



President's Message

Welcome to the Northridge Pacers Track Club 2012 track season. This year promises to be a fun, exciting, rewarding time for all. Our club primarily communicates in two ways; through our website and our weekly newsletters. A newsletter will be emailed to you at the beginning of each week. A limited number of newsletters will be available at practice by the entrance gate to Granada Hills High School's track. If you are unable to receive the newsletters via email please let us know. Please be sure to read them for the important information and updates. If you do not receive the weekly newsletter via email; please stop by our registration table to make sure we have your correct email on file. If you have any questions, please be sure to ask; you will typically find someone able to answer your questions at the registration table. Our Parent Meeting will be held on a Saturday, in February from 9 AM - 10:15 AM at Granada Hills Charter High School.

Raffle Tickets

Each athlete is asked to sell 1 book of 20 five-dollar raffle tickets totaling \$100. A check deposit of \$100 is required at the time the tickets are issued to your child. Your check will be held until you turn in your raffle monies or it will be cash upon your authorization or if we do not receive

the monies for your issued raffle tickets. It is mandatory for each family to sell at least one book of raffle tickets. Please stop by the Registration table to pick up your tickets and/or drop off your deposit.

Raffle Drawing Prizes:

1st Place - \$2,000 Cash

2nd Place - \$1,000 Cash

3rd Place - \$500 Cash

Which athlete will **WIN**
the Apple iPad?

Top Selling Athlete Prizes:

1st Place Prize

Apple iPad 2

2nd Place Prize

TBA

3rd Place Prize

TBA

Parents,
Please review raffle prizes with
your child.



Coaching Team & Practice Schedule: Our coaching team is looking forward to a fun season with your children. Please have your child find his/her coach at the start of every practice. Please refer to the year of birth to see who your child's coach will be.

Gremlin / Leeza Piano

Girls and Boys (GG/GB) **(2004, 2005, 2006 & 2007)**
Practice: Tuesdays & Thursdays (6 – 7:30 p.m.)

Bantam / Danny Jordon

Girls and Boys (BG/BB) **(2002 & 2003)**
Practice: Monday, Tuesday & Thursday (6 – 7:30 p.m.)

Midget / Keith Stenhouse

Girls and Boys (MG/MB) **(2000 & 2001)**
Practice: Monday, Wednesday & Thursday (6 – 7:30 p.m.)

Youth / Bill Carson (boys)

Girls and Boys (YG/YB) **(1998 & 1999)**
Practice: Monday, Wednesday & Thursday (6 – 7:30 p.m.)

***Intermediate / Bill Carson (boys)**

Girls and Boys (IG/IB) **(1996 & 1997)**
Practice: Monday, Wednesday & Thursday (6 – 7:30 p.m.)

All Divisions – Saturdays (9 AM – 10:30 AM) 2/18, 2/25, 3/3, 3/10 & 3/17

*Note: Athletes in these age groups who compete on a high school track team are NOT ELIGIBLE for Conference Competition.

Practice Warm-Up

It is important for your child to warm up at the beginning of every practice. Please have your child on the field prior to 6pm. Coaches will lead the children through some stretching exercises and have them run a few laps to warm up the muscles in an effort to prevent injuries. Stretching will also be done at the end of practice. Please emphasize the importance of these activities with your child.....it's a good habit to develop for participating in any sport.

Practice

Practices are Monday - Thursday and scheduled based on your child's division. All weekday practices are held from 6 PM-7:30 PM at Granada Hills High School. During the following dates 2/18, 2/25, 3/3 & 3/10 & 3/17 all divisions will practice on Saturdays from 9 AM - 10:30 AM. **The first two weeks of practice are primarily devoted to stretching and conditioning. Most field events will begin practicing on Tuesday, March 6th.**



What to Wear & Bring to Practice

The following is a list of items your child should bring and wear to practice:

1. Shorts, t-shirt, and a sweat suit (to wear after practice or for in-climate weather)
2. Running shoes (no vans or high tops)
3. Bottle of water (no colored liquids are allowed on the track)

Please make sure all of your child's items are labeled with their name.

Shoes

Your child will need to wear running shoes. Most of the well-known shoe manufacturers (Nike, Adidas, Tigers, Reebok, Brooks, etc.) supply quality running shoes. Please check that the upper part of the shoe is mounted squarely on the sole (not lopsided) and that there is enough padding to absorb the shock of running. Coaches can show you features of a good track shoe or you can go to a store that specializes in running shoes. All divisions EXCEPT gremlin will need to wear spikes. Please purchase spikes for your child by mid-March so that they can practice running in their spikes prior to the first meet.

If your child has outgrown their track shoes and they are not worn out, please bring them to the registration area at practice. We will make them available to other children.

Volunteers

The Northridge Pacers Club is run by parent volunteers; this includes the Board of Directors, coaches, administrators, track meet positions and any others functions that are required to help this organization support the youth of the surrounding communities in the sport of track and field. If you have a child that is on this club, it is mandatory as a parent, to volunteer your time sometime during the season. Each year we provide a list of parent activities.

Parents on the Track

Parents will NOT be allowed on the track. Gremlin and other division parents are asked to sit in the bleacher area so that their children will become accustomed to where you will be during the track meets. We thank you for your understanding and cooperation.

Volunteer Hours at our Home & Away Meets:

A Parent Volunteer form was included with your registration packet. You are asked to select the date(s) and area(s) you would like to volunteer. You will be notified by email of the dates and areas for which you are scheduled. Our Coordinator of Volunteers is Janelle DeMarq; if you have any questions regarding volunteering, please inquire at the registration table.

Pacers Apparel



Orders are now being taken for T-shirts, hats, hoodies, warm up suits, and bags. You may download the order form from the Pacer website, see "Spirit Wear" and/or stop by the registration table to see samples and place your order. Merchandise sales are final, No Refunds.

Uniforms

Uniforms will be distributed during our sign ups and at our regularly scheduled practice times if it is not rec'd at time of registration. Your child will receive navy blue shorts and a red & white tank top with the Pacer logo. Included with your registration package was a Uniform Selection form to designate the size uniform for your child. Forms may be obtained and turned in at the registration table.

Information Booklet: The information booklet contains a lot of useful information about the Pacers' staff, meet information & schedule, and league information. The booklet, when available will be emailed to those who are registered. Copies of the booklet can be found on the registration table, as well as on our website.

Pictures

Individual, team and club photos will be taken on Sunday, March 25th at Granada Hills High School. Each division will have a scheduled time for photos from 9 AM to noon. Parents will be responsible for the purchase of a photo package for their

child. A special price package will be available. Parents will receive an email when photos are ready for pick up.

Refunds

Refunds: An email must be sent to the Pacer email address requesting a refund. The date of Withdrawal will be the date the email is sent to the Pacers' email address.

Withdraw by February 20, 2012 100% Refund (with the return of uniform and raffle tickets)

Withdraw February 21, 2012 to March 5, 2012 50% Refund (with the return of uniform and raffle tickets)

Withdraw March 6, 2012 or later No Refund Issued

Merchandise sales are final, No Refunds.

Fees

Checks should be payable to: Northridge Pacers. Returned checks will incur a \$12 fee (charged to the club by our bank). We accept credit cards as payment for a process fee of \$2.00.

Website

You will find most everything we could possibly think to tell you about the club on our website - www.NorthridgePacers.org. Updates such as meet results, newsletters, and pictures will be posted as the season progresses. Once again, welcome to the 2012 season. We hope you and your child will have a great experience.