

Hawks Track Club



F.A.Q. – Frequently Asked Questions

What can you tell me about the Hawks programs?

The Hawks Track Club is determined to promote track and field events as a "sport for life!" We offer Track, Cross Country and off season training between seasons. We are in the process of starting new program, visit website for details.

How do I join the team?

Come to one of the Registration/sign-up dates when open. Bring a copy of your child's birth certificate, pay your fees and bring the completed registration forms and you're ready to start.

IN-PERSON SIGN-UPS *** Saturday, December 31, 2016**

Clover Park 2600 Ocean Park Ave. Santa Monica, CA * 9:00AM to 10:30AM

Valley Glen Community Park 6150 Ethel Ave. Valley Glen, CA 91436 * 11:30AM to 1:00PM

LAST CHANCE TO SIGNUP: Come to any practice in February to join

What form of Communication will be used for the season?

First form of communication is attending the MANDATORY PARENT ORIENTATION MEETING; where the season will be discussed in details and parents can ask and get vital information pertaining to the team. After the meeting communication will be by Newsletter via website. Our Team Division Parents will also send out an E-mail Blast for their division only. If you need to reach us please visit website and start a "Chat"

When is the Parent Orientation Meeting? * Attend One*

Saturday, January 7, 2017 * 1:00pm-3:00pm * **Culver City HS** 4600 Harter Ave. Culver City, CA 90230

Saturday, January 21, 2017 * 11:00am-1:00pm * **Grant HS** 13000 Oxnard St. Valley Glen, CA 91401

NOTE: Sign-Ups will be accepted at the meeting, 1hr before the meeting starts, both locations.

What about training before or after the season?

Athletes may participate in our optional off-season training on Saturdays without being registered with the club. However, athletes must be registered with the club prior to the start of official practice.

What is the Registration Fee?

Track & Field * Season: February – May (Late fee applies to athletes who join after 3/1 & Deadline to join 3/12)

1 athletes \$180.00

2 athletes \$320.00

3 athletes \$450.00

4 athletes \$550.00

What does the Registration cover?

T-shirt, Warm-Ups, Trophy, 7-8 Meets, Ribbons, Awards, Medals, Team insurance, Season End Celebration

Are there any additional fees due with Registration?

Athlete Running Uniform (Youth \$30.00 and Adult \$40.00)

Fundraising Deposit of \$80.00

VYC Invitational 2-Day Meet \$5.00 by 3/30/17 and \$10.00 after 3/30/17; fee covers both days.

What if I can't PAY IN FULL, What are my Options?

We offer a payment plan.

What is the Refund Policy?

100% refund less \$25.00 before January 30th

100% Refund less \$50.00 before February 14th

NO Refunds will be given after February 15th

What form of Payment do you accept?

ONLINE: credit card via website: **HawksTrackClub.com**

IN-PERSON: cash or checks payable to: **Hawks Track Club**

What is Certification?

To be certified the Parent of the athlete must complete VYC Forms (Player Contract & Code of Conduct) which are included in the registration forms. All athletes must be certified to run in any VYC track meets.

What Division will my child be in?

Your child will be placed in a Division depending on his/her age as of December 31st; prior to the start of the season.

Sub-Gremlins	(Boys/Girls)	Age 4-5 yrs. old
Gremlins	(Boys/Girls)	Age 6-7 yrs. old
Bantams	(Boys/Girls)	Age 8-9 yrs. old
Midgets	(Boys/Girls)	Age 10-11 yrs. old
Youth	(Boys/Girls)	Age 12-13 yrs. old
Intermediates	(Boys/Girls)	Age 14-15 yrs. old

What if a child is not very fast, can they still participate?

Absolutely, we only ask for athletes to run their best capability. We welcome all youth athletes no matter how fast the athlete is because we focus on individual goals as well as team goals.

My child cannot make every practice every week because of other obligations, is that ok?

It is Mandatory for your child to attend (1) practice per week to run in the upcoming Saturday meet and (2) days of practice to be on the relay, unless you have spoken to coach/staff regarding an emergency situation. Missing a practice here and there is critical because we cannot make up practice. We ask only that you commit to giving 100% when you are at practice and meets. It takes about 4-6 weeks for athletes to get into competition shape.

What should my child bring to practice?

Warm-ups should be worn at every practice. Make sure your child labels his/her clothing; we are not responsible for lost/stolen items. Your child should have a track bag for carrying water, warm-ups, spikes, etc. to and from practice.

What about Shoes?

A shoe vendor will be on site at our Annual Jog-a-Thon, Saturday, February 25, 2017 for parents to purchase spikes.

What if my child gets hurt, should he/she continue to run or should they rest?

They should let the coach know their injured. Provide information to the Team Division Parent and see a physician as soon as possible, and they should return only with the permission of the attending physician.

What should my child BRING TO PRACTICE?

Warm-Ups should be worn at every practice over shorts and t-shirt, wear running shoes and bring water.

Can parents WALK THE TRACK?

If you would like to walk the track for exercise, you must do so 6:00pm-6:30pm only, while the kids are stretching.

What do we do if it is RAINING?

If it's raining practice is canceled. However we will practice in a light sprinkle. On rainy days, please check the website 1hr before practice at 5:00pm for cancellation notice. Emails will be sent 5:00pm-5:15pm as well.

Pick up and Drop off Athletes?

Please ensure that athletes are picked up promptly at the end of practice. If parents must leave practice please return 30-minutes before practice ends in case practice ends a little earlier.

What is the Hawks Tent?

We will have a Hawks Tent for information off to the side for parents to come ask questions, get tags and check in for their volunteer services for the day.

What should I expect the first 2-3 weeks of practice?

Our first 2-3 weeks of training will be endurance conditioning training; this will allow us to determine what events would be best for your child. Your son/daughter will have sore muscles, they will complain their stomach hurts and they can't breathe. This is there the first step and process of getting into shape. It is going to take 30 to 40 days for athletes to get into competitive shape.

Where are the practice days, times and location?

We have two practice sites. Parents will pick their site for practice for the season.

SF VALLEY AREA - GRANT HS 13000 Oxnard St. Valley Glen, CA 91401

Sub-Gremlins	age 4-5	Mondays and Wednesdays	6:00pm-7:00pm
Gremlins	age 6-7	Mondays and Wednesdays	6:00pm-7:15pm
Bantams	age 8-9	Mondays and Wednesdays	6:00pm-8:00pm
Midgets	age 10-11	Mondays and Wednesdays	6:00pm-8:00pm
Youth	age 12-13	Mondays and Wednesdays	6:00pm-8:00pm
Intermediates	age 14-15	Mondays and Wednesdays	6:00pm-8:00pm

NOTE: Bantams-Intermediates Saturdays - February 4, 11,18,25 & May 11.

Thursdays will replace Saturdays beginning March 16th

WEST LA AREA - CULVER CITY HS 4600 Harter Ave. Culver City CA 90230

Sub-Gremlins	age 4-5	Tuesdays and Thursdays	6:00pm-7:15pm
Gremlins	age 6-7	Tuesdays and Thursdays	6:00pm-7:15pm
Bantams	age 8-9	Monday/Tuesday/Thursday	6:00pm-8:00pm
Midgets	age 10-11	Monday/Tuesday/Thursday	6:00pm-8:00pm
Youth	age 12-13	Monday/Tuesday/Thursday	6:00pm-8:00pm
Intermediates	age 14-15	Monday/Tuesday/Thursday	6:00pm-8:00pm

NOTE: Mondays practice begins March 6th * Location TBA at the Parent Meeting.

WHAT ARE THE MEET DATES and LOCATION? (This is a tentative schedule)

We expect all parents to arrive at the meets at 8:00am. Meet locations will be available at the Parent Meeting.

03/18/2017 - Meet# 1 - TBA

03/25/2017 - Meet# 2 - TBA

04/01/2017 - Meet # 3 - TBA

04/8-4/9/2017 - 2 Day Invitational Meet @ TBA

04/15/2017 - Meet# 4 - TBA

04/22/2017 - Meet# 5 - TBA

04/29/2017 - Meet# 6 - TBA

05/06/2017 - Open Championship Meet @ TBA

05/13/2017 - Final Championship Meet @ TBA

05/20/2017 - IEC Championship Meet @ TBA

What is the Open Championship Meet? Saturday, May 06, 2017

An open meet is held for each league. The VYC Conference has two leagues, (Eastern and Western). The Hawks Track Club is in the Western League. All athletes who have not met a qualifying standard will run in the Open Meet.

All Sub-Gremlins age 4-5; compete in the Open Meet and this is their last meet of the season.

What is League Finals? Saturday, May 13, 2017

A League Final meet will be held for each league. To qualify for entry into league finals an athlete must fulfill the two requirements below: (a) Must participated in 4 meets (b) Ran a VYC qualifying time in a meet above or close enough to be petitioned in to participate.

What is the I.E.C. Championship Meet? Saturday, May 21, 2017

The top four finishers from each league (Eastern & Western) Finals from the meet on 5/13/17 and the next fastest time, which is 9 athletes; are invited to the IEC Championship meet on Saturday, May 21st.

What about Easter Break?

Athletes are out of school during spring break in April. It is different for every athlete being that they attend different school, please let us know if you will or will be absent from practice or meets in April over break.

What can I expect at the First Track Meet on SATURDAY, MARCH 18th?

1. Arrive at school at 7:45am, find parking, everyone will be roaming around setting up. We should have a Gold tent in the stands for Hawk Parents waiting or ready to be set up, that is where parents will sit.
2. 8:00am bring your athlete to the Hawks tent for his/her tag and ask for warm-up location if available.
3. 8:10am; athletes will warm-up in a designated area as a group. If you arrive late and miss the group warm-up, the next time your athlete will warm-up will be 30 minutes before his or her event.
4. 8:30am; The field events will start for the day
5. 8:45am; The first running event will start for the day.

Note: Tags will be given to athletes between 8:00am -10:00am during every meet.

What Events are offered?

Sub-Gremlins	age 4-5	100m, 200m, 400m, 800m, 4x1, Long Jump
Gremlins	age 6-7	100m, 200m, 400m, 800m, 1500m, 4x1m, 4x4m, LJ, HJ, SP
Bantams	age 8-9	100m, 200m, 400m, 800m, 1500m, 4x1m, 4x4m, LJ, HJ, SP
Midgets	age 10-11	100m, 200m, 400m, 800m, 1500m, 3000m, 4x1m, 4x4m, LJ, HJ, SP, HDL
Youth	age 12-13	100m, 200m, 400m, 800m, 1500m, 3000m, 4x1m, 4x4m, LJ, HJ, SP, HDL
Intermediates	age 14-15	100m, 200m, 400m, 800m, 1500m, 3000m, 4x1m, 4x4m, LJ, HJ, SP, HDL

NOTE: **LJ**-long jump * **SP**-shotput * **HJ**-highjump * **HDL**-hurdles

Meet Event Order

TIME	EVENT	DIVISION
8:30am	3,000 meter	Midgets, Youth, Intermediate
9:00am	80 meter hurdles	Midgets
9:15am	100 meter hurdles	Youth, Intermediate
9:30am	4 x 100 meter relay	Sub-Gremlins, Gremlins, Midgets, Youth, Intermediate
10:15am	1,500 meters	Sub-Gremlins, Gremlins, Midgets, Youth, Intermediate
11:15am	400 meters	Sub-Gremlins, Gremlins, Midgets, Youth, Intermediate
12:15pm	100 meters	Sub-Gremlins, Gremlins, Midgets, Youth, Intermediate
1:15pm	800 meters	Sub-Gremlins, Gremlins, Midgets, Youth, Intermediate
1:45pm	200 meters	Sub-Gremlins, Gremlins, Midgets, Youth, Intermediate
2:30pm	4 x 400 meters	Sub-Gremlins, Gremlins, Midgets, Youth, Intermediate

How many events can my child participate in on meet day?

Sub-Gremlins are allowed to compete in ANY 3 events.

Gremlins are allowed to compete in ANY 3 events.

Bantams can compete in 4 events as follow: (2 events+2 relays or 3 events+1 relay)

Midgets can compete in 4 events as follow: (2 events+2 relays or 3 events+1 relay)

Youth can compete in 4 events as follow: (2 events+2 relays or 3 events+1 relay)

Intermediates can compete in ANY 4 events.

How many Volunteer Hours do I need to complete?

You must Volunteer at 3 meets approximately 4hr each meet. See Registration forms for other opportunities.

Meet Set Up: 7:00am-8:30am

First Shift: 3000m, Hurdles, 4 x 100m Relay

Second Shift: 1500m, 400m, 100m

Third Shift: 800m, 200m, 4 x 400m Relay

Meet Clean Up: 1:30pm-3:00pm

What about Fundraising?

Jog-a-thon; reach out for donations and participate in the event, Jogathon held on Saturday, 02/25/2017 Raffle Drawing; sell 16 tickets at \$5 ea. to redeem your deposit back, Raffle held on Sunday, 6/04/2017

What if I CAN NOT Volunteer or Fundraise; What are my options?

You can pay an OPT OUT FEE, see registration form for details.

Can I bring my Dog to practice, while the kid's are working out?

No, Dogs are not allowed on the track per school rule for our permit use, but you can walk your dog around the area outside of the school premises. Dogs are not allowed at track meets.

What should athletes bring to a track meet?

Athletes should bring the following:

- **Foods:** fruits, sandwiches (meat & bread only), and un-salted peanuts (no shells). Snacks containing no salt or sugar is good. Absolutely no sunflower seeds.
- **Folding Chair:** Athletes need folding chairs to relax and rest underneath tents in-between events. This rest helps them to prepare and focus on their events.
- **Sunscreen:** Athletes need sunscreen for added protection from the sun, it gets pretty hot..
- **Running shoes:** (practice shoes) Athletes should bring their running shoes for warming up purposes as spikes are only worn during the actual event. VYC don't allow Gremlins to wear spikes at all.
- **Spikes:** Athletes must have spikes to compete during track meets, this does not apply to Gremlins as they are not allowed to wear spikes in VYC meets.
- **Money:** In case they want to purchase something from the snack bar
- **Clothing:** All female Athletes should where sports bras and bring female personal items for emergency purposes during practice and meets.
- **Entertainment:** Reading material and personal music players are allowed. Absolutely no video equipment like game boys are allowed as we are not responsible for lost, misplaced or stolen personal property.

PARENT NOTE

The first meet be prepared to be at the meet 7:45am to at least 2:45pm.

Make sure you save the Hawks website for Newsletters and Schedule

[Available at the Hawks Tent during all meets:](#)

1. Daily Meet Order of Event,
2. Athlete's events for the day
3. Schedule
4. Newsletter
5. Monthly Calendar
6. Spike purchase \$3.00 12pk
5. Hawk Spirit wear pick up once ordered
6. Volunteer Sign in and out