Updated on: November 20, 2026

Santa Clarita Track Club, Inc
2027
Track and Field
Parents Handbook
http://www.runstorm.org

To: All Parents and Athletes

From: Alan Bingham, President of the Santa Clarita Track Club, Inc. – Storm

On behalf of the SCTC track board, it is my pleasure to welcome you to the 2027 season.

The Santa Clarita Track Club is a nonprofit 501(c)3 tax exempt organization that promotes running sports for youth in the Santa Clarita Valley. Our Tax ID number is 77-0615715.

This is an all-volunteer organization, your help, support, and cooperation is critical for the overall success of this program. We require each parent/guardian to participate in helping to accomplish the various functions of this club i.e. coaching, timers, data entry, ribbons, tag pulling, officiating or judging events & relays, help at practices, clothing sales, fundraising, meet setup and tear down, assisting when we are visitors at other clubs meets, transporting pop-up tents, first aid, and more. The only way this program can be the best it can be for your children is with everyone working together and volunteering.

To help you understand more about the Santa Clarita Track Club's program and philosophy, we are providing you with this Parent Handbook. It contains information regarding our club's purpose, conduct during track meets and useful information concerning parental conduct and safety rules for training.

Hopefully, your questions will be answered by reading this handbook. Please contact any of the individuals listed below if you have any further questions or wish to review any of the points contained in this packet.

Alan Bingham	(661) 237-5251	President Director Track and Field
Elaine Bingham	(661) 373-6897	Head Coach

Sincerely,

Alan Bingham

President Santa Clarita Track Club, Inc.

*Handbook subject to update as the season progresses

COMMUNICATION

EMAIL NEWSLETTER

All communications from this point forward will be via our EMAIL NEWSLETTER. We will not call you, as we average over 300 athletes on our roster. The only form of communication to all athletes and their families is via our email newsletter. Please make sure to sign up on our website via the box in the upper right hand side of our page. Please keep in mind we do not sign you up, you must do this. Also no confirmations are sent out after you have submitted your application. You are confirmed once you sign up unless otherwise notified.

REMIND TEXT SYSTEM

Our age group coaches use the REMIND app to send out notices during track meets. Please go to the google store or the Apple App store and get the REMIND app. We will explain how to join a classroom in the app later in our newsletter.

PRACTICE SITE

Our practices will be at Castaic High School Monday, Tuesday, and Thursdays 5:30 – 7:30 pm for Bantam and older athletes and 6:00 – 7:20 for Sub-Gremlins and Gremlins. On Saturday's times will vairy. As we get closer to the start of practice we will notify you via email our final practice schedule. Saturday practices are only for pre-season conditioning. Once the season starts, meets will take the Saturday slot. You are required to attend a minimum of 2 practices a week and the Saturday meet.

PARENT AND ADULT PARTICIPATION

The number of participants in the SANTA CLARITA TRACK CLUB varies from season to season. Parent and adult participation IS ABSOLUTELY VITAL. It takes approximately one adult for every 3 athletes to coach and administrate the SANTA CLARITA TRACK CLUB. During competitions with other track clubs, track conference programs, and post conference programs, additional adult participation is also necessary.

WE EXPECT YOU TO PARTICIPATE IN THE SANTA CLARITA TRACK CLUB PROGRAM. There are many job descriptions which you will be able to fill. EXPERIENCE IS NOT A REQUIREMENT FOR MOST OF THE JOB POSITIONS.

There are many types of jobs which require adult support in order to make each track season successful. These jobs are on and off track. We expect adults to be part of the SANTA CLARITA TRACK CLUB team by fulfilling and taking responsibility for the many available positions. The SANTA CLARITA TRACK CLUB must have the COMMITMENT OF THE PARENTS AND ADULTS representing the athletes. We depend and RELY on you to VOLUNTEER.

CHILD WELFARE

The Santa Clarita Track Club is sensitive to inappropriate behavior towards children. The Valley Youth Conference requires us to have all individuals that are in direct contact with your children fill out a Volunteer

Application sheet. The conference also requires background screening, which can be handled via the link on our website for all coaches.

WHAT TO WEAR OR BRING TO PRACTICE

Athletes should wear proper running clothes (running shorts or sweats). NO JEANS. Depending on colder weather, sweat tops and bottoms are required. Please make sure to **LABEL ALL CLOTHING** as items often get left behind.

Please bring a large bottle (20 ounces) of water to all practices and meets. When the weather heats up, more water is needed.

SHOES

This is the most important piece of equipment required for all track athletes. Each athlete must have a pair of good **RUNNING SHOES**. **Cross training, basketball** or **mid/high tops** are **NOT ACCEPTABLE** and may cause injury. 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. Athletes arriving in non-running shoes will be asked to "sit-out" practice.

SPIKES

Spikes are allowed to be worn by all age groups except for sub -Gremlins. Gremlins will need permission from their coach. The use of spikes will be limited to competition and specific portions of practice only. **NO ONE WILL BE ALLOWED TO USE SPIKES FOR WARM UP, COOL DOWN OR FOR THE DRILLS.**

IMPORTANCE OF WARM-UP, STRETCHING AND COOL DOWN

Everything we do has a purpose and a reason. It is essential we instill in our kids the importance of proper warm-up before a practice or race, followed by a proper cool-down.

For the body to operate at peak levels and stay injury free, our athletes need to follow this procedure before and after each race and at every practice session.

Instructions on the proper technique of warm-up/cool-down will be given at every practice.

Parents, please support in our effort to instill this in our athletes.

1. Upon arrival at the track for practice, your child should run the required amount of warm up laps WITHOUT being told.
2. Do not leave practice without your child doing at least 1 cool-down lap and stretches
3. On meet days, remind your child that they need to warm-up, stretch, and cool down for each race.
4. At the meets, the age group coach will lead the warmup, but your child get in the habit of doing the stretches themselves, or with the other kids in their age group preparing for the same race.

ABILITIES AND LEVELS OF TRACK AND FIELD ATHLETES

The SANTA CLARITA TRACK CLUB does not pre-qualify young athletes in regard to their physical or mental capacity to participate and perform in this organization so long as they meet age and medical requirements established by the Valley Youth Conference Track Program.

The SANTA CLARITA TRACK CLUB coaching staff will determine from the beginning and throughout the season where the athlete's development and physical abilities will be seeded. Some general standards, which will be observed to determine an athlete's qualifications to compete are as follows:

- Attendance and timeliness at practice and meets.
- Focus on coaching instructions.
- Dedication and determination on carrying out coaching procedure.
- Commitment to team spirit.
- Camaraderie and interaction with other athletes and adults in the program.
- Respectful attitude towards track and field etiquette.
- Obeying and observing track and field rules
- Always having proper attire and equipment for warm-up, warm-down, cross training, plyometrics, special event training and meet competition.
- Maintenance and care of uniforms, equipment, and facilities.
- Maintaining acceptable academic standards.
- Performance level in competition.

These are a few of the standards that will be used to determine how the athlete is seeded in events, in addition to those already described elsewhere in this handbook.

THERE WILL BE COACHING STAFF SKILLED AND READY TO WORK WITH THE ATHLETE'S LEVEL OF CAPABILITIES. The willingness to participate, in and of itself, is a very acceptable level and standard for membership in the SANTA CLARITA TRACK CLUB.

PRACTICE PROCEDURE

ARRIVE on TIME and start the warm-up.
Wear proper clothing and equipment (practice shirt, sweat bottoms, running shoes, good attitude).

Parents may not workout or run laps on the track, there is a sidewalk going all the way around the track and parents are free to walk laps using that sidewalk.

RAIN

If it is raining, we will not be having practice. If your wipers are on, do not let your children out of the car, NO coaches will be at practice in raining weather. We will make every attempt to post canceled practices either via the website (www.sctc-storm.org) or via email.

SHORT LIST AND DESCRIPTION OF NEEDED VOLUNTEERS

Meet Days

Field preparation: The morning set-up of the equipment and field prior to the meet (five or more)
Hurdles (setup/takedown): During a meet, hurdles need to be set up, moved and finally removed (five to eight people needed)
Tag puller: Helping to remove the name tag from the athletes after they cross the finish line and giving tags to head tag puller (six to eight people needed)
Head tag puller: Collecting tags from the athletes and placing them in order of their lane assignment (one to two people needed)
Typing results into computer: Our league is computerized and we type the results as the meet goes on (one person needed at a time)
Field event judge: Measuring and recording field events: high jump, long jump, shotput (five to seven people needed)
Track announcer: We have a PA system that needs people to announce up coming events, during the meet (one to two people needed)
Field takedown: As the meet comes to an end, we need people to help put away the equipment (five to however many show up)

Non-Meet Positions

Jelly Bean Parents: 3 parents needed to hand out Jelly Beans or Jolly Ranchers at the end of every practice.
Assistant Coaches: Help the coaches during the practices; you can help with any age group, running or field events: distance, sprints, hurdles, relays, shot put, long jump, high jump
Age group parent: People who are willing to help with an age group by: calling about events and fundraisers, coordinating and distributing information to the athletes. Escorting athletes to the restrooms.
Fund raising: People to help coordinate the club's fundraisers so we can keep entry fees lower, help our athletes and upgrade our equipment
Board member candidate: Help the Santa Clarita Track Club be the best we can be

All of the positions listed above range from painfully ***easy*** to moderately ***easy.*** There is **no need for past experience**: we will train you to do everything. Remember that every family must volunteer in order for the program to work and the children to benefit the most. The more that everyone volunteers, the faster and smoother the meet runs. So don't delay, sign up today. Thank you.

HOME MEETS

The Santa Clarita Track Club wishes to maintain our reputation of running efficient, well organized home meets. This can only be accomplished by parental participation. **WE NEED AND WILL BE ASKING FOR YOUR HELP!**

We will need you to show up early (7:00 am) and help setup the track**.** Please do not hesitate to volunteer for lack of experience. It takes only a few minutes to show anyone how to help with the tasks required. **TRACK MEETS ARE ALWAYS MORE FUN IF YOU'RE INVOLVED IN THE ACTIVITIES.**

OUR HOME TRACK RULES

Please help us keep in good standing with the powers that be by following the rules of the track.

- No gum chewing allowed.
- No sunflower seeds are allowed.
- Do not bounce any balls on the track.
- Do not climb the goal posts.
- Do not climb on the lane barriers.
- Do not bring skateboards, roller blades, or bicycles to practice.
- Unsupervised athletes are not allowed in the bleachers or under the bleachers.
- USE THE TRASH CANS especially when you are in the bleachers.
- KEEP THE BATHROOMS CLEAN.
- Smoking is not allowed on school grounds. Alcoholic beverages are not allowed on school grounds.
- **Pets are not allowed** on school grounds. Use only the approved length spike

AWAY MEETS

Our track club is a member of the Valley Youth Conference. Most teams we will be competing with are based in the north Los Angeles County area. Away meets may be held in the Simi Valley/Moorpark area, the San Fernando Valley, the Santa Clarita Valley, or the Antelope Valley. Please check driving directions for away meets and allow plenty of time for travel. Parent participation will also be required at away meets.

TRACK ETIQUETTE

YOU, as parents, are the best role models for your children. Please refrain from yelling or criticizing your children or other athletes. Always remember to keep a positive attitude.

At any track meet, everyone is requested to observe certain rules of etiquette.

- When the field is not open to the public, do not enter unless requested to be there.
- When crossing the track, be aware of races in progress. Treat the track as if it were a busy roadway.
- NEVER cross over the approach area or runway of any field event.
- NEVER cross through the shot put area.
- NEVER "poor mouth" other competitors. Taunting and baiting is not allowed (including overt acts of celebration during competition or throwing a baton).
- DO NOT pace (run along-side) any runner during a race. This will result in the disqualification of that runner.
- Keep all non-club members (brothers, sisters, friends, relatives) under supervision.

We expect our athletes (and parents) to behave in a sportsmanlike manner. You are a reflection of our club, so please act accordingly. You belong to a club that is well respected in the Valley Conference.
BE PROUD OF IT!

MEET PROCEDURE

Each athlete Bantam through Youth is allowed to compete in a **maximum** of three events, plus one relay event. Intermediate athletes may compete in a **maximum** of four events. Sub Gremlins and Gremlins are allowed a **maximum** of three events including relay. Meet participation is mandatory, we do not allow practice only athletes, this is a competitive team/sport.

The competition uniform is the only one allowed for use during the meets. If tights are worn, then the competition shorts **MUST** be worn over them. Only Storm Uniform shorts are allowed, no shorts from other sports such as basketball or soccer.

Athletes should report to their Age Group Coach at least 30 minutes before their scheduled event for warm-up.

Nametags will be given to each athlete by their Age Group Coach. These tags are to be worn for all events. Athletes checking in without tags will not be allowed to compete.

Athletes should listen carefully for the announcer's call of all races. There will be three calls for each event.
FIELD EVENTS: Athletes should check in at the appropriate field event upon hearing "first call" of that event.

RUNNING EVENTS: Athletes should be wearing their tags and be warmed up upon hearing "first call". Athletes then report to the appropriate location of their running event upon hearing "third call".

PLEASE NOTE

It is NOT the responsibility of the Age Group Coach to find athletes for their events. Please pay attention to the calls. YOU, as parents, will need to help keep track of the order of events for your children, particularly with the younger age groups.

Ribbons will be awarded to all participating athletes. Ribbons will be handed out at practice following the meet. **UNDER NO CIRCUMSTANCES SHOULD AN ATHLETE ASK FOR HIS/HER TIME OR RIBBON AT THE SCORING TABLE DURING A MEET.** Parents pick up ribbons at our practices (usually Wednesday or later of the same week.)

Athletes in running events: **STAY IN YOUR LANE UNTIL YOU ARE RELEASED BY THE LANE OR ZONE JUDGE.** Interference with another runner is cause for disqualification.

STANDARD SATURDAY MEET SCHEDULE

Track events will begin at 8:30 A.M. The order of the competition will be as follows:

RUNNING EVENTS:
(Times are approximate)

TIME	EVENT	AGE GROUP
8:30 AM	3000 meter run	Junior through Intermediates
9:00 AM	80/100 meter hurdles	Junior through Intermediates

RUNNING EVENTS: (continued)
(Times are approximate)

TIME	EVENT	AGE GROUP
9:30 A.M.	4X100 meter relay	Sub-Gremlins through Intermediates
10:30 A.M.	1500 meter run	Sub-Gremlins through Intermediates
11:30 A.M.	400 meter dash	Sub-Gremlins through Intermediates
12:30 P.M.	100 meter dash	Sub-Gremlins through Intermediates
1:30 P.M.	800 meter run	Sub-Gremlins through Intermediates
2:00 P.M.	200 meter run	Sub-Gremlins through Intermediates
2:30 P.M.	4X400 meter relay	Bantams through Intermediates

FIELD EVENTS
(Always verify start times and schedule before meet and note age group order of events below)

High Jump	1st: Bantam Girls-Boys 2nd: Junior Girls-Boys 3rd: Youth Girls-Boys 4th: Intermediate Girls-Boys
Long Jump	1st: Sub Gremlin Girls-Boys 2nd: Gremlin 3rd: Intermediate Boys-Girls 4th: Junior Girls-Boys 5th: Youth Girls-Boys 6th: Bantam Girls-Boys
Shot Put	1st: Youth Boys-Girls 2nd: Intermediate Girls-Boys 3rd: Bantam Girls-Boys 4th: Junior-Girls Boys
Javelin	1st -Junior Girls -Boys 2nd -Bantam Girls-Boy 3rd- Gremlin girls -boys 4th -Youth and Intermediate Girls-boys

HURDLES

The hurdle running event is available to Junior and above. It has been our experience that not all runners are developmentally ready to run this event as a Midget. With this in mind, we are requiring that all hurdlers have to be approved by the hurdle coach before practicing for this event.

DISCIPLINE AND RESPECT

Please keep in mind our program has over 300 athletes and it is difficult for coaches to monitor whether or not the runners have properly participated in the stretching and plyometric exercises. If your child is late to practices, they will have to stretch with the late crew, at a designated area on the field. **UNDER NO CIRCUMSTANCES WILL YOUR CHILD BE ALLOWED TO PRACTICE WITHOUT HAVING A PROPER WARM-UP.** Also your child will not be allowed to leave practice without doing a "*cool down lap*". If you have to leave practice before the scheduled finish time, please allow enough time for this important portion of practice. It is in the best interest of your child that he/she adheres to this rule.

All coaches will be addressed as "**Coach**" by the runners, calling them "coach" and the first or last name of that particular coach. With the lack of respect by some of the youth these days, we at the Santa Clarita Track Club feel that this is a good vehicle to instill respect for adults and peers.

Impropriate Language will not be tolerated anytime. We will give one warning but after that the athletes will be asked to leave the track.

Discipline Policy: the coaches are very excited to train your athletes. We will not raise our voice other than to give instructions. If your child is disruptive during practice or meets and the coaches are not able to teach the group then we will follow the discipline procedure.
1st offence run a lap to remove the athletes from the behavior and then return to the group
2nd warning send the athletes to the Head coach for a 10 minute discussion and set a plan to return to the group.
3rd send to the stands to sit alone and contact parents
This is usually all that is needed but if disruptions continue, we will move to a suspension or removal from the team. Most athletes want to be at practice and quickly change any distractions that kep the coaches from coaching all athletes
Our goals are to teach all athletes the sport of track and field and help them to become upstanding young athletes and leaders.

We purchase the best equipment available for use in our club. The high jump "pit" is a nice soft pad. It is designed to be used for the high jumpers to fall upon, not as a jumping pad for all to play upon. Please inform your children that they are not allowed to play on this pad. If you as parents see anyone jumping or sitting on this pad, please inform the coaching staff or ask the people using it to please stop.

PARENT / COACH COMMUNICATION

As parents we always want to do what is best for our children. You know your kids better than anyone else. In the event that there is information about your child that would be beneficial to the age group coach, please let them know, especially special needs. We will do all we can to work with them and give them a all-inclusive experience. Coaches are not trained in special needs but are always willing to learn how to work with your athlete.

One cannot expect a conversation with a coach to take precedence over practice. The age group coaches are limited on time they have with our athletes. Without the full attention of a coach practice can turn into chaos. If you need to talk to a coach, **PLEASE, do** so before or wait until the end of practice.

GENERAL NUTRITION

Let's not get carried away. Certain guidelines are important. If you serve your child a balanced meal and stay away from the fatty fast-food restaurants, you go a long way in allowing your child to perform at his peak level.

It is important to get your child on a proper eating program that is balanced in protein (10-15%), carbohydrates (55-65%), and fats (25-30%).

Some examples of good food the night before the competition might be:

Protein: Chicken, fish, beans, dairy, eggs.
Carbohydrates: Potatoes, pasta, bread vegetables, frozen yogurt.
Fats: Butter, margarine.

Try CHICKEN PARMESAN, or SPAGHETTI AND MEATBALLS, with milk as a drink. Frozen yogurt is a great desert. **NO SOFT DRINKS**

NUTRITION ON MEET DAY

Your child needs to eat a light breakfast of granola, oats, or low sugar cereal served with fruit (bananas are great). Don't send your child to the meet on an empty stomach. Your child needs to run on good fuel for good results. If your child runs out of fuel, the engine stops. Try to avoid greasy, fatty foods on the morning of the meets. They take longer to digest.

Always bring water. Light sandwiches, light healthy snacks (power bars, granola bars) and fruit to eat during the day. If your child eats light, they should be able to eat within 30 minutes of a race. **NO SUGAR**

I know the snack stands want your business and your child wants to accommodate. If you can save soft drinks, hot-dogs, nachos and candy as a reward for after a day of good competition, you will be doing your child a favor.

LEAGUE CHAMPIONSHIPS/LEAGUE FINALS/ CONFERENCE FINALS

Athletes must have competed in at least ½ of the seasons meets to go to either League Championship, or Open Final Meets. This usually means 3 of the 6 regular meets. Athletes can only compete in one of these meets.

LEAGUE FINALS: An athlete is eligible to compete in the League Finals if they attain a mark equal to or better than the qualifying standards. These standards are posted on our website In the event less than 8 athletes hit a Q mark the top 8 athletes in the League may be Invited.

OPEN FINALS: Only those athletes who did not qualify to compete in the League Finals are eligible to participate in the Open Finials. The awards are medals or ribbons.

I.E.C. (Individual Event Championships) Otherwise known as the Conference Finals, this is the final event of the year at the conference level. The top two (2) finishers and the 5 next best place from the Leagues meets in each event from both leagues (East & West) compete at this meet.

SUPPLIES and FUNDRAISING

In order to enhance our ability to serve our team and the community, we need funding or donations of various supplies and/or equipment. Our fundraising efforts and part of the registration fee go toward providing the necessary items, but never seems to be enough. Any person or entity interested in donating; the following items would be greatly appreciated. The Santa Clarita Track Club is a non-profit organization, so any donations should be tax-deducible. Please contact your age group coach for more information. The following is a sampling of the 'wish-list' for the club this year.

- General equipment replenishment. Office supplies, paper, pens, labels
- Medical supplies replenishment. Any and all medical first aid type supplies.
- Javelin implements
- Measuring tapes

REFUND POLICY

If for any reason your child wishes to withdraw from the Santa Clarita Track Club, You must contact a board member listed at the front of this packet and inform them of your request to withdraw from the team, the following refund scheduled will apply. All refunds will have the 3% processing fees deducted.

Updated on: November 20, 2026

Withdraw prior to February 7, 2027 – 100% Refund
Withdraw February 8, 2027 – February 14, 2027 – 50% Refund
Withdraw February 15, 2027 or later – No Refund Issued.

Merchandise sales are final - No Refunds.

Most Practice days: (Subject to change)
Monday 5:30 pm
Tuesday 5:30 pm
Thursday 5:30 pm
Saturday TBD

Pending Track Meet Schedule * Subject to change

Mock Meet 3/13
Meet 1 3/20
Meet 2 3/27
Meet 3 4/03
Meet 4 4/10 & 4/11 Invitational Meet (all are invited)
Meet 5 4/17
Meet 6 4/24
Western Open Final Championship 5/01
Western League Championship Final 5/8
Individual Event Championship Meet 5/15

End of the year awards event 5/16 11:00 am – 3:00 pm