

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



## **XC PARENT PACKET**

**SCVAA Warriors Running Club Website:** <https://www.scvwarriorsrunningclub.org>

**Follow us on Facebook:** SC Warrior Track & Field

Download the TeamSnap App for quick access to the schedule and important messages.

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

SCVAA is a nonprofit organization that promotes youth sports, including Track & Field, Cross Country, Football, and Cheerleading. Our Tax Identification Number is 23-7094577.

Our athletes compete in Valley Youth Conference (VYC), which includes organizations throughout the greater Los Angeles area.

All board members, coaches, and program assistants are volunteers dedicated to supporting youth athletics. These individuals work year-round to keep the Warriors Track & Field and Cross Country programs running successfully. Because the program is volunteer-driven, parent support and involvement are essential to creating a positive experience for all athletes.

This Parent Packet is intended to help families better understand the Warriors XC Program, including our philosophy, participation expectations, meet procedures, athlete conduct expectations, and safety guidelines for training. This packet is informational in nature and does not replace official registration forms, waivers, league rules, or organizational policies.

### **Warriors Running Club – Roles and Positions**

- Director, Cross Country – Robyn Stanton
- Head Coach, XC & Distance – Chelsea Griswold
  
- Volunteer Coordinator – Deena Kernan
- Spirit Wear Coordinator – Briana Boden

### **Age Groups**

<b>Age Group</b>	<b>Age</b>	<b>Race Distance</b>
Sub-Gremlin	5-6	2K (1.24 miles)
Gremlin	7-8	2K (1.24 miles)
Bantam	9-10	3K (1.86 miles)
Junior	11-12	3K (1.86 miles)
Youth	13-14	4K (2.48 miles)
Intermediate*	15-16	4K (2.48 miles)

\*Age divisions and birth years are subject to current VYU and/or USATF eligibility guidelines.

\*Note: Athletes who compete on a high school team may not be eligible to participate in accordance with conference and league rules.

## Practices

**Practice Information:** Practices are generally held from 6:00 p.m. to 7:30/8:00 p.m. As daylight changes throughout the season, practice times may be adjusted for athlete safety.

Athletes may be grouped by age, experience level, conditioning, race performance, and coach evaluation to support safe and appropriate training. Placement within training groups is determined at the discretion of the coaching staff.

Please ensure athletes arrive with adequate water, appropriate running shoes, and proper athletic attire.

**Attendance:** Athletes are encouraged to attend at least two practices per week to support safe conditioning, skill development, and team participation. If an athlete is unable to attend practice due to illness or other circumstances, please notify the appropriate coach.

**Drop-Off and Pick-Up:** Athletes should be brought to the practice area approximately 5–10 minutes before practice begins. Parents/guardians are expected to pick athletes up promptly at the conclusion of practice. Repeated late pickup may result in participation review. Athletes should not leave the practice area without parent/guardian permission.

**Attention Sub-Gremlin & Gremlin Parents:** For Sub-Gremlin and Gremlin athletes, a parent/guardian or approved responsible adult must remain onsite during all practices and meets.

**Rain - What to do?:** In the event of rain or unsafe weather conditions, practice may be canceled or ended early. Updates will be communicated through the TeamSnap app whenever possible. Parents/guardians should remain accessible and prepared for early pickup if weather conditions change during practice.

**Snacks at Practice:** Occasionally, post-practice snacks may be provided. Parents/guardians are responsible for informing coaches of any food allergies, dietary restrictions, medical conditions, or other health concerns that may affect participation.

Ingredient information for donated snacks may not always be available. Families are encouraged to provide their own snacks when necessary.

**Running Shoes:** Proper running shoes are one of the most important pieces of equipment for athlete safety and injury prevention. Families are encouraged to provide athletes with properly fitted running shoes appropriate for running activities.

Common running shoe brands include Asics, Brooks, New Balance, Nike, and Saucony; however, specific brands are not required. Shoes that create safety concerns or are not appropriate for running activities may not be permitted during practice or competition.

**Clothing:** Athletes should wear appropriate athletic attire that provides adequate coverage, allows safe participation, and is suitable for weather and training conditions. For athlete safety and team expectations, shirts/tops must remain on during all practices and team activities. Coaches and staff reserve the right to address attire that may create safety concerns or interfere with participation.

## Communication

TeamSnap is our primary method of communication. Parents/guardians are responsible for regularly checking TeamSnap and email communications for schedule updates, practice information, meet details, and program announcements. Clear and respectful communication is expected from all athletes, parents/guardians, coaches, and volunteers at all times.

## Volunteer Opportunities

All board members, coaches, and directors are volunteers dedicated to supporting the Warriors Track & Field and Cross Country programs. These individuals work year-round to help provide a positive and successful experience for our athletes and families.

Because our program is volunteer-supported, family involvement is an important part of the season. To encourage volunteer participation, a \$300 volunteer deposit will be collected at registration and refunded at the end of the season upon completion of the required volunteer service hours.

Each family is asked to complete a minimum of five (5) volunteer hours during the season. Volunteer opportunities may include meet support, team events, fundraising assistance, equipment setup, concessions, and other program needs.

Volunteer sign-ups and scheduling will be communicated through TeamSnap and SignUpGenius.

## Refunds

If a family chooses to withdraw from the Cross Country program, the following refund schedule will generally apply. Refund requests must be submitted in writing to program leadership.

Withdraw 1 week after first practice	100% Refund
Withdraw 2 weeks after first practice	50% Refund
Withdraw after two weeks	No Refund Issued

\*Certain fees, league costs, uniform expenses, processing fees, or other non-recoverable expenses may be non-refundable. Refund requests may be reviewed on a case-by-case basis in extenuating circumstances.

## **Meet Procedures**

Families should ensure athletes arrive prepared for competition with their complete uniform, appropriate footwear, weather-appropriate clothing, hydration, snacks, and any necessary personal or medical items.

Limited shade structures and concessions may be available at some meet locations; however, availability is not guaranteed. Families are encouraged to bring their own supplies as needed.

Please allow adequate time for parking, check-in, warm-up procedures, and locating the appropriate team or age-group coach.

**Uniform:** Athletes are expected to comply with conference and team uniform requirements during competition. Uniform guidelines, including approved underlayers or additional apparel, are subject to conference rules and may vary by meet. Athletes who do not meet uniform requirements established by the conference or event officials may be restricted from participation in accordance with league rules.

**Event Name Tags:** Athletes must check in with the team upon arrival at the meet to receive any required participation tags, instructions, or event information. Families are encouraged to arrive early enough to complete check-in and pre-race procedures before scheduled events begin.

**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. Gremlin Girls
2. Gremlin Boys
3. Bantam Girls
4. Bantam Boys
5. Junior Girls
6. Junior Boys
7. Youth/Intermediate Girls
8. Youth/Intermediate Boys

## **Post-Season and USATF Nationals**

The Warriors participate in the Valley Youth United (VYU) Conference. Throughout the season, athlete placements and race results may be used to evaluate eligibility for postseason competition opportunities.

Conference standings and rankings may change throughout the season based on race participation and results. Postseason participation and team selection are determined in accordance with conference guidelines, athlete eligibility requirements, coach evaluation, sportsmanship expectations, and roster availability.

Athletes who rank among the top finishers within their division may be considered for invitation to postseason competition opportunities, including VYU postseason teams and qualifying meets.

Postseason participation is optional. Event dates, locations, eligibility requirements, and schedules are subject to change.

### **Tentative Postseason Schedule**

- November: Association Championship Qualifier – TBD
- November: Region Championship Qualifier – TBD
- December: USATF Finals – TBD

### **Certification**

Conference and league participation requirements may include registration forms, waivers, consent forms, proof of age, and other eligibility documentation.

Families are responsible for submitting all required documentation prior to participation in competition. Athletes who do not meet conference eligibility or documentation requirements may be restricted from participation until requirements are satisfied.

Families needing assistance with documentation should contact program leadership.

### **Fundraising**

Fundraising and sponsorship support help offset program expenses and assist in maintaining reasonable registration fees, equipment, and team resources.

Families may have opportunities throughout the season to participate in fundraising activities, sponsorship outreach, merchandise sales, employer matching programs, or other program support efforts. Participation in fundraising activities is appreciated but may vary by family availability and program needs.

### **Injuries**

Parents/guardians are responsible for informing coaches of any injuries, medical conditions, allergies, medications, physical limitations, or activity restrictions that may affect an athlete's participation. If an athlete becomes ill, injured, or unable to safely participate during practice or

competition, coaches may remove or limit the athlete's participation and contact a parent/guardian as appropriate.

The Warriors coaching staff are not medical professionals and do not provide medical diagnosis or treatment. Families should consult a licensed healthcare provider regarding any injury, illness, medical concern, or return-to-play decision. Athletes are encouraged to arrive prepared for activity with appropriate footwear, athletic attire, hydration, and any necessary medical items.

Participation decisions related to athlete safety, supervision, and program expectations remain at the discretion of the coaching staff and program leadership.

## **Conduct Expectations for Athletes, Parents, Coaches, and Spectators**

The Warriors Running Club and the VYU Conference are committed to providing a safe, respectful, and positive environment for all participants.

All athletes, parents/guardians, coaches, volunteers, officials, and spectators are expected to demonstrate appropriate sportsmanship, respectful communication, and behavior that supports the safety and well-being of all participants during practices, competitions, team events, and related activities.

Examples of conduct concerns may include, but are not limited to:

- Disrespectful or disruptive behavior
- Inappropriate or abusive language
- Failure to follow team, facility, or event expectations
- Unsafe behavior
- Harassment, intimidation, or bullying
- Conduct that interferes with the operation, safety, or positive environment of the program

Program leadership, coaches, meet officials, and conference representatives may address conduct concerns in accordance with team policies, conference rules, and the circumstances involved.

Individuals whose behavior creates safety concerns, significant disruption, or repeated conduct issues may be asked to leave an activity or may face restricted participation as determined by program leadership.

## **Disciplinary Guidelines**

To support a positive and development-focused team environment, the Warriors program may use progressive discipline when addressing conduct concerns involving athletes or parents/guardians.

Possible responses to conduct concerns may include:

1. Verbal reminder or warning
2. Parent/guardian communication or meeting
3. Temporary removal from an activity, practice, or meet
4. Behavioral agreements or participation conditions
5. Suspension or removal from program activities when deemed necessary by program leadership

The response to any conduct concern will depend on the nature, severity, frequency, and circumstances of the behavior involved.

Program leadership reserves the right to address serious misconduct immediately, including situations involving threats, harassment, unsafe conduct, discrimination, bullying, physical aggression, or behavior that jeopardizes participant safety or the integrity of the program.

Participation restrictions, suspension, or removal from the program may occur when leadership determines such action is appropriate for the safety and well-being of athletes, families, staff, or the organization.

Refund eligibility following disciplinary action, suspension, or removal from the program will be determined in accordance with program policies and the circumstances involved.

By participating in the program, athletes and families acknowledge their responsibility to contribute to a respectful, safe, and supportive team environment.