

SANTA CLARITA VALLEY ATHLETIC ASSOCIATION (SCVAA)



2022 GREMLIN PARENTS

Welcome to Warrior Track & Field Program Gremlin Parents!

2022 Warriors Track & Field Coaches	
Sandia Ennis	Sprint Head Gremlin Coach
Robyn Stanton	Sprint Gremlin Coach
LeAnn Wach	Sprint Gremlin Coach
Caitlyn Smith	Sprint Gremlin Relay & Coach
Chelsea Griswold	Long Distance Gremlin Coach
Aidan Goil	Long Jump Coach

Gremlins can only do 3 events total

(including long jump and relay if they are on a relay)

Gremlins parents - there will be an event signup sheet for the upcoming meet in the bleachers on Wed/Thur at practice. Please be sure to sign up for events.

Coaches can answer any questions you may have after practice. Some sample events combos are:

4x100 Relay	4x100 Relay	100m	100m
100m	100m	200m	200m
200m	Long Jump	Long Jump	400m

Please make sure your Athlete does not over event or they will be discredited/disqualified from all events in the days meet. The coaches are here to help and can help you come up with an event schedule for your Athlete for the meet.

Age Group	Age	Year of Birth	Eligible to Compete in the Following Running & Field Events
Gremlin	5/6/7	2014-2016	100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 4x100 meter relay, long jump

SPRINT, LONG DISTANCE, AND FIELD EVENTS

Athletes will have the chance to choose between sprint, long distance and field events. Within two weeks of practice, the coaches will help guide your athlete in choosing to train for either sprint or long distance events. Field events are optional and training will begin the week of February 17th.

Sprint Events	Long Distance Events	Field Events
100 meter 200 meter 400 meter 4x100 meter relay 80 meter hurdles 100 meter hurdles 200 meter hurdles	800 meter 1500 meter 3000 meter 4x400 meter relay	Long Jump High Jump Shot Put

PRACTICE SCHEDULE

Date	Event
February 3 – May 12	Ongoing Practices M, W, TH @ College of the Canyons 6:00pm – 8:00pm
February 5 February 12 February 19 February 26	Saturday Practices @ College of the Canyons 9:00 am-11:00 am

PRACTICES

Practice Information

Gremlins will practice from 6:00 p.m. to 7:30 p.m. and all other age groups will practice from 6:00 p.m. to 8:00 p.m. The Distance Group practice times and locations may vary. Please note that later in the season, practice start times will adjust to 6:30pm instead of 6:00pm. Athletes are required to attend a minimum of two (2) practices a week to be eligible to run in the weekend meets. If the athlete is unable to attend due to illness or other reason, the athlete's age-group coach or one of the head coaches should be informed as soon as possible.

Drop-Off and Pick-Up

Athletes should be brought to the practice field 5 minutes before practice starts and MUST be picked up promptly at the end of practice. Coaches are responsible for waiting with the athlete until a parent arrives. It is unfair to the athlete and coach to wait for a late parent. Please also note that parents will not be able to use the track and stands for working out.

ATTENTION GREMLIN PARENTS: Due to the age of your child, it is mandatory that a parent be in attendance in the stands during all practices and track meets. No exceptions to this rule unless discussed and approved by the Directors.

Warriors Distance Policy

The Distance Policy has been designed to ensure the safety of our athletes leaving the campus. Athletes will be sorted into 7 training groups, by ability level, based on a 1500m time trial. Groups will be defined as follows...

Group 1- Faster than 5:05

Group 2- Faster than 5:25

Group 3- Faster than 5:50

Group 4- Faster than 6:15

Group 5- Faster than 6:35

Group 6- Faster than 7:00

Group 7- Faster than 7:25

Athletes who do not achieve the minimum time of 7:25 will not be allowed to leave campus. Athlete's times and leaving the campus are at the discretion of the Distance coaches. Athletes may move up in groups based ONLY on actual race performance.

The Distance group will be closed to new athlete's after the first 2 weeks of practice. Exceptions will be considered by the coaches and the directors. Athlete's MUST attend a minimum of two (2) distance practices a week in order to leave campus. The Coaching staff reserves the right to drop an athlete's training group based on the ability to handle the assigned distance and pace workload. Coaches may also suspend an athlete from leaving campus based on behavior.

Rain - What to do?

If it is raining, there will most likely not be practice. We will communicate with you via email and/or text message if practice is cancelled. If rain is predicted to fall during practice, remain at COC with your child in case practice is cancelled mid-way into the practice.

Rewards at Practice

We distribute jelly beans, jolly ranchers, licorice and other candy to each athlete at the end of each practice. The sucrose helps muscle recovery after a workout. If this is a problem for your child for any reason (such as diabetes, braces, etc.) please contact your Age Group Coach to alert them. WE ARE ALWAYS IN NEED OF CANDY DONATIONS. Thank you for your help!

VOLUNTEER OPPORTUNITIES

All board members, coaches, and directors are volunteers. These individuals work year-round to keep the Warrior Track & Field Program running. Since this is all done on a volunteer basis, your help is CRITICAL for this program to be a success. To encourage volunteerism, there is a \$200 volunteer fee that will be refunded at the end of season if eight (8) hours of volunteer service are completed. Volunteer hours are completed by helping at meets and/or practices. Some jobs can be completed at home. There will be a method online to sign up for volunteer jobs the week before the meet takes place. Please be sure to sign in on the volunteer sign-in sheet at meets to get credit for your volunteer hours.

SHOES & CLOTHING AT PRACTICES

Running Shoes

This is the most important piece of equipment. Each athlete must have a good pair of running shoes. Asics, Brooks, New Balance, Nike & Saucony are good choices. If choosing a different brand, please check that the upper part of the shoe is mounted squarely on the sole (not lopsided) and

that there is enough padding to absorb the shock of running. Also, encourage your child to tighten the laces so that the shoe is snug, but not tight on the foot. **ABSOLUTELY NO** cross trainers, basketball shoes, high tops or skate shoes will be allowed!

Clothing

Athletes can wear any kind of athletic short or pant and t-shirt to practice, providing they are in good taste. Boys' shirts must remain on during practice. Underwear **MAY NOT** extend below the bottom of the running shorts. No jewelry is to be worn. Warm ups/sweat suits should be worn at each practice, even when temperatures have been warm in the daytime. By 8:00pm it can get very cool. Please label all warm ups/sweat suits with your child's name. Athletes can also bring only water (no colored drinks are allowed on the field at COC). Remind athletes to bring their drinks and sweats with them when they leave the track at the end of practice to prevent littering and loss of clothing.

INJURIES

It is natural for your athlete to have sore muscles for the first few practices. It is not natural to be sore more than 4-7 days or to have cramps. If any athlete has an injury, please notify their coach. Some injuries may require a doctor to check the athlete. The most common track injuries are:

1. **Blisters** - From improper fitting shoes or dirty or improper fitting socks.
2. **Strains** - Can be minimized by properly following the warm up jog, stretching exercise, staying warm and constant moving.
3. **Shin Splints** - Can also be minimized by proper shoes, heel walking and toe squeezing.
4. **Heat Injuries** - This can be minimized by drinking water before, during and after an event (NO ICE WATER, FRUIT DRINKS OR SODA). Stay in a shaded area when possible. When temperatures are in the 80's and up, athletes should drink about 8 ounces of water each hour.

TENTATIVE MEET SCHEDULE

Date	Event & Location
February 26 (COC)	Mock Meet & Picture Day @ College of the Canyons (COC) 8:00am-Noon
March 5	Rest Weekend
March 12 (COC)	Home Meet @ COC Warriors vs. XXX
March 19 (COC)	Home Meet @ COC Warriors vs. XXX
March 26	Away Meet @ XXX Warriors vs. XXX
April 2 &3 (tentative)	Away Meet @ XXX Pacific Coast Invitational
April 9	Away Meet @ XXX Intra-Conference Invitational

April 16 (COC)	Home Meet @ COC Warriors vs. XXX
April 23	Away Meet @ XXX Warriors vs. XXX
April 30	Away Meet @ XXX Junior Varsity Meet (for athletes that qualify for Junior Varsity)
May 7 (COC)	Home Meet @ COC Varsity Finals (for athletes that qualify for Varsity)
May 14	Away Meet @ Moorpark High School Co-Conference Championships (for athletes that qualify)
May 21	End of Season Team Picnic & Awards Location TBD

MEET PROCEDURE

Mock Meet: Saturday, February 26 from 8:30am to noon, will be a “mock” meet. We will be timing all athletes in 100 meter, 400 meter and 1500 meter. The mock meet will also be a chance to get a time for the athletes for the first meet.

The week before the meet: Each athlete can compete in 3 individual events and 1 relay.

NOTE: Gremlins are allowed to compete in a maximum of 2 events and 1 relay, or 3 total events. Make sure to work out with your coach during practices the week before the meet what events you want to compete in. Athletes wishing to participate in field events should work with the field event coach to make sure they understand how to do the event with proper form. Please do not sign up for a field event until you have practiced with the appropriate field event coach. Injuries or disqualifications at the meet can be the unfortunate result.

The Day of the Meet: Be sure to bring the athlete’s complete uniform, including sweats, spikes (if needed), sun protection, snacks, water or other appropriate drinks (Gatorade, etc), and something for the athlete to do while waiting for their event. Food and drink are sometimes available at a concession stand, but it’s safest to bring your own food and drink. There are a limited number of EZ-Ups set up by the team in the stands to get a break from the sun. Make sure to allow plenty of time to drive, park and locate your age-group coach for tags.

Uniform: Our complete uniform must be worn at all meets per Conference Rules. Tights are allowed under the uniform if they are a solid color. The solid color must be either black, white or maroon and must not have any logo affixed so it is visible. Any athlete appearing out of uniform will not be allowed to compete. Shirts must be tucked in before an event or the athlete can be disqualified.

Event Name Tags: Prior to participating in a meet, each athlete must check in at the Warrior Team tent to receive event tags with their name on it for each event in which they will participate. All athletes should have their tags before 8:15 a.m. or as soon as possible thereafter.

Warming Up: Most coaches want their athletes warming up at least 30 minutes before his/her scheduled event, unless otherwise noted. Check with the coaches for age group warm-ups held

during the meet. If the athlete is participating in the first event of the day (3000M, Gremlin Long Jump, Bantam High Jump or Youth Shot Put) it is important to get to the meet early enough to get tags and have time to warm up before the meet starts. Other athletes just need to get their tags before 8:15 and wait until their event is called, or their coach starts group warm-ups.

Event Calls: Each event will be called 3 times by the meet announcer before the event occurs. The first call is 15 minutes before the start of the event. This is the time for the athlete to make any last-minute preparations – bathroom, sunscreen, water, warming up, finishing a snack, removing sweats – before heading down to the staging area for running events or the appropriate field event area. The second call (10 minutes prior) is when all athletes should be going to staging or the field event. Athletes participating in a field event need to tell the field event judge they are leaving for their running event if the two are occurring simultaneously. The third call (5 minutes before) is very close to the time of the event, to make sure everybody is at the appropriate area. If you are not where you are supposed to be by third call, you need to get there quickly! Please listen to the announcer and keep track so your athlete(s) don't miss their events. Coaches will not have time to find athletes during the meet to make sure they are at their events on time. Relays may be organized and warmed up before first call, at the coach's direction.

ORDER OF EVENTS

Running Events

Running events usually begin at 8:30a.m. Each running event is run in age group order. Not all age groups run all events! Sometimes age groups will be combined (generally the 3000m, 1500m and Youth and Intermediate).

- Gremlin Girls (GG), Gremlin Boys (GB)
- Bantam Girls (BG), Bantam Boys (BB)
- Midget Girls (MG), Midget Boys (MB)
- Youth Girls (YG), Youth Boys (YB)
- Intermediate Girls (IG), Intermediate Boys (IB).

The order of running events is as follows:

- | | |
|---------------------------|-----------------------|
| 1. 3000 meter | 6. 100 meter |
| 2. 100 & 80 meter hurdles | 7. 800 meter |
| 3. 4×100 meter relay | 8. 200 meter hurdles |
| 4. 1500 meter | 9. 200 meter |
| 5. 400 meter | 10. 4×400 meter relay |

Field Events

Field events usually begin at 8:30 a. m. The order of participation is usually as follows:

Long Jump: GG, GB, IG, IB, MG, MB, YG, YB, BG, BB

High Jump: BG, BB, MG, MB, YG, YB, IG, IB

Shot Put: YG, YB, IG, IB, BG, BB, MG, MB

Time of each event: There is no way to determine the time an event will start. It depends on too many variables, such as the number of participants, quantity of help, etc.

Be aware of the order of events when choosing which events your athlete will participate in that week. Running the 100m, 800m and 200m in the same meet will not give the athletes much of

a break in between races to rest. Conversely, doing the 3000m, 1500m and 4×400 relay means the athlete will have a long time in between events and you will be at the track for the entire meet.

Field events (shot put, long jump and high jump): Field events are held at different locations near the track. An athlete who is doing a field event at an away meet should be aware that at some tracks the field events may be in areas that are not visible from the stands. Before warming up, the athlete needs to check in with the field event judge and give them their name and tag. The field event judge will give instructions about warming up to the athletes – field judges will allow a certain number of practice jumps or throws before the event is judged. The athlete is done with the event when they have completed all of their throws or jumps.

Running vs. Field Events: Running events take precedence over field events. First check in at the field event. After the 2nd call for a running event, talk with the field event judge, and proceed to the staging area to check in for the running event. You have 5 minutes to return to your field event after your race is finished to return and complete that event.

Home Meets: Home meets are always at College of the Canyons. Our team is responsible for the home meets, so we need as many volunteers as possible to make sure the meet goes smoothly and quickly. The week before the meet, a sign-up sheet will be on the website. Please sign up for the time and activity that fits in with your schedule. Most of the volunteer activities are easy to do – somebody just needs to be there to do them. If you have not signed up and find you have available time during the meet (your athlete is in staging or in a field event, for example) please offer your volunteer services during the meet. The few minutes you help out could give a volunteer already on the field a much, needed break. When arriving for volunteer duties, please check in and out at the staging tent to have your time verified.

Away Meets: Directions to the locations of away meets will be available on the website under “Maps/Directions.” Make sure to allow enough time to drive to the meet, find the track, park and still arrive in time to get tags before 8:15 or so.

Meet results are posted on the website, usually a day or two after the meet is run.

POST-SEASON AND FINALS

Varsity Finals: For an athlete to attend this meet, he/she must initially meet or surpass a Qualifying Standard. These standards are available from the coach. These standards are set very high and most of the athletes do not meet these goals. To fill all the lanes of the track with participants, we may ask additional athletes to compete in this meet based strictly on times or distances. If an athlete meets or exceeds a qualifying standard, he/she becomes INELIGIBLE to compete at the Junior Varsity Finals. EXCEPTION: A Junior Varsity athlete can run in the Varsity Finals only on a relay team that does not have enough Varsity athletes to complete that relay. The Junior Varsity athlete is still able to compete in the Junior Varsity Finals. Athletes who qualify for Varsity Finals will be notified by their age-group coach.

Junior Varsity Finals: All participants that did not qualify for the Varsity Finals compete in this meet. This is the final meet of the season for these athletes. **For an athlete to participate in ANY Finals, he/she must have attended at least half of the regularly scheduled meets.

CO-CONFERENCE CHAMPIONSHIPS: This is the final meet of the year at conference level. An athlete participating in this meet must have been among the top four finishers in the Varsity League Finals for sprinters (100m, 200m) and top eight finishers for distance (800m, 1500m and 3000m).

Coach Sandia can be reached at email Sandia424@yahoo.com. Please include your name, name of athlete when sending a message, thank you!

SCVAA Warrior Track & Field Website: <https://www.scvwarriorsrunning.com/>

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