

NPTC Mandatory Parent Meeting notes, Feb. 10, 2010 @ 7:00 PM at Sequoia Middle School

Welcome by Matt Cox, NPTC 2010 season President

A little history of NPTC – Current roster is at 260 with a conference maximum of 275, and we expect to sign all 275
NCAA '08 M&W participation rates – **running 36%** (112.6K), football 20%, baseball 15%, soccer 14%, basketball 10%, lacrosse 5%
NPTC Vision – We exist to . . .

Provide a community based Track and Field youth sports organization which promotes basic fitness through exercise, teaching T&F skills, encouraging proper diet, promoting teamwork, celebrating personal victories, and to have fun by creating a memorable experience. Ultimately, NPTC hopes to foster a focus and commitment to health and fitness and promote running as a lifestyle. Mastering Track and Field skills provides foundational athletic abilities that are complementary to all sports.

Introduction of the 2010 Board of Directors:

Records Officer – Ron Clemen	Volunteer Coordinator – Abe Samuel	Secretary – Maryellen Sebold
Treasurer – David Glienke	VCYTC Conference Rep – Jan Cox	Operations Director – John Merrill
Vice President – Steve Sipes	Head Coach – Tracy McKeown	President – Matt Cox

Key Messages:

- We are offering Panther Gear for sale – see Jan Cox
- Fundraising opportunities exist – John Merrill to cover in more detail
- VCYTC requires all coaches to sign a background check authorization form – the BOD will police this policy
- Greater emphasis on parent volunteering - it's your responsibility to fulfill your volunteer commitment
- Varsity Marks and Personal Bests; praise your athlete's achievements and refrain from immediate criticism - wait a day
- NPTC is a non-profit, 100% volunteer organization – nobody is paid, so please be patient and appreciate your coach's service
- Partnership with SCYTFC offers greater opportunities for competition, and now a direct path to Junior Olympics

What to expect at Practices:

Depending on your coach, practices start at 4:30PM or 5:30PM and last one hour – Posted at www.nptrackclub.org

Please don't double park on Lesser Road for drop off or pick up

Please be prompt at pick up - don't expect the club to baby sit your children – We don't leave until all kids have been collected
Make sure your athlete has had a snack and bring water – coaches to cover in more detail

Only water is allowed on the track & field – it is school policy. **NO FOOD, SODAS OR CHEWING GUM ALLOWED!**

This is a sports based program, effort is required, your children will be tired after practice, please encourage your children to fully participate & follow the coaches directions for maximum effectiveness.

If you need to pick up your athlete early, please inform your team's Head Coach or Asst. Coach

Have your athlete dressed appropriately for the weather - If it's raining, practice is cancelled! Check www.nptrackclub.org

Athletes should wear comfortable clothes for practices (not the club uniform) – coaches to cover in more detail

The one exception is team photo day, Thursday, March 18 at 4:30 PM for the entire club – all teams

Ensure proper foot ware

Importance of a proper fit to ward off repetitive injuries and to promote long term comfort

Encouraged to find a store that offers specialized fitting experts for running sports

Introduction of Newbury Park Roadrunner Sports representative: **Deb Klein**

Shoe Clinics (ShoeDog) for NPTC parents / athletes & description of the discounts for active NPTC families

What to expect at Track Meets:

Monitor www.nptrackclub.org for last minute meet postponements or cancellations due to in climate weather

Coaches will cover where their team will meet, nutrition before, during and after the meet and other athlete preparations

T&F meets are a bit of a 3-ring circus – organized chaos – requires approx 140 people to run an effective meet

Look for our Volunteer Coordinators – Abe Samuel and Nancy Cummings

Each family is required to provide a minimum of 3 volunteer assignments or the \$100 deposit will be forfeited

Once your family's volunteer commitment is fulfilled, the deposit check is shredded – **it will not be returned to you**

Please watch your kids from the stands or behind the fence – please stay off the track & field unless assigned as a volunteer

Only water is allowed on the track & field, no Gatorade, coffee, pizza or sunflower seeds

Please promote sportsman like conduct and be a role model for our athletes

Meets start at 8:30 AM and run until mid-aftn – please be mindful that coaches & meet coordinators are there all-day too

If you have a question or an urgency please seek out a NPTC Board Member / Meet Directors – Yellow ball caps

Help get your athletes to their coaches / staging when First Call, Second Call, Third and Final Call are announced

If you must leave before your athlete's scheduled event, please tell the Head Coach or the Asst. Coach

Meet Vision:

The athlete's marks must be fair and accurate. The meet should have good pacing – timing between running events & on-going parallel field events. The athletes need to have fun competing and everything we do enables good preparation.

Announcements:

- First Practice begins on Tuesday, Feb 16, 2010. Coaches will cover this in greater detail
- Last day to drop and receive a full refund is Tuesday, March 9, 2010. Must email request to the club's Treasurer
- Registration will close upon reaching 275 athletes – only days away
- First meet of the season with the Moorpark Striders, Saturday, March 20, 2010 at 8:30 AM at NPHS

Introduction of the NPTC's 2010 track and field season Head Coaches / break out into individual teams:

GG – David and Jennifer Glienke

GB – Lisa Jones and Jill Teehan

BG – **Open**

BB – Michelle Darden

MG – Brenda Bordagaray and Steve & Linda Smith

MB – Jay and Dennise Wood

Y/IG – Amy Grandpre

Y/IB – Jack Nosco and Derek Marquis