

# Welcome to the Los Angeles Falcons 2025 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 18 years if age and all athletic abilities. Come join us and learn a sport that can last a lifetime.**

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# Team Leadership Staff

- **Pablo Carlos – Founder / Athletic Director**
- **Tony Morris – Treasurer**
- **Open – Secretary / Attend VYC Meetings**
- **Peggy Morris – Director of Merchandising & Fundraising**
- **Joshua Carlos – Director of Communication**
- **Sandra Carlos – Director of Registration / Membership**
- **Coaching Staff – Meet Director**
- **Open – Director of Picnic and Concessions**
- **Josh Carlos & Claudio Vilchis – Timing Crew**

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# History of ...



Los Angeles

*Falcons*

Track & Field Team

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# Team Coaches (our mentors)

- **Coach Tinia**
- **Coach David**
- **Coach Helen**
- **Coach Matthew**
- **Coach Dennis**
- **Coach Tony**
- **Coach Jerome**
- **Coach Carlos**
- **We need a few more coaches. Need High Jump & Shot put as well.**



# Fundraising

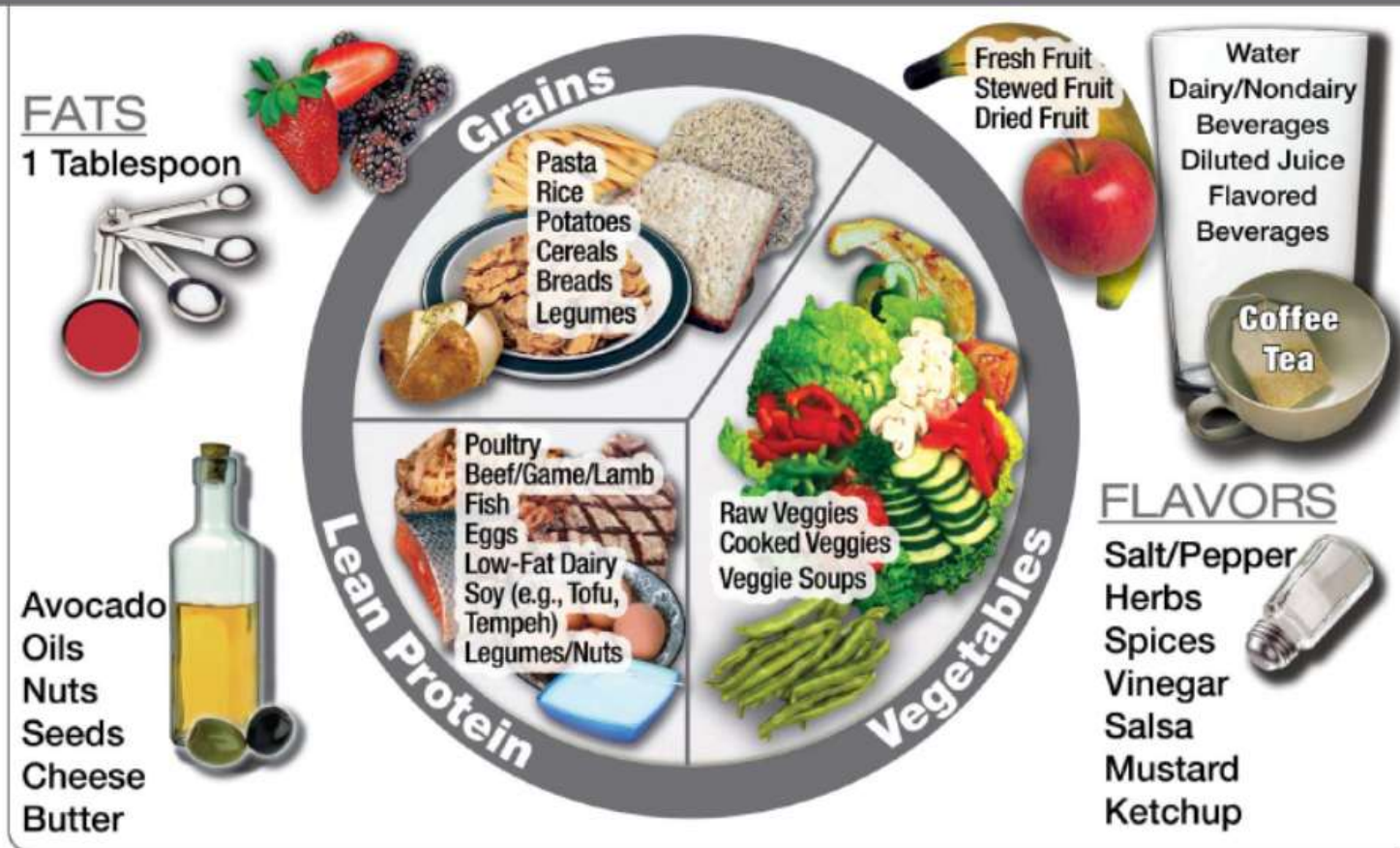
- **Restaurant Dine In / Dine Out Days**
- **Baja Fresh Gift Certificates Program**
- **Online Team Store Sales**
- **Concession Sales, 50 / 50 Raffle at Home Meets**



FUEL ON!

# Trojan Plates

## MODERATE TRAINING:



## MODERATE TRAINING:

- A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance in the other.
- This should be your baseline from where you adjust your plate down (easy) or up (hard/race).





FUEL ON!

# Trojan Plates

## HARD TRAINING / RACE DAY:

### FATS

2 Tablespoons



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



### Grains

Pasta  
Rice  
Potatoes  
Cereals  
Breads



Fresh Fruit  
Stewed Fruit  
Dried Fruit



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages



Coffee  
Tea

### Lean Protein

Poultry  
Beef/Game/Lamb  
Fish  
Eggs  
Low-Fat Dairy  
Soy (e.g., Tofu,  
Tempeh)  
Legumes/Nuts



Cooked Veggies  
Veggie Soups  
Raw Veggies



### Vegetables

### FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup



## HARD TRAINING:

- A hard day contains at least 2 workouts that are relatively hard or competition.
- If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.

# PRE-FUEL



- Meant to be consumed BEFORE a practice or competition
  - Aim for 30-60g carbohydrates, about 15-30 minutes before activity
  - Consume 16oz of fluid within the hour before activity
- Carbohydrates provide quick energy and fluid helps to prevent injury and maintain body temperature.

- Options include:

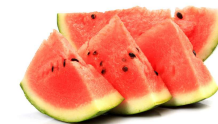
- Fresh or dried fruit
- Granola or energy bars
- Applesauce
- Fruit snacks or sport gummies/gels
- Sports drinks, smoothies, or juice





# RE-FUEL

- Meant to be consumed AFTER a practice or competition
  - Aim for a 3:1 ratio of carbohydrate to protein, immediately to 30 mins after activity
    - Ex: Chocolate milk contains 23g of carbs and 8 g of protein (3:1)
  - Replace fluid losses with about 16-20oz after activity
  - Include an antioxidant to help reduce soreness and promote recovery
- Options include:
  - Chocolate milk + cherry juice
  - Beef jerky + fruit
  - Greek yogurt + berries
  - String cheese, soy milk, + cherry juice
  - Protein bar
  - Full meal
    - Lean meat, whole grain, veggies



# SNACKS



- Meant to be consumed IN BETWEEN a practice or competition
  - Aim to pair a protein with a carbohydrate
    - Ex: Peanuts and a piece of fruit -or- Greek yogurt, berries, and granola
  - Consume fluid throughout the day
    - At least  $\frac{1}{2}$  your body weight in ounces
    - Ex: A 150lb athlete would need at least 75 ounces of fluid

- Options include:

- Trail mix + granola bar
- Greek yogurt + fruit
- String cheese + pretzels
- Apple + peanut butter
- Hard boiled eggs + toast





# **Uniforms - NEW Aerodynamic**

- **Distribution Dates – Saturday March 15**
- **Care & wash Instructions**
- **How and When to wear**
- **Replacement of damaged, lost, or extra garments**
- **Uniform / Warm-up Labeling with names**

# Practice Requirements

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

**\*\*\* Check Calendar always (Rain)**



# Volunteer Contract

- **The L.A. Falcons is a volunteer run organization**
- **Track meets are run by 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 15 (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 important**

# Types of Jobs

- **Setup crew**
  - **Clean-up crew**
  - **Finish line recorder**
  - **Staging Pre-seed**
  - **Starter**
  - **Flag directors**
  - **Ribbon crew**
- **Field event crews**
  - **Concession crew**
  - **Timing Tent crew**
  - **Stager / Staging / Escort**
  - **Hurdle crew**
  - **Tag Distributor**
  - **Announcer**
- 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 –
- Concession Director –
- Hurdle Crew Director –
- Meet Director – Coaching staff

# 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](mailto:lafalcons1990@gmail.com)
3. If you have not signed up please do so today.
4. We might try online app.



# 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. (Failure to do so will be suspended from next meet)**

# 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, Coach Carlos, Coach Tony or Meet director.**
- **Wear sunscreen & bring a hat**
- **Stay hydrated and bring water to your post**
- **Take breaks when necessary to see your child run**
- **Have Fun! Enjoy the meet.**



# Communication – parents

**Team Website / Emails**

**Calendar / Meet Maps**

**Photo Gallery**

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# 2019 Calendar

Today							March 2019		Print	Week	Month	Agenda
Sun	Mon	Tue	Wed	Thu	Fri	Sat						
24	25	26	27	28	Mar 1	2	5:30pm Falcons Tr	Falcons Track Pr	Last Day to Reg 6pm LAF Parent M	10am Falcons Tra		
3	4	5	6	7	8	9	5:30pm Falcons Tr	5:30pm Falcons Tr			7am Falcons Prac	
10	11	12	13	14	15	16	5:30pm Falcons Tr	5:30pm Falcons Tr			6am Falcons #1 7	
17	18	19	20	21	22	23	Glendale & BUSD Spring Break - CVHS Practice				6am Falcons #2 7	
	6pm Falcons Trac		5:30pm Falcons Tr	5:30pm Falcons Tr								



☰ Crescenta Valley High School, 2900 Community Ave, La Crescenta, CA 91214 🔍 ✕

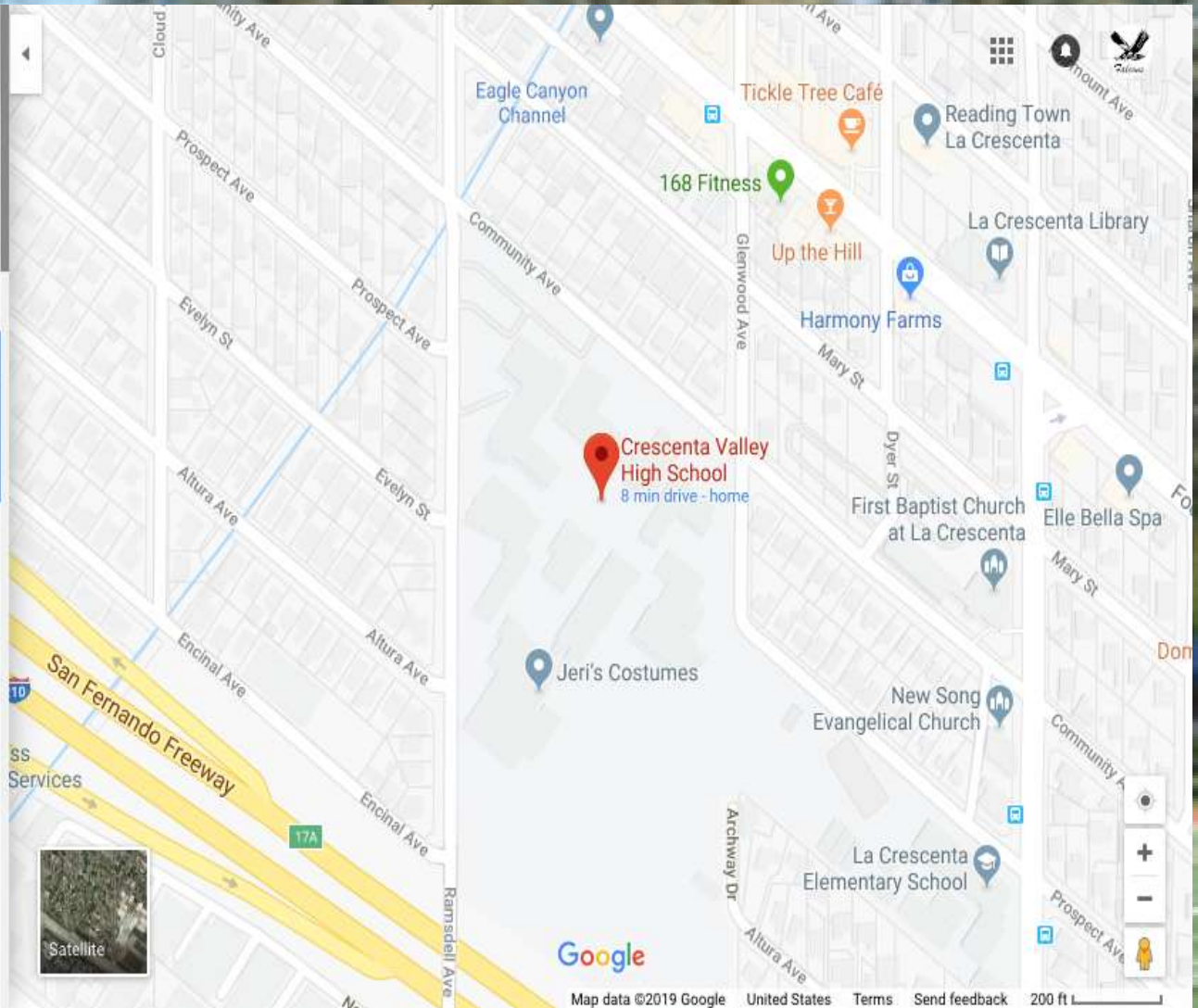


**Crescenta Valley High School**  
 3.9 ★★★★★ · 28 reviews Directions

High school

🔖 SAVE
📍 NEARBY
📱 SEND TO YOUR PHONE
🔗 SHARE

- 📍 2900 Community Ave, La Crescenta, CA 91214
- 📍 6QF4+9P La Crescenta-Montrose, California
- 🌐 gusd.net
- 📞 (818) 249-5871
- 👤 Claim this business
- 🚩 Add a label



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# Communication with staff

- **Website (Contact)**
- **Coaches via emails on site link**
- **Administrators – Emails / Site**

# Athlete Awards

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



# Conclusion Reminders

- See Parent Volunteer for Baja Fresh gift certificates (Peggy / Coach Carlos)
- Next practice Saturday at CV Park
- See you all at practice
- Thank you all for attending



“Every Passion Has Its Destiny”  
*Billy Mills*





# Team Photos – Not Available



Date Pending