

NEW PRACTICE LOCATION FOR MONDAY, APRIL 28, 2008 ONLY

Hart High School Football Field and Track Area Map of Hart High School Campus

PLEASE BE THERE PROMPTLY AT 7:30 TO PICK UP YOUR ATHLETES AS THIS FIELD HAS NO LIGHTS. Practice will probably end early (the sun goes down at 7:35).

People often have trouble finding their way to the track at Hart and end up wandering through campus to find it. It's easiest to park in the back lot. To get there the best way is to turn on to Kansas off of Lyons...that's the corner where Jimmy Dean's is. Kansas dead ends in our back lot. From there they just need to go to the far end (North side) of the lot to park.

Thank you to all parents and athletes for being so understanding with time and location changes this season!

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 8 – April 21, 2008

Invitationals: This week is a two day meet at Birmingham High School. Birmingham High School is at 17000 Haynes Street in Van Nuys.

Directions to Birmingham High School: Take the I5 south to the 405. 7 miles on the 405. Turn at Exit 65 towards Van Nuys/Victory

Blvd. .2 miles left onto Haskell. .3 miles right onto Victory Blvd., 1.7 miles, right at Birmingham High School, 315 feet.

Invitational Parking and Schedule information sheet.pdf

Weekend Weather Forecast (NOAA)

This weekend's meet differs in several important ways from our normal meet structure.

- 1) There are no Gremlins. They get a weekend off! Yeah!
- 2) The order of events is completely different because it is a two day meet. See the Invitational Information Sheet.pdf for specific times and event order.
- 3) This meet costs the club an entrance fee, so it is very important that the athletes only sign up if they plan to attend. We have to pay the entrance fee in advance and inform Valley Youth Conference of who these athletes are.
- 4) This is a very large meet and includes both the West and the East teams which means over 10 clubs can participate. Keep this in mind when considering your attendance as the meets could go longer.
- 5) Each athlete can only compete in a maximum of 2 individual events and one relay or 1 individual event and 2 relays only.
- 6) If you sign up for the events that are preliminary on Saturday and Finals on Sunday; you need to be prepared to come on both days. Your coach will view the Saturday night results and advise you if you need to come back on Sunday. They do as many heats as necessary and then the top 8 are invited back for the finals.
- 7) The only athletes to receive medals are the top athletes from ALL heats combined, not those who win each individual heat. This is different from our regular meets.

Baja Fresh/Ben and Jerry's Fundraiser – April 22, 2008. Come to Baja Fresh and Ben and Jerry's on April 22 with your flyer and a good appetite! Both places will 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. Help us raise money for the team!

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.

Scholastic Awards: Make sure that you get these in to your teachers for completion and back to Paula by May 1st. This is in ten days or one week from this Thursday. 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. You can also print it out here: [2008 scholastic form.pdf](#)

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 invitationals and 2 regular meets left! Also, if you are trying to obtain the decathlon award (participating in all events possible for your age group), you must complete all events prior to Open and League finals.

Coaches

Please inform Paula this week of athletes that haven't been attending practice. We are close to ordering the year end trophies for athletes and need to know who is still with the program. Please call and inquire regarding athlete status where needed and e-mail Paula with the names of athletes that have dropped from the program. THANKS!!