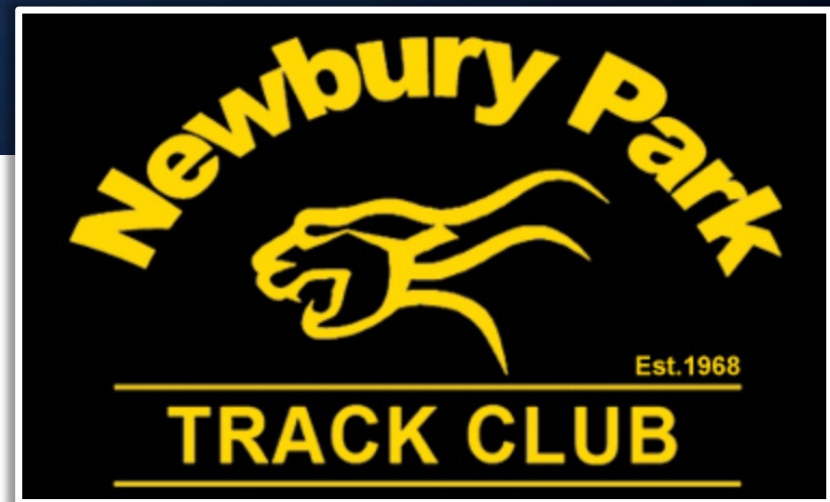


Newbury Park Track Club Parent Orientation Meeting

January 18, 2024

6:30 PM



About NPTC

- Founded in 1968
- Member of the Ventura County Youth Track Conference (VCYTC)
 - Ventura Tigres
 - Camarillo Cosmos
 - Heritage Valley Blazers
 - Ojai Road Runners
 - Thousand Oaks Flyers
 - Moorpark Striders
 - Oxnard Stars
 - Gold Coast
- 100% run by volunteers
 - Board of Directors
 - Coaches
 - Meet operations
 - Miscellaneous administration

NPTC 2024 Board of Directors

Position	Representative
President	Christy Healy
Vice President	<i>*OPEN POSITION*</i>
Treasurer	Steve Shearer
Secretary	Kyle McIntosh
Conference Representative	<i>*OPEN POSITION*</i>
Head Coach Track and Field	Ted Barnes
Head Coach Cross Country	Koby Reynolds
Director of Operations	Matt Greding
Director of Volunteers	Elise Baumann
Director of Apparel	Carolyn Bernardino
Director of Communications	Evan Mackay
Director of Registration	Lauren Muskat

NPTC 2024 Coaches

Age Group		Coach
Gremlin; 8U Ages 7 – 8; 2016 – 2017	Girls	Kim Evans
	Boys	Damon Derrick
Bantam; 10U Ages 9 – 10; 2014 – 2015	Girls	Cat Polimeni
	Boys	Nathan Hamilton
Mid; Junior; 12U Ages 11 – 12; 2012 – 2013	Girls	Mike Dyczkiewycz
	Boys	<i>*OPEN POSITION*</i>
Youth/Intermediate; 14U/16U Ages 13 – 16; 2011 – 2008	Girls	Patrick Watson
	Boys	Mark Mahone

Specialty	Coach
High Jump	Mike Schuyler
Hurdles	<i>*OPEN POSITION*</i>
Shotput	<i>*OPEN POSITION*</i>
Long Jump	<i>*OPEN POSITION*</i>
Distance	Alavi Konkader

Volunteer Information



2024 Volunteer Shift Sign Ups

- **Volunteer Commitment**

- 3-shift obligation
 - \$200 volunteer check per family
 - Due first week of practices to your coach or a board member
 - Destroyed upon satisfaction of volunteer commitment; cashed if commitment is not met
- 2 options for meeting obligation
 - Individual Shifts
 - Approximately 2 – 3 hours or half of a meet
 - Shift sign-ups will be via signupgenius.com
 - Full-season Assignment

- **For more information**

- [Volunteer Information Document](#)
- Director of Volunteers: Elise Baumann at volunteer.nptc@gmail.com

Code of Conduct + Etiquette

- **Code of Conduct**

- In order to ensure safety and a positive experience for all, parents, athletes & volunteers must adhere to the following:
 - Demonstrate respect for teammates, opponents, coaches, and officials.
 - Come prepared and on time for practice and meets.
 - No hitting, rough housing, or violation of personal space will be tolerated.
 - Throwing objects is prohibited.
 - No climbing of fences, bleachers, or equipment.
 - Property and equipment must not be defaced.
 - Alcoholic beverages and tobacco are prohibited.
 - Swearing is prohibited.
 - Only Newbury Park Track Club staff, coaches, and athletes are allowed on the track during practice.

- **Track Etiquette**

- Only coaches, assistant coaches, and athletes are allowed on the field
- Safety considerations
- With the exception of water, food & drink are prohibited
- Overall cleanliness

Attire + Preparedness

- **Clothing and Shoes**

- Practices
 - Comfortable workout clothing and layers
 - Running shoes or general purpose sneakers
 - Local retailers: Big 5, Dick's, Camarillo Outlets, or specialty stores such as Roadrunner Sports and Future Track
 - See last slide for information on Roadrunner Sports "Team Night"
- Meets
 - Uniforms – see next slide
 - 3/16" pyramid (not needle) spikes are optional for Bantam (9-10) and older; otherwise running shoes or general purpose sneakers

- **What else to bring?**

- Labeled gear bag
- Labeled water bottle
- Sunscreen

Uniforms

Uniforms are required to participate in meets. If you have a uniform that matches the styles shown below, you do not need to purchase a new one.

- **Options**

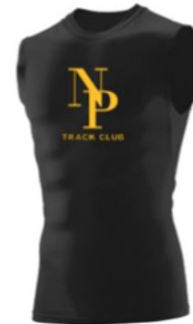
- Compression - \$28 per piece



MEN'S



GIRLS'
& WOMEN'S



- Loose-Fitting - \$25 per piece



Uniforms

- **How to purchase**
 - Online at: [BK Sports NPTC Uniforms](#)
- **Things to know**
 - Once purchased, uniforms cannot be returned or exchanged
 - To try on, visit BK Sports at 3773 Old Conejo Road in Newbury Park during open hours
 - Mon – Fri: 10 AM – 6 PM
 - Sat: 9 AM – 4 PM
 - Sun: 11 AM – 2 PM
 - Call with any questions: (805) 499-4244
- **Other apparel items**
 - BK Sports
 - Mitch with Relay Apparel – present at all home meets

Practices

- **Location**
 - Newbury Park High School
 - Enter at GATE 11 (large gate next to ticket booth) on Lesser Drive
 - Plenty of parking on street and NPHS parking lot
- **Schedule**
 - Scheduled start date is February 5; dependent on high school soccer playoffs
 - Track reserved Monday, Tuesday and Thursday from 4:45 – 6:30 PM; specific practice times are determined and communicated by age-group coaches
- **Items to note**
 - Rainy day practices
 - Lacrosse net
 - Checking in with your coaches
 - On-time drop off and pick up
 - Checking for belongings

Meets

Schedule

Date	Match-Up	Location
March 9	Moorpark	@ Newbury Park
March 16	Thousand Oaks	@ Thousand Oaks
March 23	Camarillo	@ Newbury Park
March 30	Ojai and Gold Coast	@ Newbury Park
April 6	BYE WEEKEND – NO MEET	
April 13	Oxnard	@ Oxnard
April 20	Heritage Valley	@ Heritage Valley
April 27 – JV Meet	Camarillo, Moorpark, Ojai, & Gold Coast	@ Newbury Park
May 4 – Varsity Meet	All Clubs	@ Camarillo
May 11 – Super Varsity	SCYTFC/VCYTC	TBD

Meets

- **Running Events**

- 3200 (ages 11+)
- Hurdles (ages 11+)
- 4x100 relay
- 1600
- 400
- 100
- 800
- 200
- 4x400 (ages 9+)

- **Field Events**

- Long jump – open to all ages
- High jump – (ages 9+)
- Shotput – (ages 9+)

- **Event Limits**

- 8U – 14U: 4 events of which no more than 3 may be running
- 15 – 16: 4 events of any variety
- Exception: 4x400 does not count towards limit total
- Over-eventing will result in a DQ in all events

Athletes are encouraged to try everything! Athletes who compete in all eligible events at least once throughout the season will be presented with a Warrior Award.

Meets

- **Meet-Day Schedule**

- Meets start at 8:00 AM with first event commencing at 8:30, unless otherwise noted
- Events are always in the same order, but times are not scheduled
- Calls for events
 - Announced over PA
 - 1st, 2nd, 3rd and final call
- Running events take priority over field events
- Meets typically end between 1:00 and 3:00 PM

Finals + Championships

- **JV Meet**
 - May only participate in events for which you did NOT qualify for Varsity meet
 - Must have competed in event at least once during regular season
 - Event limits apply
- **Varsity Meet**
 - Based on results from regular-season meets
 - Top 9 for laned and field events
 - Top 12 for non-laned running events
 - 800, 1600, 3200
 - Event limits apply
- **Super Varsity Meet**
 - VCYTC vs. SCYTFC
 - Qualification based on results at conference championships

Wrap Up

- **Key Dates**
 - Season start – February 5
 - Last day to drop and receive a refund – February 20
 - Regular season meets – March 9
- **Things to remember**
 - Submit your volunteer check
 - Athletes missing volunteer deposits will not be allowed to participate in practices or meets
 - Upload birth certificate(s) – required for all new athletes
 - Order uniform(s)
 - Sign up to volunteer
- **Items of note**
 - Updates will be communicated via email
 - Coaches will reach out (make sure we have a correct email address)
 - Visit our website: nptrackclub.org or check Facebook: NP Track Club



YOUR SEASON KICKOFF

Invite Your Family, Friends & School



Newbury Park Track Club Gear-Up & Fundraiser

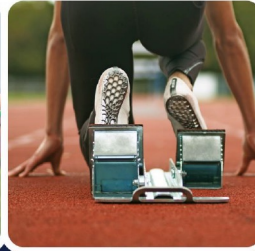
Saturday, January 20th

10:00am-7:00pm

Sunday, January 21st

10:00am-6:00pm

Make sure to mention NPTC at checkout



SAVE MONEY

Enjoy a 10% team discount! *



SUPPORT YOUR TEAM

10% of sales are donated to your team so invite people!



FIND YOUR PERFECT FIT

Your best season starts with a **FREE** Perfect Fit Zone fitting.

*Some exclusions may apply, see store for details.



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