE: These are approximate starting times. Keep in mind that this can vary by as much as 2 hours. Do not use the time estimates to determine when you should arrive. Meets that are well organized might move along faster than indicated, and we would not want an athlete to miss his/her event.

The athlete should arrive at the meet early enough to be properly warmed up.

The visiting club is responsible for the Gremlin 100s on the alternate side of the track.

Order of Field Events @ Meets

<u>Event</u>	<u>Division</u>
High Jump	B, M, Y, I
Long Jump	G, B, M, Y, I
Shot Put	B, M, Y, I

Events begin at **8:30 a.m.** and run concurrently with Track events.

NOTE: Continue to compete in the field event until you hear the “second call” for your next running event. At that point, check out with the field event official and return to the track event staging area. Complete the field event competition following the conflicting running event.

Shot Put Weights

Bantam Girls & Boys	4 lb. Shot Put
Midget Girls & Boys	6 lb. Shot Put
Youth Girls	6 lb. Shot Put
Youth Boys	8 kg. Shot Put
Intermediate Girls	8 kg. Shot Put
Intermediate Boys	10 lb. Shot Put

Gremlin Events

The Gremlins may participate in a maximum of 3 events. Gremlins are eligible to compete in the League Open Finals only.

Rules Governing the
NVTT Track Club
Athletes - Coaches - Helpers - Parents

1. All members of the NVTT Track Club will show respect to other members of our club and all other clubs, be that person an athlete, coach, parent or others.
2. Discipline problems are disruptive to the club and will not be allowed. Problems can lead to dismissal.
3. Practice ends at a specified time. Parents should arrive about 30 minutes before that specified time in order to pick up their child so that everyone can leave the practice field on time.

Coaches should not be responsible for waiting with the athlete until a parent arrives. Please be considerate and pick up your athlete on time.

4. All athletes must participate in all phases of the warm up and cool down at all times.
5. Each athlete is expected to finish every practice session that he/she attends. If an athlete has to leave early, permission must be obtained from his/her coach.
6. The Coaching Staff will decide which event(s) the athlete is best suited to compete. The athlete will have received training in that event before the meet. If the athlete refuses to compete at the request of the coach, then the athlete can be eliminated from competition for that meet.
7. The make-up and order of the relay teams are the decision of the Coaching Staff. The athlete's running ability is only one factor; sportsmanship and attitude are some of the other considerations.

- 8. Profanity or a defiant attitude toward meet officials, coaches, teammates, etc., is not permitted. A violation in this area will result in disqualification from a meet. Repeated violations in this area could result in other disciplinary actions such as dismissal from the Club.**
- 9. Un-sportsmanlike conduct towards teammates or opponents will be grounds for disqualification from a meet.**
- 10. Athletes should be respectful in all aspects of sports and life. They are encouraged to warmly congratulate the competing athlete(s) at the end of the race or event regardless of their finishing position.**
- 11. We must think safety first at all times. Athletes should always check their equipment and track facilities before they compete. If a dangerous condition is detected, it should be reported to a coach or event judge immediately.**
- 12. Always watch out for other athletes or persons on the track and field. Do not walk across the track or field when an event is in progress.**
- 13. Coaches and other responsible persons will refrain from:**
 - A. Smoking or drinking before or during practice or meets.**
 - B. Criticizing athletes in front of spectators and teammates. The coach might offer constructive criticism to an athlete in front of the team for everyone's benefit.**
 - C. Confrontations with officials. We will accept their decisions, even if we choose to protest that call at a later time.**
 - D. Criticizing the Organization as this would undermine the team's unity and established rules and procedure of the organization.**
 - E. Criticizing the opposing clubs, its coaches or fans by**

word of mouth or gesture.

- F. Permitting an athlete that is injured to continue to participate in subsequent events at that meet. Remember; always think of the athlete's health at all times.**
 - G. Using profanity or abusive language before anyone connected with the meet.**
- 14. Coaches will be alert in keeping their athletes away from any dangerous situation. Coaches will execute their duties in the best interest of the athlete and the NVTT Track Club.**



Track Etiquette

- 1. Don't go on the field or track unless you are required to be there.**
- 2. When intending to cross the track from the infield or from outside the lanes, stop and confirm that you will not be interfering with any athletes. It is disruptive, inconsiderate and dangerous to walk into the path of an athlete during a race.**
- 3. Do not cross over the approach area or runway of any of the field events.**
- 4. Do not cross through the shot put area.**
- 5. Do not pace (run along side) any runner during a race. This will result in the disqualification of the runner.**
- 6. Do not call times in non-sprint races to participants. This is unfair to the other clubs' athletes and is against Conference rules. It could result in the disqualification of our runner(s).**
- 7. Keep all non-athletes (brothers, sisters, or friends) under supervision and in the bleachers. Only athletes, coaches and meet personnel should be on the track and infield.**

Meet Procedure

- 1. Every athlete should report to his/her coach at least 30 minutes before his/her scheduled event for warm-up.**
- 2. Name tags are worn for all running events. Division coaches will distribute the name tags prior to each event.**
- 3. Field events do not require tags. Running events take precedence over field events. First check in at the field event. After "2nd call" for a running event, check out with the event judge and proceed to the staging area to check in for the running event.**
- 4. Ribbons are awarded to all participating athletes. Ribbons will be handed out at practice following the meet.**
- 5. Athletes in running events: STAY IN YOUR LANE UNTIL THE JUDGE REMOVES YOUR TAG.**

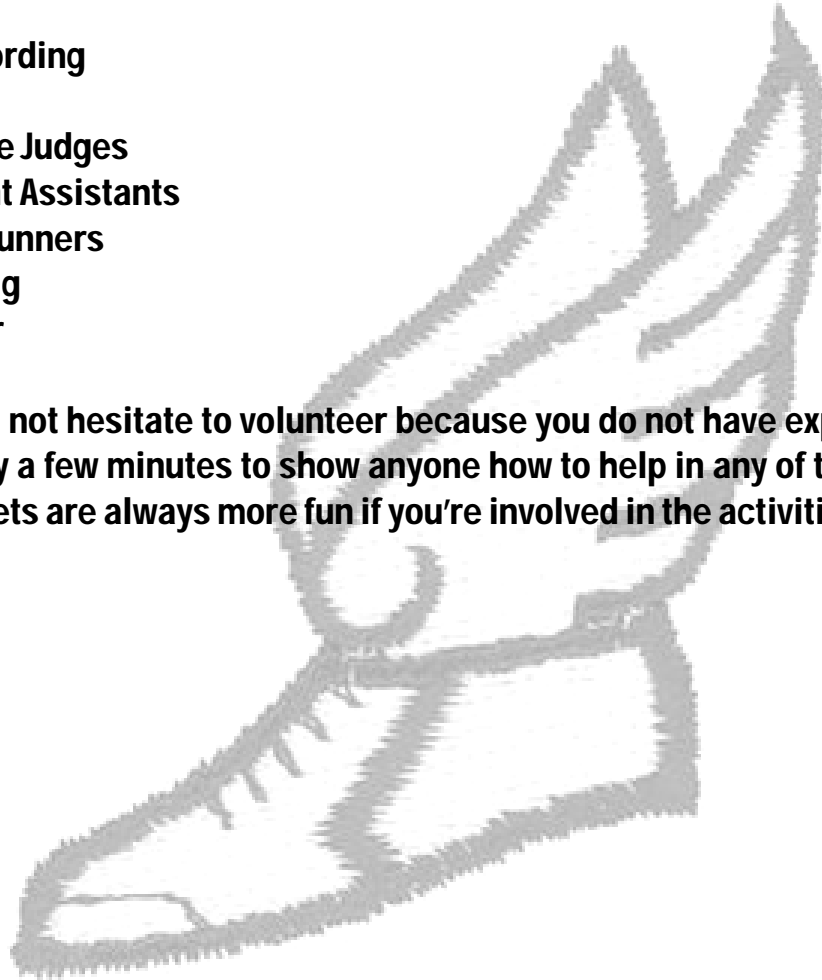


HOME MEETS

Home meets can only be successful with parent participation. We need, and will be asking for, your help in several areas:

Track Set Up
Hurdle Set and removal
Timing
Data Recording
Awards
Relay Zone Judges
Field Event Assistants
Staging Runners
Tag Pulling
Snack Bar

Please do not hesitate to volunteer because you do not have experience. It takes only a few minutes to show anyone how to help in any of these areas. Track meets are always more fun if you're involved in the activities.



2008 Schedule and Directions

Week 1

Saturday, March 29TH

**NVTT vs. Santa Clarita East @ Sylmar High School
13050 Borden Avenue, Sylmar, CA 91342 (Dirt Track)**

Week 2

Saturday, April 5TH

**NVTT vs. West Valley Eagles and Antelope Valley @ Taft High School
5461 Winnetka Avenue, Woodland Hills, CA 91364
I-405 S/San Diego Fwy. Merge onto US-101 N toward Ventura. Exit Winnetka
Avenue toward Woodland Hills. Turn left at Winnetka Avenue to high
School. (Dirt Track)**

Week 3

Saturday, April 12TH

**NVTT vs. Santa Clarita Track Club @ Sylmar High School
13050 Borden Avenue, Sylmar, CA 91342 (Dirt Track)**

**CLUB PICTURES @ El Cariso Park – April 6, 2008 (near Golf Course utility
Bldg. Park on the Golf parking lot side) 13100 Hubbard St. , Sylmar CA 91342**

Week 4

Saturday, April 19TH

**NVTT vs. Northridge Pacers @ Granada Hills High School
10535 Zelzah Avenue, Granada Hills, CA 91344
CA-118 W. to the Balboa exit. Turn left onto Balboa. Turn right at Chatsworth
Street. Turn left at Zelzah Avenue to high School. (Tartan Track)**

Week 5

Saturday, April 26TH and 27TH

**Invitationals @ Birmingham High School
17000 Haynes St. Van Nuys 91406
I-405 S/San Diego Fwy. Exit Victory Blvd.. Turn left onto Haskell Avenue.
Turn right at Victory Blvd. to high school. Track field at back of school.
(Tartan Track)**

Week 6

Saturday, May 3RD

NVTT vs. United TC and Chatsworth Chiefs @ Westlake High School

100 N. Lakeview Canyon Rd., Thousand Oaks, CA 91362

Directions: I-405 S/San Diego Fwy. Merge onto US-101 N toward Ventura. Exit Lindero Canyon Rd. Right at Lindero Canyon Rd. Turn left at E. Thousand Oaks Blvd. Turn right at N. Lakeview Canyon Rd. to high school. (Tartan Track)

Week 7

Saturday, May 10th

NVTT vs. Valley Raiders @ Birmingham High School

17000 Haynes St. Van Nuys 91406

Directions: I-405 S/San Diego Fwy. Exit Victory Blvd.. Turn left onto Haskell Avenue. Turn right at Victory Blvd. to high school. Track field at back of school. (Tartan Track)

Week 8

Saturday, May 17th

Eastern League Open @ Canyon High School

19300 Nadal Street,

Directions: I-210 Fwy W to Ca-14 Fwy towards Palmdale/Lancaster. Exit Via Princessa. Turn left at Via Princessa. Slight right on Whites Cyn. Rd. Left on Nadal to High School.

The Eastern League Opens will be held on Saturday, the day before the Eastern League Finals. All athletes who are invited to this meet will end their Valley Conference season today. The Open meet is specifically for athletes who were not invited to participate in the Eastern League Finals tomorrow. All Gremlins are invited to participate in this meet. We hope that you can plan around your other special plans for this day for those of you who might have kids running in this event. (Tartan Track)

Sunday, May 18th

Eastern League Final @ Canyon High School

19300 Nadal Street,

Directions: I-210 Fwy W to Ca-14 Fwy towards Palmdale/Lancaster. Exit Via Princessa. Turn left at Via Princessa. Slight right on Whites Cyn. Rd. Left on Nadal to High School.

We expect to see many of our athletes in this meet. Today all Clubs in the Eastern League (NVTT, Santa Clarita East (Running Warriors), Valley Raiders, Northridge Pacers, Chatsworth Chiefs, Santa Clarita Storm and the L.A. Falcons) will meet at Canyon High School to compete for slots in the IECs. All athletes will have to insert the proper spikes in their shoes prior to being allowed past the gate. This is a rule from those who built this impressive and fast track facility. All athletes who previously met a qualifying standard are invited to participate in this meet.

There are times when near-qualifiers are also invited. Your coach will keep you informed. At this meet the fastest 4 finishers are invited to go on to the IECs in two weeks. The other finishers in that event will end their season today. (Tartan Track)

Week 9

**Saturday, May 24TH and 25TH
Memorial Day Weekend
Off**

Week 10

**Saturday, May 31ST, 9:00 a.m.
Individual Event Championship IEC@ Santa Barbara City College
721 Cliff Drive**

Santa Barbara, Ca. 93109 805 965-0581

Directions: Take I-210 FWY West towards Sacramento. Merge on I-5 FWY North. Merge onto CA-126 FWY W via Exit 172 towards Ventura.

CA-126 becomes US-101 North. Take Bath St. Exit, #97.

Stay straight to go onto Bath St. Turn Left onto Whaley St. Turn left onto Castillo St. Turn right onto W Montecito St/Ca-225. Turn slight left onto Cliff Dr./Ca-225. End at 721 Cliff Dr. Santa Barbara, Ca.

For the qualifiers from the Eastern League Finals, this is the big moment. This is for all the marbles. Each invitee should realize that just making it to this point is a major accomplishment in its own right. To many athletes,

this will be the equivalent of participating in an Olympic event, it certainly looks and feels like an Olympic event.

Old conference records can be and usually are broken here. It has been said that Southern California produces 50% of the Nation's best athletes in Track & Field. The Valley Conference kids, our kids, are responsible for a fairly large percentage of that number.

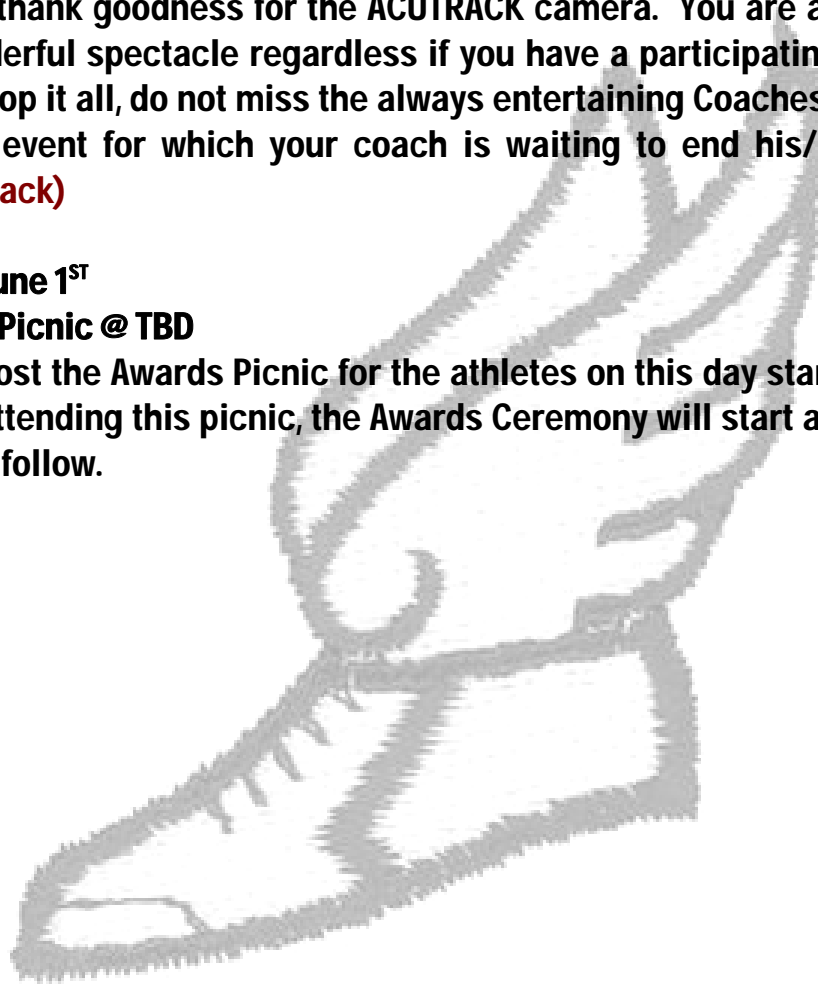
At this meet the sprint races (400 meter included) are nearly impossible to judge, thank goodness for the ACUTRACK camera. You are all invited to this wonderful spectacle regardless if you have a participating athlete or not. To top it all, do not miss the always entertaining Coaches Relay. It is truly the event for which your coach is waiting to end his/her season.

(Tartan Track)

Sunday, June 1ST

Awards Picnic @ TBD

We will host the Awards Picnic for the athletes on this day starting at TBD. Plan on attending this picnic, the Awards Ceremony will start at TBD. More details to follow.



Qualifying Standards

Yards

BG	BB	MG	MB	EVT	YG	YB	IG	IB
33.0	31.7	30.5	29.7	220	28.2	26.5	30.1	26.1
1:17.4	1:13.0	1:11.0	1:08.0	440	1:05.2	59.5	1:08.4	59.3
3:10.0	2:56.0	2:55.0	2:39.4	880	2:44.0	2:23.8	2:51.0	2:23.8
6:26.0	5:54.0	5:51.0	5:22.0*	MILE	5:43.9	5:00.1	6:16.7 *	4:55.0
XX	XX	13:00.0	11:30.0	2 MILE	12:13.0	10:58.9	13:40.0	11:30.0

* Same as Meters

Meters

BG	BB	MG	MB	EVT	YG	YB	IG	IB
15.4	15.0	14.4	14.1	100	13.6	12.5	14.6	12.5
32.4	31.5	30.3	29.5	200	28.0	26.3	29.9	26.0
1:15.0	1:12.6	1:10.0	1:07.6	400	1:04.2	59.2	1:08.0	59.0
3:02.0	2:53.0	2:50.0	2:38.4	800	2:38.0	2:23.0	2:50.0	2:23.0
6:12.0	5:48.0	5:49.0	5:22.0	1500	5:30.0	4:55.0	6:16.7	4:55.0
XX	XX	12:50.0	11:30.0	3000	12:12.0	10:54.0	13:40.0	11:30.0
XX	XX	17.0	15.0	HDL	19.0	17.5	21.0	18.0

FIELD EVENTS

BG	BB	MG	MB	EVT	YG	YB	IG	IB
3'-7"	3'-10"	4'-1"	4'-5"	HJ	4'-4"	4'-11"	4'-2"	5'-0"
10'-10"	12'-2"	12'-9"	13'-10"	LJ	14'-0"	15'-10"	13'-8"	16'-0"
19'-10"	26'-0"	21'-6"	27'-0"	SP	26'-0"	30'-6"	25'-0"	29'-0"