

Thousand Oaks Flyers

2009- Youth / Intermediate Boys

PARENTS: First practice is **Tuesday** February 17, 2009 from 5:00PM to 6:00PM

There will be a parent meeting at 4:30PM on the 17th

LOCATION: TOHS track by the scoreboard

PRACTICES: Please help us by dropping off the players on time for practice at the TOHS track.

Pre-season practices will begin on Tuesday February 17th.

Regular practices will be Monday through Friday from 5:00PM –6:00PM

Basic requirements:

Athletes should attend 3 practices a week.

Boys are required to wear running shoes to participate in practices.

Spikes are not required. They can be worn for certain events such as sprints.

Spikes will not be allowed for the 1st two weeks of practice.

Uniforms will be distributed one week before the 1st track meet.

If someone other than a parent will be picking up your child, please notify one of the coaches in advance.

Have your child bring water to have during practice.

No other drinks are allowed on the football field!

MEET DAYS: Meet days are great days for parents & athletes!

Parents can watch from the grand stands or from the field if they are coaches.

Athletes are allowed to participate in up to four events per meet.

No more than three can be running events.

I encourage the athletes to try all of the events throughout the season.

Athletes choose their events by notifying the coach via email by Thursday.

If an Athlete doesn't choose events by Thursday, I'll choose the events for him.

Athletes must check in to their events by the 3rd time they are called on the PA system.

An athlete will be disqualified from the event if he fails to check in on time.

An athlete can check in to a field event and ask for a postponement.

The field event can be performed later if a track event is occurring simultaneously.

Track events cannot be postponed.

The track events are listed below in the order that they are held.

Field events are interspersed throughout a meet so athletes must pay attention when their event is called on the PA system.

Bring water and snacks for your child to have for meet days.

Track events are shown in the order of occurrence:

Track Events

3200 Meter Run
Hurdles
4 X 100 Meter Relay
1600 meter Run
400 Meter Dash
100 Meter Dash
800 Meter Run
200 Meter Dash
4 X 400 Meter Relay

Field Events

High Jump
Long Jump
Shot Put

FIELD: **Absolutely no smoking, alcohol or pets on the field or stands.**
These are club & high school mandates.
Please help clean up the field and stands after a practice and meet.
You will be notified if a meet or practice is canceled due to weather or other circumstances via email.

EQUIPMENT: For all practices and meets runners must wear running shoes.
Uniforms provided by the league must be worn for meets, (no exceptions).

IMPORTANT DATES: **Tuesday, February 17th, 5 – 6PM, first practice.**
Saturday, March 14th, first meet. Start time 8AM.

The meet schedule & locations are shown below;

March 14, at Ventura, Buena High School
March 21, Host Newbury Park at TOHS
March 28 Host Moorpark at TOHS
April 4, at Ojai, Nordorff High School
April 11 Bye week
April 18, Host Oxnard, at TOHS
April 25, Host Heritage Valley, at TOHS
May 2, JV Finals, at Camarillo High School
May 9, Varsity Finals, at Moorpark High School
May 17, End of Season Picnic at TO Botanical Gardens Park

Directions to the tracks are provided in the booklet that was handed out at registration. The booklet also contains valuable information such as varsity standards, description of athlete equipment and a table to record your son's meet results. It makes for a good memento.

COACHES: Head Coaches: Tim Owens & John Pertessis
Assistant Coaches: Marc Orphanos, David Lopez, Shirley Byrne, Sue DeLaGarza & Ed Gildea

Please let me know in advance if you will miss a practice or meet.
The best way to contact me is via email: tim.owens@ci-systems.com
If you need to call or leave voice message: Cell # 805-416-4081

Please feel free to EM or call to address any questions you may have.
We do ask parents not to ask questions during practices. We only have 1-hour scheduled per practice days and want the coaches to be able to provide maximum attention to the athletes.
I plan to be available at the track 30-minutes before and after practices for Q&A.

What do we need right now??

1. Assistant coaches: Looking for assistant coaches that have experience with Field events. Specifically Long Jump. We plan to allocate more time to work on field event training and coaching this year.

Further league info may be obtained at www.toflyers.org