

# Valley Youth Conference

## North Valley Cross Country

2009  
Season

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**NVGB Cross Country**  
**[www.nvgbears.org](http://www.nvgbears.org)**

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# **North Valley Golden Bears**

## **2009 Cross Country Season**

### **To the Parents & Athletes of North Valley Golden Bears**

**Welcome to the 2009 Cross Country 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 Cross Country 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 ensure the few do not 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 asked to participate in our fundraisers in order to keep fees reasonable and affordable amount. Also our fundraising effort allow the club to fulfill its obligations for facility expenses, which are new and effective as of March 1, 2008. 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 Cross Country season ever.**

## 2008 Club Officers and Coaches

Office	Telephone	Office	Telephone
<u>President</u> Ron McGee	818 416-3285	<u>Vice Presidents</u> Elijah Wells	818 979-5123
<u>Advisor</u> Earle Charles	818 335-1233 818 345-2019 951 218-4377		
<u>Coaches</u> Ron McGee Dave Farrand Nancy Valarde Sandra Valarde Jenny Contreas	818 416-3285 818 899-4078 818 390-2623 818 390-4375 818 890-4323	<u>Head Coach</u> Eric Morales	818 310-6096

Team Website: [www.nvgbears.org](http://www.nvgbears.org)

Conference Website: [www.valleyconference.org](http://www.valleyconference.org)

## **General Information**

Many of our members are new this year and therefore, are unfamiliar with Club's operation. 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 Board of Directors, 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 \$85. 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 Cross Country registration fees of all the clubs in the Valley Conference.

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

Your registration fee pays for the athlete's conference certification, 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 September 19, 2009.

### **Age Divisions**

There are five age divisions in the Valley Conference, as well as for NVGB. 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, 2008. For example, if your child turned 10 years old on January 1, 2009 or after he/she will run as a 9-year old Bantam.**

### **When does my child have practice?**

	<u>August 29</u>	<u>thru</u>	<u>Sept 24</u>
Sat	8 AM		Hansen Dam
Tues	6 PM		El Cariso Park
Weds	6 PM		Wilson Canyon (Olive View)
Thurs	6 PM		El Cariso Park
	<u>Sept 26</u>	<u>thru</u>	<u>Oct 31</u>
Sat	8 AM		Meet (except Oct 18)
Tues	6 PM		Hansen Dam
Weds	6 PM		Wilson Canyon (Olive View)
Thurs	6 PM		El Cariso Park

**NOTE: Locations are subject to change as the season progresses your child's coach may suggest additional practice time depending on the circumstances.**

### **What time of day does practice start?**

**Cross Country practice, which officially started on August 1, always starts by 6:00 p.m. Stretching drills will start approximately at 6:15 p.m. Our goal is to turn the athletes over to their coaches by 6:30 p.m. for training.**

In all cases, practice will end no later than 8:00 p.m. Parents should arrive by 7:30 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 still be practice that day at Elcariso Park at the schedule. 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. In the case of heavy rain practice will be cancelled.

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 North Valley Cross Country 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 warm up 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 of the well-known apparel manufacturers (such as Nike, Adidas, New Balance, Asics, etc.) supply quality training shoes. Local shoe stores are listed on our website.

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. Racing flats may be used by all athletes.

### **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 1 meet, possibly 2. We will require lots of assistance in the following areas: timers, staging, club equipment, Team parents, and snack bar assistants.

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 "NVGB" Cross Country team.

### **What about the Awards Banquet?**

An 'end of season' Awards & Fun Day is arranged for the athletes, their families, the coaches and helpers. This event will be on Friday, November 20, 2009 at Shakeys Pizza Parlor in Sylmar starting at 6:00 p.m.

The Awards Ceremony starts approximately at 6:30 p.m.

## **Rules Governing the NVGB Cross Country** **Athletes - Coaches - Helpers - Parents**

1. All members of the NVGB Cross Country 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. 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.

## Order of Cross Country races @ meets

<u>Starting Time</u>	<u>Event</u>	<u>Divisions</u>
8:15 a.m.	Course Walk Thru	All ages
9:00 a.m.	2000 meter run (1.2mi)	Gremlin Girls
9:20 a.m.	2000 meter run (1.2mi)	Gremlin Boys
9:40 a.m.	3000 meter run (1.8mi)	Bantam Girls
10:00 a.m.	3000 meter run (1.8mi)	Bantam Boys
10:20 a.m.	3000 meter run (1.8mi)	Midget Girls
10:40 a.m.	3000 meter run (1.8mi)	Midget Boys
11:00 a.m.	4000 meter run (2.4mi)	Youth/Int. G
11:30 a.m.	4000 meter run (2.4mi)	Youth/Int. B

**NOTE:** These are approximate starting times. Keep in mind that this can vary by as much as 30 min. 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.

### What to eat?

The question of a proper diet for Cross Country 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, pancakes, 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 1 to 1.5 hours before your race.

## Cross Country Etiquette

1. Do not go on the course unless you are required to be there.
2. When intending to cross the course, 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 pace (run along side) any runner during a race. This will result in the disqualification of the runner.
4. Do not call out times during 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).
5. Keep all non-athletes (brothers, sisters, or friends) under supervision. Only athletes, coaches and meet personnel should be on the race course.
6. Un-sportsmanlike conduct towards teammates or opponents will be grounds for disqualification from a meet.
7. 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 regardless of their finishing position.
8. We must think safety first at all times. Athletes should always check their race facilities before they compete. If a dangerous condition is detected, it should be reported to a coach or event judge immediately.
9. Always watch out for other athletes or persons on the race course. Do not walk across the course when an event is in progress.
10. 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.**
- 11. 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 NVGB Cross Country Club.**

## **HOME MEETS**

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

**Race Set Up/Race Clean Up**

**Awards**

**Race Monitors/Judges**

**Staging Runners**

**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. Cross Country meets are always more fun if you're involved in the activities.**



