

Newsletter Week 9 – April 29, 2008

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.

Home meet this week on Saturday, May 3, 2008 against the West Valley Eagles.

Weekend Weather Forecast (NOAA).

Be sure to check the Meet Results page each week to make sure the results for your athlete(s) are correct. If there is a problem, please contact a coach or Paula immediately. With so many events at each meet, it is easy to have a mistake or two slip through, and we want to make sure any corrections that need to be made are done as soon as possible.

Spike size is 3/16 needles or pyramids.

We will need a lot of volunteer help this weekend with the meet being at home. We need people for 1) Long Jump, 2) Shot Put, 3) Hurdle Crew, 4) Timing, 5) Finish Line, 6) Staging, 7) Post Results, 8) First Aid Person (so we know you are available if needed), 9) Water Crew (keep cups filled at finish line), 10) Zone Judges, 11) Set Up, and 12) Tear Down. If volunteers are asked for during the meet, please come down and offer your services. Thanks to all the people who help out! If you can volunteer, please contact Paula by phone at 661-799-7294 or by e-mail at [Paulajmiller@earthlink.net](mailto:Paulajmiller@earthlink.net).

Decathlon – Each athlete that participates in every event for their age group at least one time will receive a special Decathlon award

honoring their achievement. If you are working towards the Decathlon award, be sure your events are all completed BEFORE Finals next week. Congratulations to all the athletes working hard on completing all the running and field events for your age group! We are proud of you!

2008 Lightning Warrior Shirts – Check out the cool shirts for sale. They have every athletes name listed on the back by age group. This is great way to show your Warrior pride and we have sizes in Youth and Adult. They are priced at \$10 each. We should have them available at the meet and at practice this week.

Jelly Beans and Jolly Ranchers: You've been so generous with your donations that we've been covered for a few weeks. Supplies are very low – please donate some more to the club. We go through 1 jumbo bag of Jolly Ranchers and one big jar of jelly beans in a night. That's a lot of candy but we have a lot of great kids. Thanks for your help.

#### Lost And Found

Please check this out nightly to see if we have anything of yours. We keep receiving named clothing so please make sure that you have your clothing at home and not someone else's. Please be courteous to others and conscious of other's belongings.

#### Minimum Number of Meets

In order to compete in the open or league finals, you must attend and compete in at least three meets during the season. There are only two meets left!

Board positions – Our annual election will be Thursday, May 29, 2008 at City Hall. Please consider being on the board and inquire with a board member regarding duties. We'd love to have some new faces join us!