

NEW PRACTICE TIME – STARTING MONDAY, APRIL 21 UNTIL THE END OF THE SEASON – PRACTICE NOW STARTS AT 6:15 PM AND ENDS AT 7:45

The meeting begins in the stands at 6:20 and athletes are asked to stay in the stands from the time they arrive until the meeting. Please sit with your age group so the coaches can take attendance during the meeting. No warm-up laps. Nobody is allowed on the track before 6:30. The athletes will enter the track area after the meeting is finished to do their warm-ups. Due to COC football, we cannot use the track before their practice ends at 6:30. Thank you to all the athletes and parents for being so understanding during these schedule changes.

Newsletter Week 7 – April 15, 2008

Halfway through the season already! Meet #4 is at Chatsworth High School against the Chatsworth Chiefs. Chatsworth High School is at 10027 Lurline Ave in Chatsworth.

Map and Directions to Chatsworth High School.

Weekend Weather Forecast (NOAA) Remember to bring lots of water, healthy snacks, games or books, sweats, complete uniform, spikes, appropriate clothing for the day's forecast, sun protection, and lots of enthusiasm for our athletes!

Spikes allowed on their track are 1/4 inch pyramids. We will have them available for purchase during meet day. They've asked us to help on all field events, provide 3 relay zone judges and also have a hurdle crew. Please let Paula know at practice or by e-mail if you can help with these areas.

Please try to help out at each meet in some way, even if you only have a little bit of time. If your athlete is in an event, the volunteers at that event can often use your help and you can watch the event up close as well. With more people volunteering, everybody gets breaks and lunches during the meet and the meet runs more smoothly. We are tending to see the same group of people volunteer at each meet and would like to see more new people pitch in! Thanks for helping the club out!

Meet Results: Meet results can be found at the Meet Results page on the website in the Menu sidebar. Please check out the results for your athletes and contact us if there is anything wrong. With so many events and heats in a meet, mistakes can occur.

Baja Fresh/Ben and Jerry's Fundraiser – April 22, 2008. We will be holding a fundraiser at Baja Fresh and Ben and Jerry's on April 22. Both places donate a percentage of your bill to the Lightning Warriors! This flyer (Baja Fresh Fundraiser Flyer.pdf) must be presented at Baja Fresh for our team to receive the percentage of your bill. For Ben and Jerry's just tell them you are with SCVAA–Lightning Warriors. Paula and the coaches will have extra copies of the flyer at practices and you can also look under the Menu section on the website. Please bring the flyer and help us raise money for the team in an easy, fun, way!

Jelly Beans and Jolly Ranchers: If you have yet to donate, please do so soon. We are running out. We all know how much the athletes look forward to having these treats at the end of practice, and with so many team members, we go through a lot of candy. Please send a bag or two in with your athlete as often as possible. Thanks for your help.

Scholastic Awards: Please check out the form on our website with the instructions regarding completion and type of awards. The deadline is May 1st, which is coming up soon. The extra recognition for keeping up good grades while competing in track is important. Please note that we will not accept any forms after May 1. Paula will have extra forms this week at the practices if you need them. 2008 scholastic form.pdf

Photos: If you have taken any photos of our athletes this year and have them available for viewing on a website, please e-mail Paula with the URL (Paula's e-mail address is found on the Management Team page). We can put a link to your website on our photos page. Thanks for sharing! And a big thank you to Tony Stewart for all his photos of our athletes. Check out his link in the photos page – he takes hundreds of pictures at each meet.

Website: Please check out the new areas in our menu that may be helpful or interesting. We want to assist in any way possible in understanding volunteer jobs, meet procedure, records held by

Lightning Warriors athletes over the years, etc. A big thank you to Paula Miller, Kathy Pisaro and Russ Phillips for their work on our website. Kudos to them!