

Thousand Oaks Flyers

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www.toflyers.org

See the Website for the latest information on meet schedules.

THOUSAND OAKS FLYERS YOUTH TRACK CLUB



2010 SCHEDULE OF EVENTS

- Wed., Feb.10 , Parents Meeting, 7:15-8:45 p.m., at Goebel Senior Center
- Tue., Feb. 16, First Practice, 5:00–6:00 p.m., at T.O.H.S. Track
- March 20, Host Camarillo at TOHS
- March 27, at Moorpark High School
- April 3, Bye
- April 10, Host Oxnard at TOHS
- April 17, Host Ventura at TOHS
- April 24, VCYTC Invitational Meet
- May 1, at Newbury Park High School
- May 8, Host Heritage Valley & Westlake at TOHS
- May 15, JV Finals at Moorpark High School
- May 22, Varsity Finals at Moorpark High School
- June 5, Super Meet at Carpentaria High School
- June 6 , End of Season Picnic at Conejo North Creek - Lakeside Pavilion

Parent Volunteer Assignments for Hosted Meets

- March 20 _____
- April 10 _____
- April 17 _____
- May 8 _____
- May 15 or May 22 _____

See www.toflyers.org for venue updates

PARENTS MEETING
Wednesday, February 10, 2010, 7:15-8:45 PM
GOEBEL SENIOR CENTER on Janss, next to Teen Center

A BILL OF RIGHTS FOR YOUNG ATHLETES

The right to participate in sports

The right to participate at a level commensurate with each child's maturity and ability

The right to have qualified leadership

The right to play as a child and not as an adult

The right to share in the leadership and decision-making of the sport

The right to participate in a healthy environment

The right to proper preparation

The right to an equal opportunity to strive for success

The right to be treated with dignity

The right to have fun in sports

	CAM	MP	OX	VEN	NP	HV WL	FINALS
	3/20	3/27	4/10	4/17	5/1	5/8	5/15 5/22
100							
200							
400							
800							
1600							
3200							
L JUMP							
H JUMP							
SHOT PUT							
HURDLES							
4 X 100							
4 X 400							

AGE/GROUP _____

COACH'S NAME _____

COACH'S PHONE _____

DIRECTIONS TO VENUES

VENTURA - *Buena High School, 5670 Telegraph Rd.*

Ventura Fwy. (101 West) to Victoria Ave. Turn right (North) onto Victoria and proceed to Telegraph Rd. Turn left (West) onto Telegraph Rd. and go 1 block west to Wake Forrest Ave. Turn left (South) onto Wake Forrest Ave.

CAMARILLO - *Adolfo Camarillo High School, 4660 Mission Oaks Blvd.*

Ventura Fwy. (101 West) to Santa Rosa Road exit in Camarillo. Turn right (North) onto Santa Rosa Road, then turn left on Adolfo Road, and left again on Mission Oaks Blvd. Proceed to the track at the rear of the school.

RIO MESA - *Rio Mesa High School, 545 Central Ave.*

Ventura Fwy. (101 West) to Central Ave. exit in Camarillo. Right (North) onto Central and past the stop sign at Rose Ave. Rio Mesa High School is on the right. Enter the last entrance for track at the rear of the school.

MOORPARK - *Moorpark High School, 4500 Tiera Rejada Road.*

23 Freeway North to Tiera Rejada. Turn left (West) to High School, approximately 2 miles. High school and parking is on right. Track is behind school.

NEWBURY PARK - *Newbury Park High School, 456 N. Reino Road.*

Ventura Fwy. (101 West). Exit Borchard Road. Turn left (West) on Borchard Road and travel about 2 miles. Turn right on Reino Road and go 1/4 mile. School is on the right.

OJAI - Ventura Fwy. (101 West) to 33 North. At 33/150 split, take 33 (Maricopa Hwy.), Nordhoff High School on left.

OXNARD - *Oxnard High School, 3400 W. Gonzales Road.*

Ventura Fwy. (101 West) exit at Vinyard and turn left (West). Go 2 miles and Vinyard becomes W. Patterson. Go about 1/2 mile and turn right on Gonzales. Oxnard High School is about 1/2 mile on your left.

(NOTE: This is not Pacifica High School, which is at 600 E. Gonzales Road.)

HERITAGE VALLEY - *Santa Paula High School, 404 6th St.*

Ventura Fwy. (101 North) to Hwy 126 East to Santa Paula. Exit North on Palm, right on Santa Paula, left on 6th.

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**The Parents' Meeting on
Wednesday, February 10, 2010, is your
opportunity to meet your child's coach
and determine his/her practice schedule.**

GENERAL INFORMATION

Welcome to the Thousand Oaks Flyers Track Club. This handbook is intended to provide you with information to help you and your child have a rewarding and enjoyable experience with the sport of track. If you require any additional information, please contact your coach or one of the board members.

Team Affiliation - The Thousand Oaks Flyers Track Club is a registered team of the non-profit Ventura County Youth Track Conference. The other clubs in this conference are:

Camarillo Cosmos
Newbury Park Panthers
Ojai Roadrunners
Oxnard Stars

Heritage Valley Blazers
Westlake Arrows
Moorpark Striders
Ventura Tigres

Practice - Practice will begin on Tuesday, February 20, 2009. Practices are normally held from 5:00 p.m. to 6:00 p.m. Monday through Friday, although some coaches may choose a three day schedule. Practice is held at the Thousand Oaks High School track. Make sure your child's coach is on the field before leaving your child at practice and pick up your child promptly at the end of practice.

Fees - Your registration fee is used to pay for such items as insurance, equipment, facility usage fees, awards and supplies. The uniform you purchase is yours to keep. *No refunds after the first meet.*

Track Etiquette - Only coaches, athletes and officials who are participating in the events may occupy the field during the meet. *The track may not be crossed anywhere on the home straight.*

Recreational joggers/walkers are not allowed to use the track during our practices or meets.

POST SEASON SOUTHERN CALIFORNIA COMETS TRACK TEAM

Are you interested in going against the best in the nation. You may be one of them. In addition to league competition among the member youth track teams, youth track competition is available through USA Track and Field sanctioned meets. Some of these meets start about the same time as our league meets but typically run 3 to 6 weeks beyond the end of our season. They conclude with the Regional and National Championship meets.

Members of all participating league teams have the opportunity to compete in USAT&F post season meets as individuals or as a member of a USAT&F registered club. To do so you must register with the USAT&F and may then compete as unattached, meaning you are not representing any particular club team, or you may compete as a member of a particular USAT&F registered club. Several league teams have USAT&F membership and there is usually a league team composed of individuals from our league and representing the League as a Super Team.

In order to compete in these meets you must register (usually done on line) with the USAT&F Southern California region you may then compete unattached, the annual fee is \$16.00. Secondary medical insurance and a quarterly newsletter are included in this fee. If you chose to join a USAT&F Club a registration fee and probably a uniform fee will usually be required. In addition, event fees ranging from \$3 to \$6 per event is normal at each meet. The meets are held in Southern California and also throughout the USA.

If you are interested in learning more about competing in USAT&F Meets or joining a USAT&F club please contact Bob McCarter at 805- 495-7363.

CROSS COUNTRY

Youth Cross Country practice starts mid-August. The program, which has fielded many National championship teams, is open to the same age groups as track. For information on the Cross County program, please call (805) 495-7363.

EQUIPMENT

CLOTHING - The Thousand Oaks Flyers uniform (shirt and shorts) must be worn at all meets, but not to practice (except for picture day). Shorts, T-shirts, or tank top, and running shoes should be worn to practice. A sweat suit or warm-up pants and jacket are also recommended at practice and meets to avoid cooling down too quickly after a workout or race.

RUNNING SHOES - Each athlete must provide his or her own running shoes. The shoe you select for your child should be *specifically designed for running* (i.e. no aerobic, multi-purpose or basketball shoes). The cost of shoes can vary greatly. Some of the local merchants offer discounts on shoes and other running gear for Flyers members. If you are new to the program, you may wish to consult with your child's coach before selecting a shoe.

TRACK SHOES - (Spikes) Spikes may improve speed and running form, but are not required. Once your child's events have been determined, discuss with your coach which kind of spikes are best. Certain events and facilities have restrictions on the size and type of spike allowed. Used spikes may be available from other team members who have outgrown them. Spikes are not permitted during the first 2 weeks of practice. *Gremlins and Bantams are not to wear spikes.* When spikes are allowed at practice, they should be treated with extra care. Spikes are only worn for that part of practice that requires them, then removed. A non-spiked shoe must be worn to and from practice. All weather tracks permit only needle spikes 3/16 inch or less.

IDENTIFY YOUR EQUIPMENT - Please label every item with your child's name and telephone number. Spikes should be labeled on the outside heel cup since many others will have the same type shoe.

TEAM SAFETY

There will be up to 250 young people at practice sessions and up to 500 at meets. In order to ensure the safety of all, a few simple rules must be enforced:

1. Shoes must be worn at all times.
2. Spikes may be worn only when authorized by your coach.
3. Throwing any object is prohibited.
4. No climbing of bleachers, fences, etc.
5. Property and equipment must not be defaced.
6. Only athletes, coaches and assistants on track at practice or meets.
7. Look both ways before crossing the track.
8. No alcoholic beverages or smoking on high school grounds.
9. No wheeled vehicles on the track (strollers, bicycles, etc.).
10. No dogs allowed on school property.

PARENT PARTICIPATION

As a member of the Thousand Oaks Flyers, your child will be participating in several track meets. We, the parents, must organize and staff the meets we host. We must also provide assistance for league-wide events, such as JV and Varsity finals. Typically, we will need you to work no more than half-day shifts during each of our home meets and finals. If you find you cannot attend a meet at which you are scheduled to help, you are responsible for finding a replacement.

You committed to help when you registered your child for the team and you will be expected to honor that commitment.

Our coaching staff consists entirely of parent volunteers. If you are able to help during practice for one or more afternoons a week, please contact any of the coaches, we need your help, and it's only for one hour. We provide the necessary training. It is an experience you will find gratifying, and our children will appreciate your assistance.

Your child's coach may schedule a meeting with his or her parents to set practice days and times, choose a team manager, and organize a telephone committee for the team.

MEETS

All meets begin promptly at 8:30 a.m. Your coach will tell you the specific time you are to report to a meet for your child to begin warming up. Most meets will last until midafternoon. Please come prepared, with warm clothing for your child to wear between events, water or juice, and a sack lunch. Directions to away meets can be found on page 7 of the handbook.

AGE GROUP CLASSIFICATIONS - The Flyers is organized into age group teams determined by birth year and further divided into boys and girls teams as follows:

Name		Birth Years
Gremlin	(GG, GB)	2002 - 2003
Bantam	(BG, BB)	2000 - 2001
Midget	(MG, MB)	1998 - 1999
Youths	(YG, YB)	1996 - 1997
Intermediates*	(IG, IB)	1994 - 1995

COMPETITION - Each age group team competes against the same age group teams from opposing clubs. To ensure fair competition, each age group team is divided into both junior varsity and varsity classes. At the end of the regular season, there are separate finals meets for junior varsity and varsity athletes. Varsity standards are established for each event in each age group and gender. An athlete *may* compete in the varsity category, with the coach's approval, if he or she has not met the standard for that event, but *must* enter the varsity category if the standard has been achieved. The final meet of the year is an individual events championship to determine the male and female county champions in each event for each age group.

NUTRITION - The night before a meet, your child should eat a low fat, high carbohydrate meal, such as pasta, salad, and fruit. The day of the meet, carbonated drinks, candy, milk, and heavy, greasy foods should be avoided, as they are hard to digest. Fruit juice, water, diluted Gatorade, and light foods are recommended for consumption during the meet.

* Intermediate participants may not compete in a High School Track Program.

TRACK AND FIELD EVENTS

RUNNING EVENTS

3200 Meter Run
Hurdles
4x100 Meter Relay
1600 Meter Run
400 Meter Dash
100 Meter Dash
800 Meter Run
200 Meter Dash
4x400 Meter Relay

Eligible Age Groups (in order of occurrence)

MG, MB, YG, YB, IG, IB
MG, MB, YG, YB, IG, IB
BG, BB, MG, MB, YG, YB, IG, IB, GG, GB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
BG, BB, MG, MB, YG, YB, IG, IB, GG, GB
BG, BB, MG, MB, YG, YB, IG, IB

Note: Age groups and boys and girls may be combined for some events depending on the number of participants.

FIELD EVENTS

Long Jump GG, GB, BG, BB, MG, MB, YG, YB, IG, IB
High Jump BG, BB, MG, MB, YG, YB, IG, IB
Shot Put IG, IB, YG, YB, BG, BB, MG, MB

EACH ATHLETE MAY COMPETE IN A MAXIMUM OF 4 EVENTS AT EACH MEET, OF WHICH NO MORE THAN 3 CAN BE RUNNING EVENTS.

2010 VARSITY STANDARDS

Event	BOYS				GIRLS			
	Gremlin	Bantam	Midget	Youth/Int.	Gremlin	Bantam	Midget	Youth/Int.
100M	16.7	15.0	13.7	12.2	17.2	15.5	14.2	13.3
200M	36.6	32.2	29.2	25.7	38.0	33.5	30.0	28.3
400M	1:25	1:16	1:08.	59.5	1:28	1:18.5	1:10	1:06
800M	3:20	2:59	2:43	2:27	3:30	3:07	2:53	2:42
1600M	7:14	6:22	5:56	5:28	7:38	6:45	6:21	6:00
3200M	—	—	13:12	12:08	—	—	14:30	13:50
80M HURDLES	—	—	16:0	—	—	—	16.5	—
100M HURDLES	—	—	—	18.0	—	—	—	18.3
HIGH JUMP	—	3'9"	4'5"	5'0"	—	3'7"	4'1"	4'6"
LONG JUMP	9'8"	11'9"	14'0"	16'5"	9'1"	11'0"	12'10"	14'6"
SHOT PUT	—	20'8"	27'0"	32'9"	—	16'5"	23'0"	27'9"

Running events are listed as time in minutes, seconds & 100ths of a second. Field events are measured in feet & inches.