

# FAQ's

## What is Post Season?

Post season is a two month summer season extending from May 27 through August 6. Every summer the Valley Youth Conference unites our top athletes to form the Valley United Striders All Star team (VUNS). We compete locally and nationally in USA Track & Field and or AAU Track and Field.

## What do I need for post season?

1. First you will need to purchase a USATF membership card, the cost is \$20. The website is <http://www.usatf.org/membership> follow direction. The club # for Valley United Striders is #33-0015. Print two copies of the membership card (one for your record and one for ours). You will receive a card and other track coupons in the mail.
2. You will also need an AAU membership card and the cost is \$14. The website is [www.aausports.org](http://www.aausports.org). Our club number is TF4YA3. Print two copies of the membership card (one for your record and one for ours).
3. You need to complete a VUNS Registration Form (attached), Medical Wavier and Code of Ethics (on website)
4. Lastly, you will need to provide a copy of your child's birth certificate.

## What meets do I have to participate in?

### **LA Jets Meet PLEASE NOTE THIS IS A 3 DAY MEET**

**May 27-May 29 @ Narbonne High School 24300 Western Ave. Harbor City Ca. 91710**

Yes this is Memorial Day weekend and NO this meet is NOT mandatory however, it is highly recommended. This meet is a precursor for the post season. This meet is the first of the 3-day meets. The LA Jets meet can serve as a gauge, to see if your child is at the level needed to get to the Junior Olympics.

### **SCA Junior Olympics Association Championship PLEASE NOTE THIS IS A 3 DAY MEET**

**June 10- June 12 @ Cerritos College**

This is NOT a mandatory meet this year, however, also highly recommended to see if your child can compete at this high level of competition

### **AAU National Qualifier PLEASE NOTE THIS IS A 2 DAY MEET**

**June 17-June 19 @ San Ysidro High School**

This is one of the qualifying meets on the road to the AAU Junior Olympics. It is mandatory to compete at this meet.

### **Junior Olympics Championship @ Tad Gormley Stadium @ New Orleans**

**July 30-31 (Multi Events) August 1-August 6**

This is the Junior Olympics...and the last meet of the summer...Travel expenses TBD.

### **What's the cost to join Valley United Striders?**

- The cost to join Valley United Striders is \$150.00 with a uniform or \$120.00 if your child ran with VUNS previously and still has his/her uniform that fits. You will need at \$75 deposit with remainder due by June 9, 2011.
- There also will be costs associated with travel to the Junior Olympics in New Orleans, meet listed above. Cost TBA!
- VYC athletes will receive some financial assistance from the Valley Youth Conference, after they have qualified for the Junior Olympics. Financial assistance TBA!

**What uniform do I wear?** Most distance runner wears the two piece singlet style and most sprinters wear the two piece speed suit.

### **Who will be my coach?**

BG- Austin Shanks (Thimsha Tigers)

BB (Sub-Bantam and Bantam) Danny Jordan and Sam Larios (Thimsha/Pacers)

MG- Rodney Hupala (STORM)

MB-Keith Stenhouse (Northridge Pacers)

YG-Lawrence Webster/ TC Watterson (Coach/Thimsha)

YB- Bill Carson and Anthony Wells (Pacers/Thimsha)

IG- Lawrence Webster

IB-

YW- Lawrence Webster

YM-

Long Jump- Damien Leake (Northridge Pacers/ Valley Raiders)

Shot Put- Mike Mayer (Northridge Pacers)

High Jump- Eric Lietz (Northridge Pacers)

Hurdles-Art Simms (Northridge Pacers)

Distance-Paul Stella (Northridge Pacers)

**Where and when do we practice?** Granada Hills Charter High School (locally) 6:00 PM to 8:00 PM Monday, Wednesday and Thursday; locations for those living outside the central valley area TBA. Athletes living outside the central valley area may practice in their local area. However, 4x100 relay members must practice at least one day a week with the members of his or her relay team.

### **How are the relay teams picked and who picks them?**

Relay teams are picked by the division coaches. Generally the top 4 athletes in a division are invited to join the relay (top 4 based on times). Example: (top four 100m runners would make up the 4x100 A relay). If one of the top four declines to run we move to the next athlete on the list. We generally invite the top ten athletes in every division to join Valley United. If we have enough athletes to fill B or C teams, we will field those teams.