

BG	BB	MG	MB		YG	YB
14.94	14.64	13.64	13.54	<b>100</b>	13.14	12.24
31.14	29.64	28.04	27.64	<b>200</b>	26.54	24.74
1:11.94	1:11.54	1:06.14	1:02.44	<b>400</b>	1:00.34	55.84
2:51	2:44	2:39	2:32	<b>800</b>	2:28	2:14
5:50	5:33	5:18	5:03	<b>1500</b>	5:05	4:36
		11:56	11:06	<b>3000</b>	11:18	10:13
		14.84	14.34	<b>80/100 H</b>	16.84	16.24
				<b>200 H</b>	31.54	28.94
				<b>400 H</b>		
3'5"	3'9"	4'3"	4'5"	<b>HJ</b>	4'9"	5'1"
11'6"	12'3"	13'6"	14'8"	<b>LJ</b>	15'5"	17'7"
18'1"	21'4"	25'11"	30'8"	<b>SP</b>	34'1"	39'1"
1:04.04	1:01.14	56.14	55.94	<b>4x100</b>	52.24	49.74
5:40	5:19	4:45	4:35	<b>4x400</b>	4:19	3:59
		12:00	11:13	<b>4x800</b>	11:08	9:55
				<b>Jav.</b>	72'3"	109'
		55'3"	73'	<b>Discus</b>	81'6"	116'4"
632	436			<b>Triath</b>		
		1995	1714	<b>Pent.</b>	2291	2143
				<b>Hept.</b>		
				<b>Deca.</b>		

# Valley United Striders

2007  
Track & Field  
Post Season

## Information Booklet

**Valley Youth Conference  
Valley United Striders Track Club All-Star Teams  
2007 Season**

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**May 26<sup>th</sup> & 27<sup>th</sup>**

**L.A. Jets Invitational @ Birmingham High School**

**June 9<sup>th</sup> & 10<sup>th</sup>**

**Junior Olympics Association Meet @ TBA**

**June 16<sup>th</sup> & 17<sup>th</sup>**

**Junior Olympics Multi Events Regional Champions @  
Chino Hills High School**

**June 23<sup>rd</sup> & 24<sup>th</sup>**

**Junior Olympics Regional Champions @ TBA**

**July 3<sup>rd</sup> – July 8<sup>th</sup>**

**USA Youth Outdoor National Champions @ Benedictine  
University in Illinois**

**July 14<sup>th</sup> & 15<sup>th</sup>**

**Cal State Games @ Vista High School, Vista, CA**

**July 24<sup>th</sup> – 29<sup>th</sup>**

**Junior Olympics Championship @ Mt. Sac College in  
Walnut, California**

Below are the Qualifying Standards for USA Track and Field.  
**You child must be running at (or close to) these marks to be  
considered for our Post Season team.**

(the first Monday after the IECs). Practices will be from 6:00 to 8:00 p.m. and will most likely be Monday through Thursday.

If your athlete is **not** a part of a relay, and you do not live near our practice facility, we have absolutely no problem with your athlete practicing at a facility closer to your home with their own coach. Please note: Your personal coach is **not** considered a part of the coaching staff for Valley United and will not be covered for travel expenses. All coaches interested in becoming a part of the staff is obligated to be at the practice facility we secure to be available to coach all athletes in their specialty.

### **Venue of Competition**

As noted above, we will be competing in the USA Track & Field meets. We have found that the level of competition is greater and more compatible with our athletes' abilities. More details regarding each meet will be provided upon completion of registration with our team.

### **2007 Competition Schedule**

**May 12<sup>th</sup> & 13<sup>th</sup>**

**JO Association Multi Events @ Chino Hills High School**

### **History of Valley United Striders All-Star Team**

Six years ago, the Valley Youth Conference formed an All-Star team made up of our top athletes from the entire Track & Field and Cross Country Rosters. As a result, Valley United Striders Track Club was born. We were a competitive force from the onset, competing in the National Junior Olympics and USA Junior Outdoor Track & Field Championships as well as the AAU Cross Country National Championships over the years.

Regarding the Track and Field side of the team, we have become very established within the USATF venues placing in the top 10 in multiple events at the National level every year. Highlights include the National Record for the Bantam Boy 4 x 100 Meter Relay in 2002; National Youth Athletic Champions in the Bantam Girl and Boy 4x100 relays, Midget Girl 4x100 and 4x800 relays as well as individual champions in the MG 100 meter dash (Erika Woods) and MB 80 meter hurdles (Dale Morgan, Jr.) in 2003.

By our 2004 season, we had more interest by the athletes of the VYC than in any previous year, and more returning athletes than ever before. We had become a team to reckon with; many teams not only knew our name, they knew our abilities. This season brought us to a new level when our Midget Girls won the National Team Title at the Junior Nationals in Massachusetts. Our team was represented by more athletes than any other team in our entire region at the Junior Olympics in Eugene, Oregon. The athletes did not disappoint! We had more individual competitors this year than any other years as well as Junior Olympic Gold in the Bantam Boy 4 x 100 relay and Midget Boys and Girls 4 x 800 relays. Individual accomplishments included Camille Dencer (West Valley Eagles), who won Gold at both the Junior Nationals as well as the Junior Olympics in the Youth Girl High Jump. The USATF Association Banquet recognized 25 of our athletes as National Champions that year. Each athlete brought home a plaque with the accomplishment including date it occurred and time posted.

The next two seasons were no different than prior years to include a second team title at the Junior Nationals as well as two 2<sup>nd</sup> place team titles; individual Bronze for Mikio Island (Thimsha Tigers) in the 100 meter hurdles and Bantam Boys 4 x 400 in 2005; Individual Gold to Amir Patterson (Valley Raiders) in Bantam Boy Shot Put and Sydney Haydel (West Valley Eagles) in 100 Hurdles.

We are now getting ready to embark on our eight, and most EXCITING season as this year the Junior Olympics are being hosted by our association, right here at Mt. Sac College! This is especially great new because it allows for a greater opportunity for OUR athletes to achieve the accomplishment of competing at the Junior Olympics, because our association will be exempt from competing against the other two associations in our region! Our Regional Meet will be against our Association only!! Another exciting thing is because the Junior Olympics is local, we will be focusing our energy and funds on helping our team be greater represented at the USA Youth Nationals at Benedictine University in Illinois. Given our athlete's abilities, we have a very strong possibility of bringing home multiple TEAM TITLES. There is always room for the next incredible athlete to join our team. With the talented athletes we have this season we are confident our team could be big WINNERS at a national level of competition. This type of exposure greatly improves each and every athlete's track resume as they continue in High School and beyond.

Some of the current up and coming national athletes came from our program. To name a few, **Elizabeth Olear (Chatsworth Chief)** who is currently attending USC on full scholarship for track, and was a part of last year's World National Championship 4x100 relay in Japan. **Jamere Holland (North Valley Bears)** is currently attending USC on a full scholarship for both football and track, and was the State High School Champion in the 100 meter and 200 meter his junior year. In his senior year he broke a 20 year record in the 100 meter at Arcadia (still standing) and was runner up in the 100 meter at the State High School Championship his senior year. Both **Kayla Dixon (Chatsworth Chief)** and **Paul Ned (Thimsha Tiger)** are currently competing in their senior

give us your ideas. All proceeds from the fundraising efforts go directly into the Valley United funds. We are looking into is specific dates at restaurants in the San Fernando/Santa Clarita Valley when we can get a percentage of the profits of the meals purchased. As these events are secured, more information will be made available at our websites (both Valley United and Valley Conference).

This season, we will require mandatory fundraising by each athlete involved. Each athlete will be required to raise \$200 for the team. Valley United will explain a few fundraisers at the beginning of the season, and your child will be required to participate in them. Included will be a candy sale as well as car wash.

**The Valley United/VYC Invitational Meet is a fundraiser for our team too. All proceeds from the concession and T-shirt sales help our team.**

Remember, the more money we generate from fundraisers and donations, the less money the participants have to come up with. Your help with this will allow us to decrease your out-of-pocket travel expenses for this season. **OUR GOAL IS TO PAY ALL TRAVEL EXPENSES FOR ALL ATHLETES COMPETING THIS SEASON.**

### Practice Schedule

Our practices are tentatively scheduled to be held at Birmingham High. Practices for our team will begin on Monday, June 4, 2007

## **TAC Cards and other Necessary Documents**

In order for any athlete to participate in post season competition, they must have a current USA Track & Field TAC card on file. The cost for this is \$17.00 and is covered in the registration fees. Upon signing up with our team, you will be provided a registration card to be completed and returned to Erika McIntosh. Once the TAC card has been mailed to our club, the original card will be given to you. The Valley United Track Club will obtain a copy of the card prior to turning the original over. If you would rather secure a TAC card on your own, you can visit [www.usatf.org](http://www.usatf.org) and sign-up online. If you do this, then you will be responsible for providing the club with a copy of the receipt printout you receive with your number as well as a copy of the actual TAC card after you receive it. **Your athlete will not be able to compete without providing this information.**

Other necessary documents that will have to be provided are a signed contract and medical release, which are similar to those completed to compete in the Valley Youth Conference. A copy of the athlete's birth certificate is also required. If you have a returning athlete, we may already have a copy of their birth certificate.

## **Fundraisers**

We know being a part of the Valley United Track Club can be costly, especially with the traveling that is required. We have been working very hard to come up with ways to cover the necessary expenses for the athletes. However, if we are not able to cover all their costs, it will be the responsibility of the parent to cover the fees.

Prior to our season beginning, we make efforts to raise funds for the season. We currently do not have anything scheduled. If you have any ideas on how to raise money for this very important cause, please contact Erika McIntosh at [vuntc@yahoo.com](mailto:vuntc@yahoo.com) and

years at Cleveland High School and Canyon High School, both making it to the State High School Championship their junior years, and are on course to return this year. **Trevor Habberstad (Santa Clarita East)** is currently a senior at Canyon High School and is one of the top 110 and 300 Hurdler in the Southern Section. We look to see him compete against the best in the state at the State High School Championship next month. Over the next few pages, information regarding this outstanding team will be provided. Hopefully, as parents, by being informed about our team now you will accept the call of your athlete when it occurs!

## **2007 Board of Directors**

### **Office**

President  
Vice President  
Treasurer  
Administrator  
Secretary

### **Officer**

Gerald Hood  
Austin Shanks  
Don Barton  
Erika McIntosh  
Erika McIntosh

## **Coaching Staff**

We are currently working on filling all positions on our coaching staff. Though we do have some returning coaches who have been with the program for years including Gerald Hood (Northridge Pacers), Mike Russell (West Valley Eagles), Danny Jordan and Austin Shanks (Thimsha Tigers) as well as Keith Stenhouse (North Valley Bears) and Damien Leake (Northridge Pacers) we are very interested in additional coaches becoming involved. If you are interested in joining our staff, please contact either Gerald Hood or Erika McIntosh. We will be making a decision on the coaches placement over the next month.

## **General Information**

The Valley United Track Club All-Star team competes in the USA Track & Field Venue. The competition at the national level far exceeds the level of competition in the Valley Youth Conference. All athletes on this team must be running at or close to the USA T&F Qualifying Standards (see pg. 10). If your child currently competes at this level for their age group, we would love to have them be a part of this team.

The Valley United coaching staff will be responsible for choosing the athletes who are best suited to run on our relay teams. Individual events will be filled with athletes who have a strong chance of making it to the Junior Olympics.

For additional information you can go to our website at [www.vallevunitedstriders.com](http://www.vallevunitedstriders.com).

## **Costs**

The cost for each athlete is currently \$217.00. These fees include: secondary liability insurance, necessary entry fees to all meets (except the L.A. Jets Invitational Meet). **These fees also include a warm-up suit and uniform for each athlete to keep** and the cost for the TAC card (see below).

The cost for travel, food and lodging will depend on the amount of money our team receives through the various fundraisers we are working on, sponsors and contributions. However, to better prepare you for what you may have to spend, the following breakdown is provided.

As the Junior Olympics are in the Los Angeles area this season, we are going to be focusing our funds on getting our team to the USA Youth Nationals in Illinois. Unlike the Junior Olympics our athletes do not need to compete in qualifying meets to compete at

the Youth Nationals. However, they **must** have a best time that is greater than or equal to the Qualifying Standards (last page of this book) in order to be eligible for funds to the Youth Nationals. As we could potentially be taking our entire time to this competition we will have to determine the amount of expenses that will be covered for each athlete once we have ascertained our funds.\* Depending on the location of the meet, airline tickets average approximately \$300 for each ticket. **All parents are responsible for their travel expenses to all meets we compete in.**

**\*In order for us to keep our travel costs down, our Travel Manager must block a group of airline tickets by March or April of every season. Because the tickets are blocked so early we typically have the best price available. Our club is obligated to use these. However, our travel budget this season is to provide reimbursement for every athlete who travels to the Youth Nationals as a part of our team whether they use our tickets our purchase on their own. The exact amount will be dependent on the total funds and the number of athletes attending.**

As we embark on our season and funds come through, we will supply additional information regarding travel, food and lodging expenses for this season.

**We cannot stress enough the benefit of fundraisers and sponsors. The more money we raise via these avenues, the less out-of-pocket expense on the parents. This season will be implementing a mandatory participation in fundraisers, once our season has actually begun (please see Fundraisers for further information).**