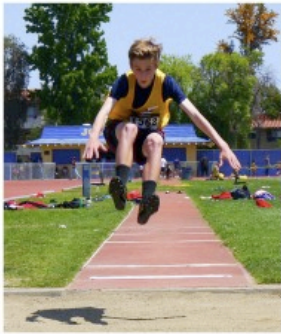


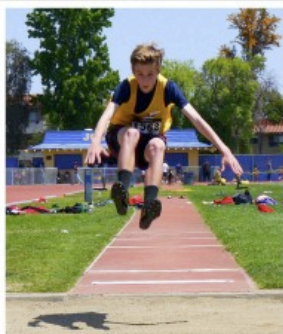
Welcome to the Los Angeles Falcons 2018 Parent Meeting

The philosophy of the Los Angeles Falcons Track & Field Team is that every child is a winner. Our runners will learn how to excel through practice, friendly competition and team support. Team membership is open to boys and girls between ages 5 and 15 years if age and all athletic abilities. Come join us and learn a sport that can last a lifetime.



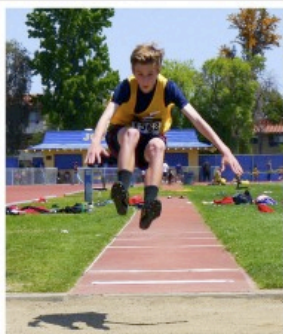
Team Leadership Staff

- Pablo Carlos – Founder / Head Coach
- Open – Secretary / Coach
- Tony Morris – Treasurer
- Peggy Morris – Director of Merchandising & Fundraising
- Rebecca Fitzgerald – Director of Communication
- Sandra Carlos – Director of Registration / Membership
- Greg Creighton – Meet Director
- Doug Ligons – Director of Picnic and Concessions
- Timing Crew – Josh, Claudio, Victor,

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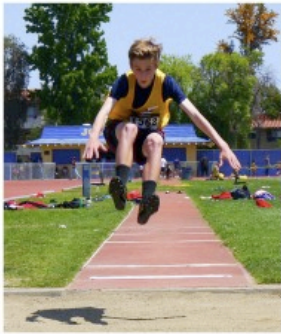
History of ...





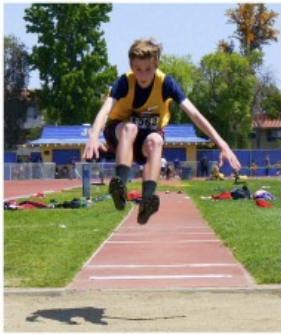
Team Coaches (our mentors)

- | | | |
|-------------------|---------------|---------------|
| • Coach Tina | Coach Matthew | Coach Tony |
| • Coach Elizabeth | Coach Dennis | Coach Rebecca |
| • Coach Craig | Coach Vince | Coach Alex |
| • Coach Fred | Coach Marc | Coach Tony |
| • Coach Logan | Coach Greg | Coach Carlos |
| • Coach Brad | Coach Javier | |



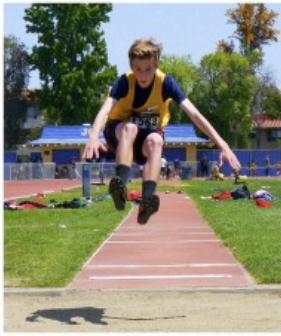
Fundraising

- Restaurant Dine In / Dine Out Days
- Baja Fresh Gift Certificates Program
- Clothing – T-shirts, Bags, Sweatshirts
- Concession Sales, 50 / 50 Raffle at Home Meets



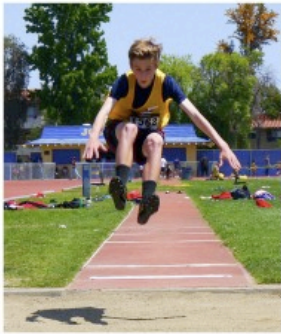
Uniforms

- **Distribution Dates – Leader needed**
- **Care & Labeling Instructions**
- **How and When to wear**
- **Replacement of damaged, lost, or extra garments**
- **Uniform / Warm-up Donation**



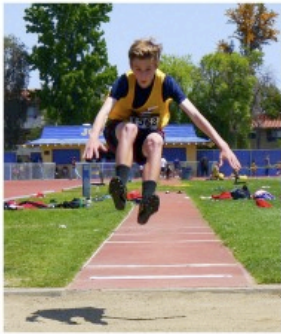
Practice Requirements

- Parent support – Cone setup
- Athletes – Warm clothes / water bottle
- Participation – The more practices you attend the more you learn about track
- Parents must be at the end of practice for announcements and pickup of children



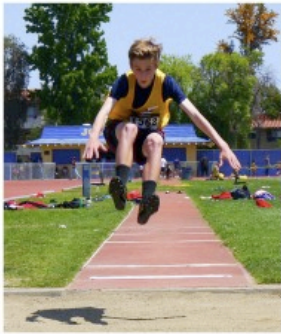
Volunteer Contract

- The L.A. Falcons are a volunteer run organization
- Track meets are run by the parents
- Parents must volunteer HOME and AWAY
- Everyone must help out to ensure a successful season for our athletes.



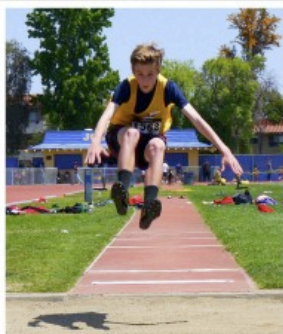
Volunteer Contract

- Parents sign up for a volunteer position
- This will be your position for all HOME MEETS and the rest of the season
- On the job “training” will take place at the practice meet on March 10 (Sat.)
- There are 2 shifts of 3 hours (AM / PM)



Volunteer Contract

- Parent volunteers for **AWAY MEETS** will be by divisions. They will alternate.
- Away meets responsibilities vary, however, usually jobs include field events and tag pulling.
- These shifts are shorter but as important



Types of Jobs

- Setup crew
- Clean-up crew
- Tag Pulling
- Meet Recorder
- Starter
- Flag directors
- Ribbon crew

Field event crews

Concession crew

Timing Tent crew

Stager / Staging

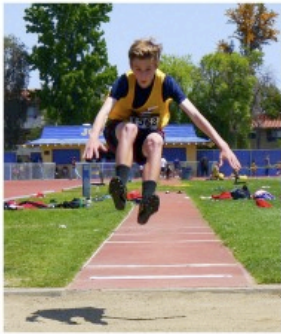
Hurdle crew

Tag Distributor (Clearance)

Picnic crew

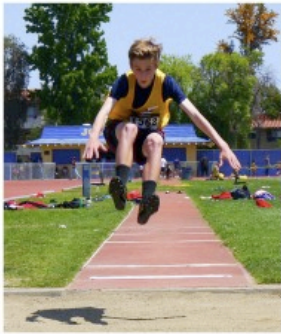
Storage

TRUCK



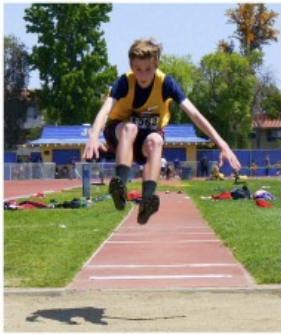
Directors for crews are needed

- Long Jump Director –
- High Jump Director –
- Shot Put Director –
- Timing Tent Director – Joshua Carlos & Claudio V.
- Picnic Director – Doug Ligons
- Concession Director – Doug Ligons
- Hurdle Crew Director –
- Meet Director – Greg Creighton



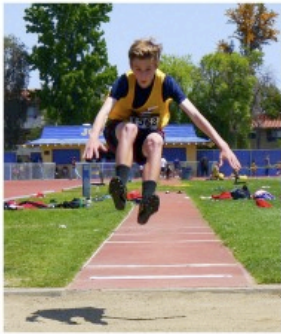
Job Assignments

1. Jobs have been assigned based on the Volunteer Contract you submitted with the registration packet.
2. To change a job contact Coach Carlos at lafalcons1990@gmail.com
3. If you have not signed up please do so tonight.



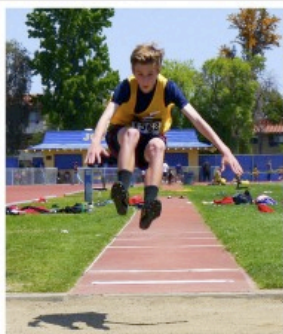
Accountability

- 1. All volunteers must check in at the tag distribution table prior to the meet.**
- 2. Volunteers who fail to sign up for and / or show up for a shift may jeopardize their child's participation at the next track meet.**
- 3. Please check out when your shift is complete with the director of the crew.**
- 4. All athletes must check in with their division coaches when they arrive. (They will hand out tags upon clearance)**
- 5. All athletes must check out with their division coaches prior to leaving.**



Volunteer Tips

- Please report to your shift on time (AM / PM)
- Ask questions if you need assistance
- If an argument arises in your area get a coach or Coach Carlos
- Wear sunscreen & bring a hat
- Stay hydrated and bring water to your post
- Take breaks when necessary to see your child run
- Have Fun!

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Team Photos



Date Pending

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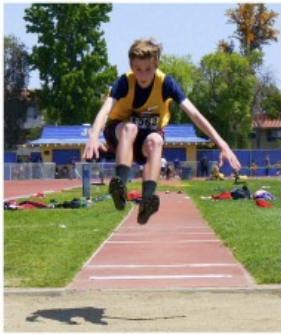
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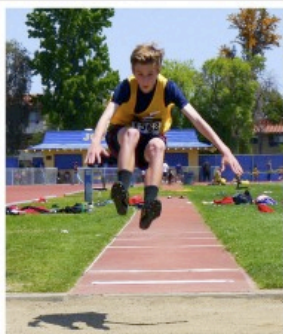


Communication

Website Navigation

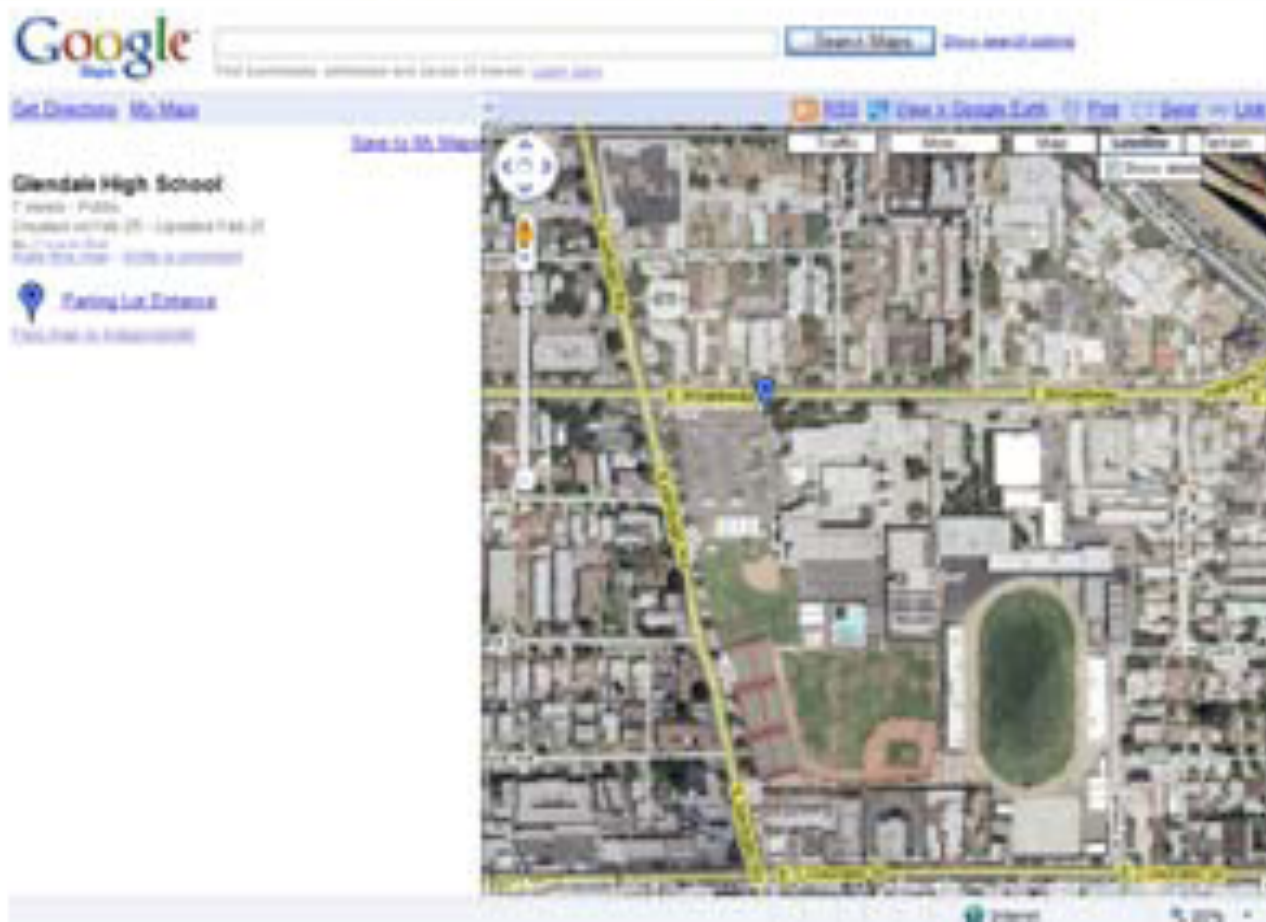
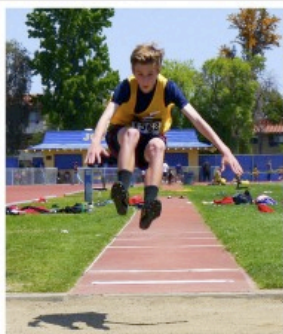
Calendar / Meet Maps

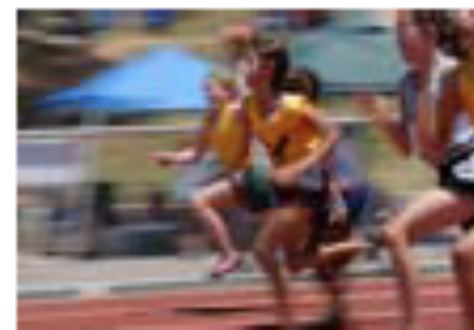
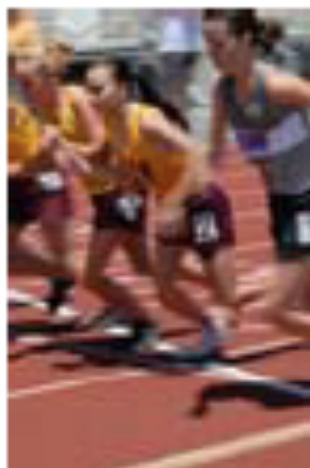
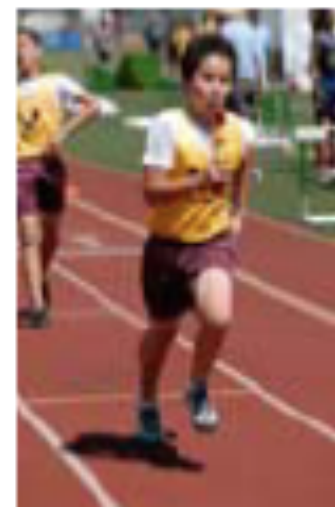
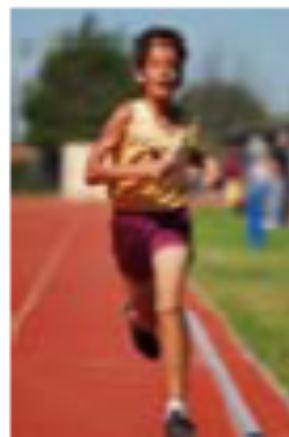
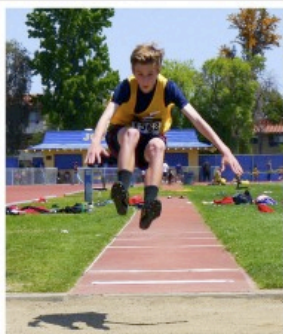
Photo Gallery

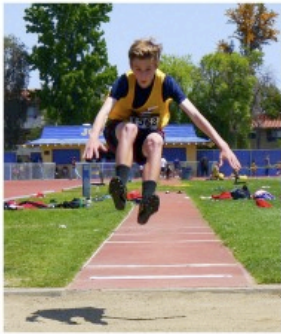
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2014 Calendar

Today						February 2014		 Print		Week		Month		Agenda			
Sun		Mon		Tue		Wed		Thu		Fri		Sat		Feb 1			
26		27		28		29		30		31		10:30am Registration					
2		3		4		5		6		7		8					
9		10		11		12		13		14		15					
16		17		18		19		20		21		22					
16		17		18		19		20		21		10am Falcons First F					
23		24		25		26		27		28		Mar 1					
						6pm Falcons Track I		6pm Falcons Track I				10am Falcons Track					
Events shown in time zone: Pacific Time																	

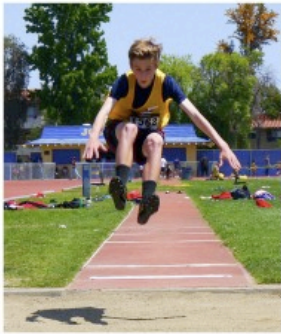
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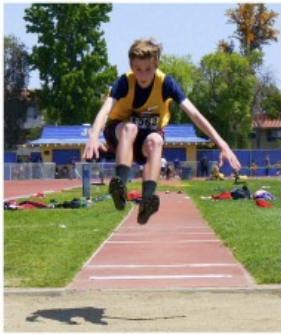
Communication

- Website
- Coaches via emails on site link
- Administrators



Athlete Awards

- Ribbons
- Trophies
- Record Breakers
- Athlete of the Week
- Team Picnic



Conclusion Reminders

- See Parent Volunteer for Baja Fresh gift certificates (Peggy / Coach Carlos)
- Next practice Wednesday February 28
- See you all at practice
- Thank you all for attending



“Every Passion Has Its Destiny”
Billy Mills

