

Santa Clarita Track Club's Students Off And Running (SOAR) Guidelines and Expectations Training Season 2018-2019



1) How long is the LA Marathon ?

The Los Angeles Marathon is 26.2 miles from start to finish.

2) How long is the training season, and where are we going to practice ?

SOAR-SC has a training season from October to March - 24 weeks this year (ending with the Los Angeles Marathon). As a team member, you will practice 3 times a week with Saturdays being "Long Run" Days. We will usually be training on the Paseos near Lowes or Facey Medical near COC for hill work.

3) Is there a fee to join the program?

SOAR is free to all student participants—each student's training costs the organization about \$1,000. As a program participant you and your parents / legal guardians 'pay' for your training by participating in team fundraising activities (-SOAR's 50/50 Holiday Raffle Ticket Sale -SOAR's Mardi Gras Madness 5K -Team Food Concessions, etc) throughout the season. Just like SOAR students from previous years, this gives you an opportunity to 'pay it forward' for future participants! In addition, a parent / legal guardian will be required to attend an hour long Parent Information Meeting soon after you begin training.

4) What about running equipment?

In addition to covering all of your registration fees for team events, SOAR provides you with a set of running shoes, uniforms, and training supplies once you get all of your paperwork in (waivers, physicals, etc.), You will receive your new running shoes just prior to our first 10K. In the meantime, you will need to wear comfortable running / athletic shoes when we practice.

5) How will I get to the races ?

All transportation to practices and events is to be provided by your parents, or alternate means.

6) Can I lose my spot on the team?

Yes. Even if you earn a place on the team, your coaches will make an assessment as to your progress before every qualifying event. **You must attend all team qualifiers to remain on SOAR's active roster.** In addition, all "miles owed" due to missed trainings must be logged and certified by a coach before the next event in order to stay on the team. Finally, SOAR-maintains a strict 16 minute per mile pace policy. All students must complete SOAR's 20 Mile qualifier in under 5:20 (16 min/mile). Students unable to meet this requirement will be suspended from participating in the LA Marathon pending a meeting with parents. We will be evaluating whether or not you "buy in" to the

group's training expectations when it comes to being a part of this team. Essentially, we're looking for kids that are bought in to helping themselves, rather than those that join just for the free stuff!

7) What if my work schedule or another activity interferes with my practice schedule?

Remember that in order to maintain marathon conditioning, you will have to train at least 3 days per week. If you have a job, ROP, or other extracurricular that interferes with practice time, you will have to work out an alternative training schedule with one of your coaches.

8) Who do I call if I can't make a practice?

If you can't make it to practice for any reason, you should call your coach as soon as possible. But remember, we will be evaluating your performance at the end of every month. Coach Sarkissian can be reached at (661) 877-7024.

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I have read and agree to the requirements for participation in Students Off And Running.

Parent's Signature: _____ Date: _____

Student's Signature: _____ School Group: _____