

# Flying Phoenix Youth Track Club



2019

PARENT PACKET

PLEASE RETAIN THIS PACKET FOR  
THE ENTIRE TRACK & FIELD SEASON

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To: All Parents and Athletes  
From: Flying Phoenix Board

On behalf of the Board of Directors, it is our pleasure to welcome you to the 2019 Track and Field season. Flying Phoenix is a non-profit organization that promotes youth sports (Track & Field and Cross-Country). For your records, our Tax Identification Number is 82-4732289. Our athletes compete in the Southern California Youth Track and Field Conference (SCYTFC) that includes organizations throughout the greater Los Angeles area.

We are so excited to have you join our Phoenix Family. We will strive to educate all children, independent of natural ability, to become familiar with track and field events, improve technically, and gain an increased sense of self-confidence. This mission will be achieved through skilled coaching, hard work, well-balanced events and a positive environment. We encourage our athletes to strive for their best, be supportive to others and most importantly to have fun.

All board members, coaches, and program assistants are volunteers. These individuals work year-round to keep the Flying Phoenix Track Program running. Since this is all done on a volunteer basis, your support and cooperation is CRITICAL for this program to be a success. There are many opportunities where you can make a difference for a program that can change a child's life. We encourage each parent/guardian to participate by helping with the various functions of the program (i.e. coaching, timers, data entry, spiritwear, fundraisers, field event helpers, etc.).

We are providing this Parent Packet to help you understand more about the Flying Phoenix Track Program and our philosophy. It contains information regarding our purpose, participation, expectations, conduct during track meets and useful information concerning parent conduct and safety rules for training.

Please contact the following individuals listed if you have further questions. They can be reached via the email below.

**Founder and President:** Sandy Lanning  
**Head Sprint Coach:** Brian Panariello  
**Head Distance Coach:** Michael Teagardin

Sandy Lanning

2019 President

RISE UP!

Flying Phoenix Track Club: [FlyingPhoenixTrack@gmail.com](mailto:FlyingPhoenixTrack@gmail.com)

## **CERTIFICATION**

Each year we are required to provide our Conference with the following documentation for each athlete in order for them to participate.

**Registration Form, Waiver and Consent Form and Birth Certificate** – These forms should have all been completed and turned in to the President.

**IF PAPERWORK IS NOT COMPLETE THEN YOUR ATHLETE WILL NOT BE ABLE TO PARTICIPATE ON THE TEAM OR COMPETE. This is a requirement of our insurance company. NO EXCEPTIONS!**

## **FUNDRAISING**

Our team keeps the registration fee at a reasonable rate by doing fundraisers throughout the season. Merchandise sales raise funds for the team. In past years, a Lap-a-Thon/bake sale has been a fun way to raise money. If we do a Lap-a-Thon/Bake Sale, the date is yet TBD and would be during one of our regularly scheduled practice days/times. The athletes ask for donations from family, friends and neighbors based on each lap they run. We also encourage all parents to review their employer's benefits programs or corporate donations. Employers may offer matching funds, merchandise donations, time off with pay, and grants to programs in which their employees participate. Every penny we raise through fundraising and employee-matching programs goes to ensuring reasonable fees for parents and first class equipment for the athletes.

## **PRACTICES**

### **Dates and Times**

Practices begin on February 4, 2019 at Canyon High School Track. Practices are Monday, Tuesday, Wednesday and Thursday. 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 will practice Monday, Tuesday, Wednesday and Thursday from 6:00 p.m. to 8:00 p.m. When the meets start, practices will be held on Monday, (Tuesday as requested by Coach), Wednesday and Thursday of each week at the same times mentioned above and the meets will be on Saturdays.

### **Drop-Off and Pick-Up**

Athletes should be brought to the practice field 5 to 10 minutes before practice starts and MUST be picked up promptly at the end of practice (as mentioned below, Gremlin parents are required to stay throughout the practice and all other parents should arrive at 7:30 p.m. in anticipation for pick up). Coaches are responsible for waiting with the athlete until a parent arrives. It is unfair to the athlete and the coach (and the coach's own child/family) to wait for a late parent. You are welcomed and encouraged to stay for practice and observe or help. Having enough volunteers makes practices run much more smoothly and being there can be a good thing for both parent and athlete. Please also note that Parents will not be able to use the track and stands for working out as the entire track will be used by the Athletes.

**ATTENTION GREMLIN PARENTS:** Due to the age of your child, it is **mandatory** that a parent be in attendance during all practices and track meets. No exceptions to this rule unless discussed and approved by the President. Gremlin parents will be required to stay in the stands at all times unless called upon by the Coaches.

### **What to bring to Practice:**

Warm ups / sweat suits should be worn at each practice, even when temperatures have been warm in the daytime. By 8:00 p. m. 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 Canyon High School). 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.

### **Practice Uniform**

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. For the health and safety of your child, a good pair of running shoes (no cross-trainers) should be worn. No jewelry is to be worn. Spikes (excluding gremlins) will be permitted at practices, during limited times under the direct supervision of an authorized coach. Regular running shoes must ALWAYS be brought to practice.

### **Practice Participation**

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 about the situation. While at practice, athletes are expected to participate in the designated workouts for their age group or event under the supervision of a designated coach. They are not to participate in any separate or unofficial workouts on our facilities during practice times without express permission of the Age Group Coach.

### **Distance Policy**

Distance running takes time; lots and lots of time. For this reason, the distance team takes some exceptions to the policies written herein. For example, the distance team always practices Rain, Sleet, Snow, Holidays, Birthdays the Distance team is running! If for some reason there is a safety issue (i.e. Thunderstorm, hazardous air quality) you will be contacted and notified of a cancellation otherwise the Distance team is practicing. Additionally, the Head Distance Coach is always encouraging his athletes to try every event on the track and in the field, yet he insists on choosing his athletes' events and specialty practice schedule. Please note he will make time for everyone's interests. If you have any further questions, please contact Coach Teagardin at [flyingphoenixtrack@gmail.com](mailto:flyingphoenixtrack@gmail.com)

### **Relay Team Policy**

Relay teams are formed based on the following protocol: The athlete's time, if they want to run in a relay, and consistent practice attendance. If they choose to not run on a relay, the athlete with the next best time will be granted the option to run and so on. It is important that if your athlete sign up for a relay that they are at practice on Thursdays and at the meets early to warm-up and practice with his/her team. Since these events are the only team events, we encourage them to work with each other as much as possible. If these expectations are going to be challenge to meet, I recommend not signing your athlete up for a relay. If you have any questions about this policy, please see the President.

### **Rules and Regulations for Conduct of Athletes, Coaches and Parents at Practice**

Rules and regulations for conduct of parents and athletes will be in accordance with those rules and regulations established by the SCYTFC. The Conference and its participating organizations have, as a major goal, presentation of youth track program featuring wholesome competition in an environment beneficial to the participants. **Physical and/or verbal abuse WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES.** Adults or participants unable to display acceptable behavior will be directed to leave the practice and can be removed from the team.

### **Rain - What to do?**

IF IT IS RAINING, THERE WILL NOT BE A PRACTICE! If rain is predicted to fall and you have not received a call remain at Canyon High School with your child until it is certain that there will actually be a practice that day. The bottom line is BE AWARE OF WEATHER CONDITIONS AT ALL TIMES. In the event of practice or a

meet being cancelled, we will contact you by email using the preferred email address indicated on your sign up form and update the website. Please tell a coach or a board member if you did not receive any club emails.

### **Rewards at Practice**

Important notice to parents: We do give jellybeans or Jolly Ranchers at the end of each practice. The sucrose helps muscle recovery after a workout. The amount of jellybeans is from 4 to 6 to each athlete. If this is a problem for your child for any reason (such as diabetes, braces, etc.) please contact your Age Group Coach for an alternative. **WE ARE ALWAYS IN NEED OF DONATIONS AND HELPERS. HELPING DISTRIBUTE CANDY CAN BE USED TOWARDS YOUR VOLUNTEER HOURS.** We would prefer a couple of Gremlin families and a couple of families from the older age groups to have enough coverage to ensure all athletes receive candy. If you sign up for this duty and your athlete is in the older age group, please arrive by 7:30 and

stay until all athletes receive candy. If you will not attend a practice on a particular day, please coordinate with the other family assigned in your group to make sure they will be there

## **SHOES**

### **Running Shoes**

This is the most important piece of equipment an athlete will require for track. Each athlete must have a good pair of running shoes. (Asics, Brooks, New Balance & Saucony are good choices) If choosing a different brand such as Nike, 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! Runners Lane offers a 10% discount if you state the club's name.

### **Spike Shoes**

Spikes are not required but may be used by Bantams, Midgets, Youths and Intermediates. (**Gremlins MAY NOT wear a spiked shoe of any kind**). Coaches can advise the athlete and parent about the need for spikes. Spikes will be allowed for practices when the Age Group Coach gives permission for a specific period during practice and then only under direct supervision. You can purchase the proper size spikes (the inserts) from any local sporting goods store or Runners Lane shoe store. Rules for spikes (size, etc.) may change for each track. Make sure your athlete, if they choose to use spikes, has the correct spike for the track - venues can have different spike requirements. We will have spikes for sale for use on most tracks.

## **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.

## MEET PROCEDURE

**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 usually available at the meet at a concession stand, but it's safest to bring your own food and drink in case they run out of something or they don't have what your athlete likes. On hot days, sun protection and lots of water are vital for the well-being of the athlete. There are a limited number of EZ-Ups set up by the team in the stands at each meet. 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 black 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 designated Flying Phoenix 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

### Track Events (Running)

Running events usually begin at 8:30a.m. Each running event is run in age group order: GG, GB, BG, BB, MG, MB, YG, YB, IG AND IB. Not all age groups run all events! Sometimes age groups will be combined (generally the 3000m, 1500m and Youth and Intermediate).

The order of running events is as follows:

**3000 meter, 100 meter hurdles, 80 meter hurdles, 4x100 meter relay, 1500 meter, 400 meter, 100 meter, 800 meter, 200 meter and 4x400 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 of determining 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 4x400 relay means the athlete will have a long time in between events and you will be at the track for the entire meet.

**Running Events:** Athletes competing in running events must stay in their lane at the finish line until directed to leave by a meet official. Water is available at the finish line for athletes.

**Field events (shot put, long jump and high jump):** Field events are held at different locations near the track oval. 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.

**BOTH ATHLETES AND SPECTATORS NEED TO BE VERY CAREFUL OF WHERE THEY STAND AND WALK DURING A FIELD EVENT.** Being in an inappropriate spot can hinder an athlete's performance and/or get somebody injured. Judges will be very clear and forceful about this. Parents of younger athletes and children need to make sure their athletes and children are in a safe place at all times during the event. 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 2<sup>nd</sup> 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 Canyon High School. Allow a little more time for parking, as there are more people here on meet days. 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. Note: This season (2019) we are exempt from hosting home meets.

**Away Meets:** We will provide the directions for the away meets via email and on the website. 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.



We will need volunteers during away meets. Please see the Volunteer Coordinator or assignments. Please make sure you complete your four (4) hours in order to receive your volunteer refund back.

**Ribbons:** Ribbons are awarded to the top 8 athletes in a running or field event per age group for each boys and girls except for the Gremlin age group in which all participating athletes will receive a ribbon. Ribbons will be distributed the week following each meet at practice. Meet results are posted on the website, usually a day or two after the meet is run.

### **RULES AND REGULATIONS**

Unsportsmanlike conduct is offensive, unethical, or dishonorable in nature. It includes action and/or language that will bring discredit to the individual and his/her Association. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official, and destruction of the facility or any equipment (personal or otherwise) are examples of unsportsmanlike conduct. The penalty for unsportsmanlike conduct is disqualification from further participation in the meet including any event in which the individual is involved or had just completed at the time of the infraction. All events completed prior to the point of disqualification shall stand. Unacceptable conduct includes willful failure to follow the directions of a meet official, rude and/or obnoxious behavior, or criticizing a teammate. The penalty for unacceptable behavior is disqualification from the event if participating in an event. If a non-participating athlete is involved, he/she shall be warned and on a second offense, be disqualified from the meet.

Personal conduct of spectators, officials, parents, coaches and participants must, always, be beyond reproach. Physical and/or verbal abuse WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES. Adults or participants unable to display acceptable behavior will be directed to leave the competition site by the Meet Director and coach. In extreme cases, the meet can be stopped and the police called. All involved individuals are to carefully consider their words and actions. Criticism, aggressiveness and intemperate behavior are all too easily generated by the stress of competition. All parents and participants are expected to maintain a positive atmosphere in all situations.

### **POST-SEASON AND FINALS**

**VARSIITY (LEAGUE) 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 J.V. Finals. EXCEPTION: A J.V. athlete can run in the Varsity Finals only on a relay team that does not have enough Varsity athletes to complete that relay. The J.V. athlete is still able to compete in the J.V. finals. Athletes who qualify for Varsity Finals will be listed on the website and notified by their age-group coach.

**JUNIOR VARSITY (OPEN) FINALS:** All participants that did not qualify for the Varsity Finals. 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. Athletes do not participate in both Varsity and J.V. Finals.

**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)



Mar 11 – May 18 - practice M, W, TH 6:00 p.m. – 8:00 p.m. with Tuesday option as directed by Coach

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**TENTATIVE MEET SCHEDULE (SUBJECT TO CHANGE)**

<b>DATE</b>	<b>MEET 1</b>	<b>Location</b>	<b>Time</b>
<b>MARCH 16</b>	Flying Phoenix & Lane 5 @ Calabasas	Calabasas High School	8:30 am
<b>MARCH 23</b>	Chatsworth Chiefs & FP @ Simi Valley Running Rebels	Royal High School	8:30 am
<b>MARCH 30</b>	Santa Clarita Warriors & Flying Phoenix @ United Track Club	Agoura High School	8:30 am
<b>APRIL 6</b>	Chatsworth Chiefs & Flying Phoenix @ Santa Clarita Warriors	College of the Canyons	8:30 am
<b>APRIL 13,14</b>	<b><i>INVITATIONAL (Oxnard High School Pending)</i></b>		
<b>APRIL 20</b>	Flying Phoenix & Lane 5 @ Chatsworth Chiefs	Chatsworth High School	8:30 am
<b>APRIL 27</b>	Flying Phoenix & Chatsworth Chiefs @ LANE 5	Palmdale High School	8:30 am
<b>MAY 4</b>	<b><i>JV FINALS - Royal HS Pending</i></b>		
<b>MAY 11</b>	<b><i>VARSITY FINALS - COC Pending</i></b>		
<b>MAY 18</b>	<b><i>CCC - Moorpark HS Pending</i></b>		

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