

**SANTA CLARITA VALLEY
ATHLETIC ASSOCIATION
(SCVAA)**



XC PARENT PACKET

SCVAA Warrior Track & Field Website: <https://scvwarriorsrunningclub.org/>
Follow us on Instagram and FB @ SCV Warriors Running Club
Download the **TEAM SNAP** App for quick access to the schedule and important messages.

On behalf of the Board of Directors, it is our pleasure to WELCOME you this season!

SCVAA is a non-profit organization that promotes youth sports (Track & Field, Cross-Country, Football and Cheerleading). For your records, our Tax Identification Number is 23-7094577.

Our athletes compete in the Valley Youth United (YYU) that includes organizations throughout the greater Los Angeles area.

All board members, coaches, and program assistants are volunteers; parents just like you. These individuals work year-round to keep the Warrior Track & Field and XC programs running. Since this is all done on a volunteer basis, your help, support and cooperation is CRITICAL for this program to be a success. There are many opportunities where you can make a difference that can change a child's life.

We are providing this Parent Packet to help you understand more about the Warrior XC Program and our philosophy. It contains information regarding our purpose, participation, expectations, conduct during meets, and safety rules for training.

Warriors Running Club - Roles and Positions

Director, Cross Country - Neil Tokuhara

Head Coach XC and Distance - Chelsea Griswold

Head Coach Sprint - Caitlyn Smith

Treasurer- Jenn Tokuhara

2025 Warriors Tentative XC Calendar

May 23 July August 4	Registration opens Parent Meeting @ OO2 Clubhouse Registration Closes	Practice Locations: Central Park, Duane Hart Park, Valencia Glen Park and COC
Monday 8/4 Week of 8/4-10 Saturday 8/9	First Day of Practice Weekly practice Mon, Tue, Thurs, Saturday Weekly Social Event: Team scavenger Hunt and Popsicles Saturday Practice: Run on your own	
Week of 8/11-17 Saturday 8/16	Weekly practice Mon, Tue, Thurs, Saturday Team Beach Day @ Carpinteria State Beach	
Week of 8/18-24 Saturday 8/23	Weekly practice Mon, Tue, Thurs, Saturday Weekly Social Event: Team Tie-Dye Saturday: Team Time Trial @ Central Park, plus Donuts and Chocolate milk	▼
Week of 8/25-31 Saturday 8/30	Weekly practice Mon, Tue, Thurs, Saturday Weekly Social Event: Ice Cream Social Saturday Practice: Donuts and Chocolate milk @ Central Park	
Week of 9/1-9/7 Monday 9/1 Friday 9/5 Saturday 9/6	Weekly practice Tue, Thurs, Saturday No Practice Monday for Labor Day - run on your own Team Pre-Race Pasta Feed and Pep Rally Tentative: Meet #1 @ O'Melveny	
Week of 9/8-9/14 Saturday 9/13	Weekly Social Event: Water Games Night Tentative: Meet #2 Valley United Invitational @ Central Park	
Week of 9/15-9/21 Saturday 9/21	Weekly practice Mon, Tue, Thurs, Saturday Weekly Social Event: Relay games Tentative: Meet #3 Conference Meet @ Griffith Park	
Week of 9/22-28 Saturday 9/27	Weekly practice Mon, Tue, Thurs Weekly Social Event: Drawing Challenge Tentative: Meet #4 Conference Meet @ Pelona Vista Park	
Week of 9/29-10/5 Saturday 10/4	Weekly practice Mon, Tue, Thurs, Saturday Weekly Social Event: Races Tentative Meet #4 Conference Meet @ Pierce College	
Week of 10/6-12 Sunday 10/12	Weekly practice Tue, Thurs, Saturday- Run on your own monday: Fall Break Weekly Social Event: Surprise Event Tentative Meet #5 Free Spirit Condor @ Mt. Sac	
Week of 10/13-19 Saturday 10/18	Weekly practice Mon, Tue, Thurs, Saturday Weekly Social Event: Shirt Signature Night Tentative: Meet #6 Conference Championship @ Central park	
TBD	Week of 10/20 Team Award night @ Meadows Park 5:30-7:30pm	
Post Season:	November: SCA Association Championship Qualifier @ TBD November: Region 15 Championship Qualifier @ TBD December: USATF @ TBD	

AGE GROUPS

Age Group	Age	Year of Birth	Race Distance
Sub-Gremlin	5-6	2019-2020	2K (1.24 miles)
Gremlin	7-8	2017-2018	2K (1.24 miles)
Bantam	9-10	2015-2016	3K (1.86 miles)
Junior	11-12	2013-2014	3K (1.86 miles)
Youth	13-14	2011-2012	4K (2.48 miles)
Intermediate*	15-16	2009-2010	4K (2.48 miles)

*Note: Athletes who compete on a High School Team are NOT ELIGIBLE.

PRACTICES

Practice Information

We practice from 6:00 p.m. to 7:30/8:00 pm, however as daylight fades, we shift our start time up earlier for safety. Athletes will be sorted into training groups based on speed. This is to ensure the safety of our athletes. Athletes may move up in groups based ONLY on actual race performance. Please be sure athletes come with ample water and in proper running attire.

Attendance

It is important for an athlete to attend at least 2 practices a week. If an athlete is unable to attend due to illness or other reasons please contact your coach.

Drop-Off and Pick-Up

Athletes should be brought to the practice field 5-10 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 ensure your athlete uses the bathroom before practice begins.

ATTENTION SUB & GREMLIN PARENTS: Due to the age of your child, it is **mandatory** that a parent be in attendance (in the stands or at the meeting point) during all practices and meets. No exceptions to this rule unless discussed and approved by the Directors.

Rain - What to do?

If it is raining, practice will most likely be canceled. We will communicate with you via our Teamsnap app if this happens. If rain is predicted to fall during practice, remain at the practice with your child in case practice is canceled mid-way.

Candy at Practice

We distribute jelly beans, jolly ranchers 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!

COMMUNICATION EXPECTATIONS

We use the TeamSnap app as our primary method of communication. It is each parent's responsibility to regularly check the app, read weekly emails, and stay up to date on practice and race schedules. Coaches are here to support your athlete, but they will not be responsible for tracking down individual athletes. Please make sure your child arrives on time and is ready to warm up for races.

As a reminder, all of our coaches are volunteers generously giving their time. Communication within the app is visible to all and should remain respectful and appropriate at all times. If you have a question or concern, please reach out directly to Head Coach Chelsea or Program Director Neil rather than addressing it publicly in the app. Clear and direct communication helps ensure a smooth and positive experience for everyone involved.

VOLUNTEER OPPORTUNITIES

All board members, coaches, and directors are volunteers. These individuals work year-round to keep the Warrior Track & Field/XC 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 volunteer service is completed. We ask for you to volunteer at a MINIMUM of TWO events this season (this could be a social event, meet or practice). Sign ups for these will be on our Teamsnap app.

SHOES & CLOTHING AT PRACTICES

Running shoes are 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. Also, encourage your child to tighten the laces so that the shoe is snug, but not tight on the foot. ABSOLUTELY NO basketball shoes, high tops or skate shoes will be allowed!

CLOTHING

Athletic attire should be worn to practice. Boys' and girl's shirts must remain on during practice. Wearing a sports bra as a top for girls is not allowed. Underwear may not extend below the bottom of the running shorts. If an athlete comes in attire that breaks our dress code rules they will be asked to sit out or change their clothes.

INJURIES

It is natural for your athlete to have sore muscles for the first few practices. It is not natural to be sore for 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. 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.

REFUNDS

If, for any reason, your child wishes to withdraw from the SCVAA Warriors Running Club, the following refund schedule will apply.

Withdraw prior to August 10th	\$175 Refund
Withdraw August 10th to August 31st	\$100 Refund
Withdraw after September 1st	No Refund Issued

MEET PROCEDURE

The Day of the Meet: Be sure to bring the athlete's complete uniform, including sweats, shoes, 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 - black, white or maroon with no visible logo. Any athlete 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 race, unless otherwise noted. Check with the coaches for age group warm-ups held during the meet.

ORDER OF EVENTS

Meets usually begin at 8:30 a.m. with each event starting as the previous race concludes. The order of running events is as follows:

1. Girls 8U
2. Boys 8U
3. Girls 9-10
4. Boys 9-10
5. Girls 11-12
6. Boys 11-12
7. Girls 13+
8. Boys 13+

POST-SEASON AND USATF NATIONALS

The Warriors are part of the Valley Youth United Conference. Throughout the season based on race placement, athletes will be ranked in our conference. Conference rankings are fluid and continue to change after every meet based on placement in races in comparison to other athletes in our conference. These individual "rankings" will be used to determine who is eligible to be part of the Post-Season VYU team which is essentially the conference "All-Star" team. 1-8 in each division are the first to be asked to continue on to the postseason. Postseason is optional and the tentative schedule is as follows:

November : SCA Association Championship Qualifier @ TBD

November : Region 15 Championship Qualifier @ TBD

December/January: USATF @ TBD

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 already been completed online. All athletes must have a birth certificate on file in order to compete. NO EXCEPTIONS!

FUNDRAISING

Our team keeps the registration fee at a reasonable rate by doing fundraisers and selling merchandise and spirit wear. We gladly welcome volunteers to help us collect sponsorships from businesses in the community to support our athletes. 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 and facilities for the athletes.

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.

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 VYU Conference. The Conference and its participating organizations have, as a major goal, presentation of a 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.

Three “Strike Policy”

To maintain a positive, respectful, and safe environment for all athletes, coaches, and families, the following 3-strike disciplinary policy applies to both **athletes and parents/guardians**:

Step 1: Verbal Warning: A verbal warning will be issued to the athlete or parent/guardian for inappropriate behavior. The incident will be documented and shared with all parties involved. This includes, but is not limited to:

- Disrespectful or disruptive behavior toward coaches, officials, teammates, or other parents.
- Inappropriate language
- Poor sportsmanship
- Failure to follow team rules or expectations

Step 2: Removal from Event: A second violation will result in removal from the current and/or next scheduled meet or team event. A meeting will be held with the athlete, parent/guardian, and coaching staff to discuss the issue.

- For athletes: They will not be allowed to participate in the next race or event.
- For parents: They may be restricted from attending future meets or practices.

Step 3: Removal from Team: A third offense will result in immediate removal from the team for the remainder of the season. No refund will be issued upon dismissal.

Note: Coaches and staff reserve the right to escalate consequences in cases of serious misconduct, including but not limited to threats, harassment, or behavior that compromises safety or team integrity. By joining the team, both athletes and parents agree to uphold this policy and support a positive athletic environment.