



VALLEY UNITED STRIDERS ALL STAR TEAM

VYC Parents, Friends and Families,

Welcome to the 2013 Valley United Striders. I would like to take this opportunity to introduce the VALLEY UNITED STRIDERS ALL STAR TEAM (VUNS). Born in 2000, Valley United has served as a vehicle for our top athletes of the VYC to unite together and compete locally and nationally.

The Valley United Striders compete in the USA Track and Field circuit as well as the AAU. Over the past decade Valley United has proven itself to be a dominating force locally and a nationally recognized power house. Our club has produced many National Champions, broken records, set records and won National Team Titles.

Last year alone, we traveled with over 50 athletes ranging in age from 5-14 and came home from the Junior Olympics in Baltimore, Maryland with more than 50 medals with the majority being gold.

This year our season begins on May 21st. Our post season track calendar will consist four meets for this season. The dates for the meets will start on May 25th and end with the West Coast Jr Olympics June 27th-June 30th in Reno, Nevada. There is NO qualifying meet for this meet.

We are always striving towards making the transition between Valley Youth Conference competition and USATF competition easier for all involved. We welcome everyone to the Valley United Striders and look forward to an awesome and exciting season.

Thank You

Daniel Jordan Sr.

President Valley United Striders

What is Post Season?

Traditionally, post season is a two month summer season extending from May through July. This summer will be running from May 25th through the June 27th meet. 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. You need to complete a VUNS Registration Form, Medical Wavier and Code of Ethics
2. You will also need an AAU membership card and the cost is \$14. The website is www.aausports.org. Our club number is TF4YA3. Print two copies of the membership card (one for your record and one for ours).
3. Lastly, you will need to provide a copy of your child's birth certificate.

What meets do I have to participate in?

This year we will be participating in 1 meet as a group. The meet is the West Coast Junior Olympics in Reno, Nevada June 27th -June 30th. This meet is a Junior Olympics meets as well as a qualifier for those that choose to continue to Detroit, Michigan. However, Valley United, as a group will not be participating in Detroit. If interested please contact Stacey Lietz and she can direct you on the procedure.

Other meets that will be available to Valley United athletes are:

The Jets meet May 25-26 at Cerritos College-extra fees will apply as well as a USATF membership card which you will need to get

AAU National Qualifier June 15 at Antelope Valley High School-extra fees will apply

Cal State Games July 13-14 at San Diego-extra fees will apply

What's the cost to join Valley United Striders?

- The cost to join Valley United Striders is \$75 without uniform
 - \$45 per athlete for Junior Olympics
 - \$20.00 Facility Fee
 - \$10.00 Administrative Fee
 - Money for uniform will be determined
- There also will be costs associated with travel to the Junior Olympics in Reno.
- VYC athletes will receive some financial assistance from the Valley Youth Conference
- Cost and Assistance TBA

What uniform do I wear? All runners will be wearing a 2 piece suit

Who will be my coach? TBA and will determined shortly

Where and when do we practice? Practices will be held Tuesday, Wednesday & Thursday at El Camino High School

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 athletes in every division to join Valley United. If we have enough athletes to fill B or C teams, we will field those teams.

For more information or questions please email valleyunitedstriders@yahoo.com

Valley United Track Club 2013 Registration

Athlete Information

Name Of Child _____

Date of Birth _____ Age _____ Division _____

VYC Home Team _____

Parent Information

Parent Name _____ Parent Name _____

Home Address _____

Phone _____ Phone _____

Email _____ Email _____

General Registrtaion Information

Registration Fees \$ _____

Uniform Size (Please Circle) YS YM YL AS AM AL

Any kids who runs post season with Valley United must return back to his/her team in which he/she ran with that year.

Parent Signature _____

Administartion Information

Application Received _____ Birth Certificate _____ Medical Waiver _____

Code of Conduct _____ AAU # _____



VALLEY YOUTH CONFERENCE
Track and Field and Cross Country Division

PARENTS MEDICAL CLEARANCE AND PERMISSION TO PARTICIPATE

VALLEY YOUTH CONFERENCE TRACK AND FIELD AND CROSS COUNTRY strongly recommends that children have a medical check-up by a physician prior to participating. To participate in this Conference, the child's parent or guardian **MUST** fill out one of the statements below and sign at the bottom.

I am aware that Track and Field and Cross Country are physically demanding sports that requires strenuous effort to participate. I am not aware of any medical or physical condition(s) of my child (name listed below) that would limit his/her participation in the VALLEY YOUTH CONFERENCE TRACK AND FIELD AND CROSS COUNTRY programs.

PLAYER _____ CLUB _____

My Child _____ has the following medical or physical condition(s) that are of concern to me: _____

Clearance to play VALLEY YOUTH CONFERENCE TRACK AND FIELD AND CROSS COUNTRY has been obtained through the following medical channels (including tests, examinations and evaluations) and approval to participate has been given by signature of Doctor indicated: _____

Dr. _____ Date _____

Performance Enhancing Substances – The Valley Youth Conference, its member organizations and representatives of these organizations shall NOT recommend, promote or suggest any type of substance whether chemical, vitamin, mineral, or herbal to be used by its athletes.

PARENT/LEGAL GUARDIAN SIGNATURE _____ DATE _____
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Valley Youth Conference, Inc.

Track and Field

Code of Conduct – No Fighting Contract

Our goals are to provide a recreational environment that is fun, healthy and competitive for all who wish to play. We believe this is the right of every player enrolled in our program. In addition we wish to protect these players from those who wish to violate their rights via mean spirited play, unsporting behavior and/or undue or malicious outside interference. It is the intent of the Valley Youth Conference, Inc. (VYC) and all Clubs to stop ANY and ALL violent conduct. All players, parents, coaches and helpers who are connected with each VYC Club must read and sign this document.

Any athlete receiving discipline by a coach or an official of the Valley Youth Conference for throwing a punch, participating in a fight or any type of violent conduct, or other type of inappropriate behavior, may be further suspended from play for the season. Any coach, parent or spectator receiving discipline, including, but not limited to being asked to leave, for violent conduct or other inappropriate behavior may be barred from attending any further meets and/or Valley Youth Conference event, including practices.

Should there be an incident of a fight or punches thrown involving athletes, coaches, participants or spectators at any Valley Youth Conference Sport activity, then a report of this incident must be made to the Commissioner of that Sport by the highest officials of the Club(s) in question within 24 hours of the incident. If the Commissioner of the Sport is unavailable to receive the report, then the General Manager is to be contacted next.

The use of alcohol and illegal drugs will not be tolerated. If a player, coach or spectator is found to be using, or under the influence of, such substances, that person will be barred from attending the game/event/meet in question and/or reported to the proper authorities. The use of tobacco will not be tolerated at any venue where games/events/meets are in progress. A person using tobacco at any game/event/meet of the Valley Conference will be barred from attending the game/event/meet in question and may receive further sanctions.

The Commissioner, and/or a committee formed by the Commissioner (which shall report to the Commissioner), will review reports of violent conduct, inappropriate behavior, alcohol, illegal drug, or tobacco use and similar incidents. In doing so, said person(s) may receive such input as such person(s) deem necessary. The Commissioner shall issue a ruling and final penalty/sanction, which may be lesser or more than those stated above. Once a ruling on the incident is issued, the Commissioner shall inform the Club representative of the actions against the parties involved and/or penalty or club sanctions. In the event that a person who has been suspended or barred from participation is found to have participated during such person's term of suspension or exclusion, then the Commissioner may issue further sanctions, including, but not limited to, Club suspension.

Any athlete, coach or parent refusing to sign this document will not be able to participate in play.

I have read, understood and agree to the above requirements allowing me to participate in Valley Youth Conference, Inc.

Player Name (Please Print)

Player Signature

Parent Name (Please Print)

Parent Signature

Coach/Club Official Name (Please Print)

Coach/Club Official Signature