



**Track & Field
Coach and Parent Handbook
2009**

St. Isidore and St. Joan of Arc

Website <http://www.leaguelineup.com/cyotrackandfield>

Phone number: Voice Mail: (925) 362-1927, option 3

E-mail: runcyotrack@aol.com

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Coaching Staff and Administration

Primary Coaching Staff:

Caroline Reed

Rafael Zamora

Dave Bayliss

Bill Vaculin

John Carey

Matt Ospeck

Joe Salvoldi

Administration:

Caroline Reed Head Coach/Team Coordinator

Boyd Fottrell CYO Administrator

2009 Important Dates and Deadlines

Registration Dates: (On-Site Registration Only)	January 25, 2009 7:00PM (St. Isidore Benson Center)
	February 1, 2009 1:30PM (St. Isidore Room – Ministry Center)
Registration Deadline:	February 1, 2009
Program Drop Deadline:	February 22, 2009
Duration of Track Program: (**Qualifiers for Sectional / Diocese Meets)	February 8 th to April 25 th **May 9 th
Easter Break	NO TRACK MEET SATURDAY, APRIL 11TH

Practice Days / Dates

Practice Days/Times/Locations:

Sundays:

February: 8th, 22nd,

March: 1st, 8th,

Time: 4:00 pm to 5:00 pm

Location: San Ramon Valley High School (SRVHS) in Danville at the track stadium

Mondays:

Starting February 23rd

Time: 5:00 to 6:00PM

Diablo Vista Middle School Track field - (DVMS is located off Camino Tassajara Rd. in Danville)

Wednesdays:

Beginning on February 18th

Time: 4:30 to 5:30PM

San Ramon Valley High School (SRVHS) in Danville at the track stadium

Thursdays:

Starting March 19th

Time: 5:00 to 6:00PM

Diablo Vista Middle School Track field - (DVMS is located off Camino Tassajara Rd. in Danville)

Track Meet Schedule

(Parent volunteers arrive 1 hour prior, and athletes at least 45 minutes prior to meet start time)

Date:	Meet Type:	Location:	Time:
March 14 th	Practice Meet	TBA	9:00 AM
March 21 st	Practice Meet	San Ramon Valley HS	9:00 AM
March 28 th	Relay Meet	TBA	9:00 AM
April 4 th	Practice Meet	San Ramon Valley HS	9:00 AM
April 18 th	Practice Meet	TBA	9:00 AM
April 25 th	Qualifying Meet	TBA	9:00 AM
May 1 st / 2 nd	Sectional Meet	Diablo Valley College (DVC - Concord)	TBA
May 8 th / 9 th	Diocesan Championships	Diablo Valley College (DVC – Concord)	TBA

Introduction

Welcome to CYO Track & Field. We are looking forward to a great season with your kids. St. Isidore and St. Joan of Arc Parish CYO program is part of the Diablo Valley CYO Section. The Diablo Valley Section is one of three sections of the Oakland Diocese. The St. Isidore and St. Joan Track & Field program is run as part of the Catholic Youth Organization within the Oakland Diocese. We foster a Christian environment in the practice and during the meets. The athlete philosophy is athlete first and winning second. This philosophy means that learning, improving, and having fun are much more important than winning. All meets will begin with an opening prayer.

The CYO Track Program is totally run by parent volunteers from coaching to administration. It is required that all families support the program by either volunteering at three (3) track meets or supporting the program in a key-volunteer or coaching role.

Eligibility: The program is open to both boys and girls in grades 3rd through 8th, from Alamo, Diablo, Danville, and San Ramon. 2nd graders are eligible under the stipulation that parents will be available to assist with their age group at all practices. They will compete among their own grade level during the practice meets, but will be required to run-up with 3rd graders at the qualifying meet. Our primary goal for the season is to allow the kids to have fun, and enjoy the sport of track and field. We teach and develop the basic skills and techniques of running form, speed, starts, endurance and proper warm-up/warm down (stretching).

Every athletic competitor exercises every kind of self-discipline --- they to win a perishable crown, but we an imperishable one.

(1 Corinthians 9:15)

Boundaries: Each child will be assigned to either St. Isidore or St. Joan or Arc parishes.

The criteria is as follows:

- 1) If your child attends school at St. Isidore, then indicate St. Isidore.
- 2) If your child attends CCD / Faith Formation at either St. Isidore or St. Joan, please indicate that as the parish designation. Otherwise, the parish designation is based on your geographic location.
- 3) If your home address is north of Camino Tassajara / Sycamore Road, your parish designation is St. Isidore. If your home address is South of Camino Tassajara / Sycamore Road, your parish designation is St. Joan. No exceptions - We must abide by the boundary rules established by the Oakland dioceses.

Registration: The cost is \$75.00 per athlete with checks made payable to CYO Track. Note your athlete's name(s) on the check (especially since some children have a different last name). Family discount for three or more children is \$200 per family. Each family is required to make a \$100.00 deposit towards their commitment as a parent volunteer for the Track season. Your deposit will be held until the end of the season. If you do not fulfill your volunteer agreement, your deposit will not be returned and will be cashed. At the end of the season, all additional checks will be shredded. See the Parent Volunteer Agreement for more information.

Registration Notification: Prior to each season returning athletes are notified via e-mail and subsequently information is also posted on the program website. In addition, information regarding CYO Track registration is posted multiple times in both the St. Isidore and St. Joan's weekly church bulletins. Two dates are held for registration that includes a brief mandatory orientation meeting and distribution of the registration package. Due to the high demand for enrollment, there is a cutoff date for registration.

Introduction – Continued

Registration Deadline: Our program will be firm with the date established as our “Registration Deadline.” Any late registration may be considered on a “*wait list*” as determined by our registration enrollment numbers.

Program Drop Deadline: Our program will be firm with the date established as our “Official Drop Deadline.” You must notify Coach Caroline Reed at runcyotrack@aol.com in order to receive a registration refund and your parent volunteer deposit.

Drops After Deadline: Families that do not stay in the program through the duration of the season or do not follow through with their volunteer commitment will lose their deposit in addition to effecting their child's participation in the CYO track program in the future. In these circumstances, families may be asked to petition for reinstatement, or expected to sit out a year, depending on the enrollment numbers.

Returning Families: Returning families must be in good standing in order for their registration to be processed. Any open balance must be paid in advance. Families that have defaulted on their prior year volunteer obligation must petition for re-instatement. In cases of financial hardship, please notify the program coordinator.

Duration of Track Season: The track season will begin in mid- February, and will end with our qualifying meet held at the end of April. If your child advances to the Sectional or the Diocesan Championship meets, the season will be completed after the first week in May. There will be no track meet held on the Saturday prior to Easter Sunday.

Track T-Shirts (Uniform): Track Shirts will be distributed at practice one week prior to the first scheduled meet. It is required that teams dress alike in their team uniform. Athletes designated to St. Joan of Arc Parish will have a blue shirt and athletes designated to St. Isidore Parish will have a white shirt. Shirts will be distributed based on what you selected on your registration form. Returning athletes can use their uniform from their previous year if desired.

Expectations: Athletes are expected to participate in only two (2) weekly practices and a minimum of three (3) track meets during the season. If your child has conflicts with other activities or sports, which will cause them to miss more than half of the practices or track meets, they should not enroll. Children must treat coaches and athletes with respect. Parents that are not able to fulfill their three (3) meet volunteer positions or a key-volunteer position during the season should not enroll their children.

Children must treat coaches and athletes with respect. We will not tolerate disruptive or inappropriate behavior. Athletes will be disciplined with “time-out” when appropriate, and parents will be contacts if the behavior continues. Athletes are not to have their cell phone or ipods on them during practices.

Communication: It is imperative that the parents visit the team website on a regular basis for any new information that include changes to practices, meet times, meet locations, weather conditions, etc. The website address <http://www.leaguelineup.com/cyotrackandfield> including practice changes, weather conditions, etc. The home page will have updates, and weekly communication e-mails will be posted on the “Important Communication” link on the website. There will also be a white board (bulletin board) posted at practices listing any new information. Please check both for updates. When weather is in question, please check the website and the Voice Mail: (925) 362-1927, option 3. It is updated by 2pm the day of practice. Information will also be posted on the home page of the website.

Practice

Faith Formation/CCD: Any child enrolled in CCD or Faith Formation programs at either St. Joan's or St. Isidore should not skip their religious education to attend track practice.

Parental Support at Practice: We will need parent assistance at all the practices. If you plan to stay around and watch practice, please feel free to ask any of the coaches where you can help. We will need at least 15 parent volunteers per practice in addition to the coaching staff to allow practices to run smoothly. No former track experience is necessary.

Confirmation of Practice: A "CYO Track Practice" sign will be posted on the fence indicating that practice is taking place. At SRVHS, the sign will be on the fence at the track entrance off Del Amigo Road. At DVMS, the sign will be located on the chain link fence upon entering the field. Please be sure to have your children arrive on time. Also, it is imperative that you arrive on time to pick up your child at the conclusion of practice.

Bathroom Facilities: Have your child use the bathroom prior to practice. Please take appropriate measures before coming to practice. Access at both SRVHS and DVMS are portable toilets. Children are not allowed to leave the field without the supervision of a parent. It can be disruptive to accommodate bathroom breaks during practice and there is always the possibility that there is no facility available to use.

Shoes, Attire and Water: It is expected that all athletes will wear proper running shoes to practice. They should not wear basketball, tennis, slip-ons, board shoes, or plat-form shoes and no bare-feet is allowed. Running attire should be comfortable (i.e. shorts and a T-shirt), and have sweatpants and sweatshirt available when the weather is cool. Have your child bring a water bottle labeled with their name (use a Sharpie pen) or use a sports bottle labeled with your child's name. Kids are responsible for the removal of their trash and water bottles at the conclusion of practice in order to avoid costly custodial fees. Please have your children dispose of their chewing gum in trash-cans prior to entering the synthetic tic turf field.

Track Shoes/Spikes: Special track shoes or spikes are optional and not encouraged for 2nd to 4th graders. Spike shoes are used primarily for sprinters. If your child has spikes, or if you are planning to purchase them, please make sure the spikes are not longer the ¼-inch and are pyramids, not needle-nose spikes. No spike shoes at practices until directed by the coaching staff.

Lost and Found: Any items found following a practice or meet will be accumulated and held for a period of two weeks. If you believe you child has lost an item, please send an email immediately. If items go unclaimed, they will be donated to charity

Bad Weather: Always check the voice mail on days of unpredictable weather. If the "Practice Sign" is not posted on the fence there is no practice that day. Do not drop off your children unless you see the sign. When weather is in question, please check the Voice Mail: (925) 362-1927, option 3. It is updated by 2pm the day of practice. Information will also be posted on the home page of the website.

Practice - Continued

Safety: For safety reasons, we are requesting families of the younger grades (2nd, 3rd, 4th) to escort their child to and from the track. The only exception would be if they have an older sibling. It is our policy to not leave any children behind after the conclusion of practice. Please be sure you allow plenty of time to arrive on time to retrieve your child. In addition, sometimes there are announcements made toward the end of practice and it is helpful for parents to hear the announcement so it is suggested that you arrive 15 minutes prior to the conclusion of practice.

Coaching Questions: Please wait until after practice to ask a specific question of the coaches. Once practice time begins, the coaches must be on the field with the athletes. You are welcome to ask questions or communicate via e-mail. Our general e-mail address is runcyotrack@aol.com. If you have any confidential communication, please direct that to the specific coaches personal e-mail address.

Events Offered

Running Events

50 meters (2nd/3rd – 5th grade)
100 meters
200 meters
400 meters
800 meters
1600 meters (1 mile)

Relays:

4x100 meters
Sprint Medley
4 X 400 meters (5th – 8th grade)

Field Events

Softball Throw
Long Jump
High Jump (5th – 8th grade)
Shot Put (5th – 8th grade)

Each athlete may do a total of 3 individual events plus relays at each meet. Individual events shall consist of either 2 track & 1 field event, or 1 track & 2 field events. No exceptions.

50 Meters = a short fast sprint
100 Meters = a fast sprint on $\frac{1}{4}$ of the track
200 Meters = sprint $\frac{1}{2}$ of the track
400 Meters = 1 lap
800 Meters = 2 laps
1600 Meters = 4 laps

Sport, because of the wholesome elements it gives value to and exalts, may become more and more a vital instrument for the moral and spiritual elevation of the human person and therefore contribute to the construction of an orderly, peaceful and hardworking society.

"The Church approves and encourages sports seeing in it a form of gymnastics of the body and of the spirit, a training for social relations based on respect for others and for one's own person and an element of social cohesion which also fosters friendly relations..."

-- Pope John Paul II

Track Meet Descriptions

Regular Season – The regular season track meets are called “Practice Meets”. They are only called practice in preparation for our final meet that is called the “Qualifying Meet”. During each of these practice meets, we are competing against other parishes within the Diablo Valley Section.

Relay Meet – The relay meet will consist of three (3) relay events only and no field events. We encourage all athletes to participate in all 3-relay events. There are four kids per relay team, and if we need to mix grades, parishes, or gender, we will do so to allow everyone to participate. Relay teams are formed at the sole discretion of the coaching staff. This is a fun track meet, and allows kids to try different running events, that they would not otherwise participate in.

The three (3) events are:

1. 4 X 100 Meter Relay – each kid runs 100 meters.
2. Distance Medley – (200, 200, 400, 800). The 1st and 2nd legs run 200 meters, 3rd leg runs 400 meters, and 4th leg runs 800 meters.
3. 4 X 400 Meter Relay – each kid runs 400 meters (one lap)

Qualifying Meet – Our final regular season track meet is our “Qualifying Meet” and will be held on the last Saturday of April (see track meet schedule). All kids should participate in the Qualifying Meet. It will be run like all of our other track meets to include relays, and individual track & field events. This meet will determine which athletes will advance to the Sectional Finals on the following weekend. For the running events, the qualifiers will be determined by the top three finishers for each of event. If there are multiple heats, the top three times will advance. The fourth place finisher will serve as an alternate. If your child qualifies, but they are not able to attend the Sectional Finals, their spot will be forfeited to the alternate. For field events, the top four finishers will advance to the Sectional Finals.

Kids can participate in any or all the relay events, and should only participate in a maximum of three individual events (either 2 running + 1 field, or 1 running + 2 field). This will be monitored very closely, and any offenders of this rule will risk being disqualified.

As our final regular season track meet, parents must have fulfilled their three (3) meet volunteer commitments in order for their child to participate in the Qualifying Meet.

Sectional Meet – The Sectional Championship will consist of all the parish CYO track programs in the Diablo Valley Section. There will be a total of 14 parishes participating in this event. The top three finishers of each event (including field events) at the Sectional Meet will qualify for the Diocesan Championship the following weekend. The 4th place finisher will serve as an alternate. The top three (3) finishers will receive medals, and ribbons will be awarded for 4th through 6th place.

Diocesan Meet – The Diocesan Championship will consist of all the parish CYO track programs in the Oakland Diocese encompassing the entire East Bay. We encourage all kids to attend this track meet even if they did not qualify and participate in the Opening Ceremonies where each parish processes in with their team banner (similar to the Olympic Opening Ceremonies). We encourage the kids to come with their team shirt on and cheer on their teammates. The top three finishers will receive a medal immediately following the completion of their event. Ribbons will be awarded to all other participants.

Parent Responsibilities

Keeping Informed

1. Announcements at practice (either during or following practice, the coaching staff may communicate information either verbally or on the white board.
2. Website – www.leaguelineup.com/cyotrackandfield The homepage of the website will list any last minute communication regarding practices, weather, meets, etc. Under the “**important communications**” link, we will provide a weekly update of information so check it frequently.
3. Voicemail – (925) 362-1927, option #3 for the latest last minutes changes relating to weather, meet and practice information.
4. Periodic e-mails from Coach Caroline
5. Read the content of the handbook where most questions will likely be answered.

Parent Commitment Requirements

Parents are required to help in some capacity. CYO is run completely by volunteers. They run the entire program and we need a lot of parental support to manage a team of our enormous size (over 320 athletes). No prior experience is necessary to assist.

It is required for all families to volunteer their time at a minimum of three (3) meets, or in a “*key-volunteer*” position. Unlike other sports, CYO Track does not have an “opt out” policy. Each family must sign and turn in a Volunteer Agreement (See attachment – Volunteer Agreement). We need approximately 60 to 65 adults combined from St, Isidore and St. Joan of Arc at each meet (130 if you combine the two shifts). The number of volunteers we need to provide at each track meet is dependent on the number of registered athletes we have in the program. Parent assignments will be based on your specified requested dates and we try to do our best to accommodate those requests.

In the event your child advances to the Sectional Meet and Diocese Meet it will be expected that you will help in a volunteer role in addition to the three (3) seasonal volunteer commitments.

Each family is required to make a \$100 deposit towards their commitment as a parent volunteer for the 2009 Track season. Your deposit will be held until the end of the season. If you do not fulfill your volunteer agreement, your deposit will not be returned and will be cashed. You will risk your child's participation in the CYO track program in the future. In these circumstances, families may be asked to petition for reinstatement, or expected to sit out a year, depending on the enrollment numbers.

We expect families that are enrolled in the program to be fully committed. This includes participation in practices and at the track meets.

If a child's parent has not worked the required three (3) meets, the athlete will not be eligible to run in the qualifying meet.

About Track Meets – Frequently Asked Questions

When do I arrive at a track meet?

All participants are expected to arrive no later than 8:15 am.

Where do the kids go once they arrive at the track meet?

Athletes: You must first obtain your child's "nametag" from the Parent Volunteer responsible for nametags prior to warm-ups. The nametag must be adhered to their left side of the chest above the heart. Please tell the children not to play with the nametag – the information includes their name, parish, grade, and athlete number used to tabulate results. The Parent Volunteer(s) will be located at the entrance of the track. Once your child has their nametag, remain in the stands until a coach is ready to call the team to the field for warm-ups. Once warm-ups are complete, the coaches will coordinate any the 4 X 100 relay with the athletes. The athletes then return back to the stands until they are ready for their events. Do not cross the track anywhere except the designated crossing area.

What do parents do once they arrive at the track meet?

Only Parent Volunteers assigned to work are allowed on the field. All other parents are to stay off the field and observe from the stands. Athletes should only go on the field when their events are called and should return to the stands after their events. If you are designated to help at the meet, please check in first thing with the on-site Volunteer Coordinator to get your job assignment. The Volunteer Coordinator will be holding a clipboard with an orange flag. Please sit with the team; we will have our St. Joan and St. Isidore banners in the bleachers.

Does your child need to participate in warm-ups?

Yes, it is expected that all athletes participate in the warm-ups prior to the track meet. Have your athletes arrive 45 minutes prior to the scheduled track meet start time.

When do I know when my child's is racing?

On the website, under "Schedule of Events" will list the schedule of track events. It is hard to predict what time a specific event will start because it depends on the size of each meet. Our white board will also list the order of events, and will be located at the bottom of the bleachers in our section. When the announcer states "first call" for an event, the child should check in with the specific event. The event coordinator (clerk) will write down their name for their respective event.

For field events, check in will be where the field event is located. Long jump, high jump, and softball throw are located on the field, shot put will be located in a fenced area on the outside of the track. For running events, check in will be with the Clerk of the Course located on the field. (continued)

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The announcer will proceed with "second call" and then "Final call" for the event. Please do not wait until second or final call to check in with an event; otherwise, they may miss their event. Parents must stay on track with the meet schedule, and help guide the kids to check in when first call is announced. Coaches will also do their best to help assure kids are ready for their events. Please pay close attention to your kids, and know where they are at all times.

What if my kid is going to arrive late to the track meet?

Late Arriving Athletes: If your child in planning to participate in events occurring later in the meet, they must first obtain their nametag from the Volunteer Coordinator with the clipboard and blue flag.

How do I know what events my child should participate in and how many?

The following events are offered:

2nd/3rd – 5th grade events: 50m, 100m, 200m, 400m, 800m, 1600m, relays,
Long jump and softball throw (High jump and shot put also for 5th graders)

6th-8th grade events: 100m, 200m, 400m, 800m, 1600m, relays,
Long jump, high jump and shot put & softball throw

Each athlete is required to participate in a total of three (3) individual events in addition to any relays at each meet. Individual events shall consist of either 2 track, and 1 field event; or 1 track and 2 field events.

For the first couple of track meets, we will allow the kids to give us an indication of what they would like to run. If they want to run fast, short distance, we will guide them to run the 50-, 100- & 200-meter runs. If they would prefer a longer distance, where they pace themselves, they can run the 400-, 800-, or 1600-meter runs. For kids that have never run in a race before, it would be best to have them run a shorter distance, and then gradually have them run longer distances if they prefer. We will continue to talk to the kids at practice about their potential events, and will indicate on their nametags on Saturday what their preference is. Parents need to be aware of what their child's preference is for participation.

It is very important that the athlete limit themselves to the number of events described. Since all results are computer tabulated, infractions will be noticed. Athletes will be disqualified from all their events for the day and will be requested to return any ribbons they may have won.

What is the order of events?

1600 METER RUN
4 X 100 RELAY
400 METER RUN
50 METER RUN (3rd, 4th, 5th grades only)
100 METER RUN
800 METER RUN
200 METER RUN
4 X 400 METER RELAY (5th, 6th, 7th, 8th grades only)
SPRINT MEDLEY RELAY

What do I do if I have a scheduling conflict between running and field events at a meet?

Running events take precedent over field events. Athletes should go to their field event in between their running events, when they have sufficient time to complete their event. With over 300 athletes on this team, coaches will not be able to look after your child on an individual basis. Any help you can provide to assist the children to avoid confusion, and not to miss an event would be appreciated. A schedule of times for the events is normally posted and generally achieved. Additionally, all events are announced over a loud speaker, but you all must pay very close attention since they are typically repeated only once.

What do I need to bring to a track meet for my child?

Make sure you bring plenty of water for your athlete. They should keep themselves hydrated, but do not have them drink a lot of water just prior to a race. Bring healthy snacks for the kids (i.e., power bars, nuts, fruits, small sandwiches), and again, do not have them eat just before a race.

Be sure to put sunscreen on your child before warm-ups and apply throughout the day. If you are sitting in stands and bring a large umbrella or pop-up tent then be sure to only use these on the top rows as they block the view of others.

What should your child eat before and during a track meet?

Have your child eat a light meal early in the morning and eat light snacks between events such as fresh fruit, nuts, or protein bars. Keep hydrated throughout the day by drinking water in small quantities at a time.

Food should only be eaten in the stands not on the field. Athletes and parents please help clean up trash when leaving the stands to avoid costly custodial fees. The school charges us if they find the field and stands area messy (about \$50.00 per hour). No food and drink will be allowed on the track or infield

When can I leave the track meet?

Track meets do last a long time, and often will go into the afternoon. If a parent is assigned a job at the track meet, they must stay to fulfill their job duty. If a parent is not assigned a job, and their child is finished with their events, they are free to go. There are two relay races at the end of the meet (4 X 400, sprint medley), and if kids are still around at that time, we encourage their participation in those relays. Please do not commit to run in one of these relay events then decide to leave since replacements cannot be found at that late date.

What is a relay?

A relay is where a team that consists of four (4) kids run with a baton and hand off to the next runner. There are specific rules each runner must abide by. The order that each kid is assigned to is termed a "leg" (i.e. first leg, second leg, third leg, fourth leg). These will be taught at practices.

If my child wants to run on a relay team, how are the relay teams determined?

Please have your athletes there by 8:15 am if they would like to run in the 4 X 100 relay event. Teams will be finalized immediately following warm-ups. The two remaining relays take place at the end of the track meet and teams will be formed at that time - 4 X 400 and Sprint Medley.

Formation of the relay teams will be at the full discretion of the coaching staff. Often kids want to team up and be on the same relay team, and usually there are hurt feelings when someone is left out. Coaches will have the final say. In April, after the kids have run in some meets, the Coaches will collaborate the final relay teams for the qualifying meet. In preparation for the Qualifying Meet, an athlete questionnaire/commitment form must be completed if your child desires to participate. More information on the questionnaire will be forthcoming.

What do I bring to the track meet?

Besides plenty of cold water and food, on hot days it is helpful for the kids to have shade. Pop-up tents and large umbrellas may be used at the very top of the bleachers only since they impede the view of other spectators. Apply sunscreen prior to arriving at the track warm-ups and reapply throughout the day. Again, it is important for the kids to keep hydrated during the track meet.

Can kids wear jewelry during the track meet?

No, athletes competing in track events cannot wear any jewelry. This is the rule for high school track, and we must follow the same guidelines. This means, no watches, no necklaces, no earrings, no rings, etc.

What is an identification label and do athletes need to wear them?

Each athlete that participates in a CYO Track and Field event must have a label attached to their jersey on the left chest above the heart. Please do not have children peel these off since this is how they are identified for scoring and tabulation of results. It is imperative that coaches and parents take great care to insure all athletes have their labels on.

Do teams compete against each other?

No, upon the conclusion of all the track meets, there are no team scores tabulated.

If I don't agree with an official result, what can I do?

Unfortunately, during the year there may be times when you feel an event outcome is incorrect. If you feel this is so, please do not hesitate to contact one of the Coaches via email or phone. Remember, our philosophy: learning, improving, having fun are more important than winning and people do make mistakes.

Athletes and parents should not challenge a volunteer official if they disagree with a judge's result. Bring the issue to your coach's attention.

Any issue(s) a parent might have with a coach/coaches, or coaching decision(s), please contact Boyd Fottrell (CYO Administrator) email: BFottrell@aol.com

How are the athletes recognized?

Ribbons will be awarded to 1st, 2nd, and 3rd place finishers for each heat of each grade. Sometimes multiple grades will run in one heat. Top three of each grade will receive a ribbon. Top five teams for each grade will receive ribbons during the Relay Meet. Participation ribbons will be distributed to those athletes not finishing 1st, 2nd, 3rd, during the practice meets.

During scheduled practices following a meet, the Ribbon Coordinators will assist with distribution of ribbons. If you believe the ribbon is incorrect, contact the Ribbon Coordinator via e-mail.

If my child cannot attend a track meet, whom do I notify?

We have a vacation sign-out binder that is available during practice times. If your child cannot attend a track meet and you know in advance, please sign out their name in the binder. This way we have an idea of the number of kids planning to participate in the Saturday track meet. Please use the sign-out binder, do not email the coaches if your child is going to miss a track meet or practice.

Parent Volunteers at Track Meets – Frequently Asked Questions

How do I know what track meets I am assigned to work?

All families completed a volunteer availability/preference form with your registration. Our Volunteer Coordinator will do her best to accommodate dates indicated. The Meet Assignment Schedule will be posted on the website under the "Volunteer Link".

What if I can't work my assigned days?

If for some reason you are unable to work at your scheduled meets it is **your** responsibility to find a replacement, **and** notify the Volunteer Coordinator in advance via e-mail within 48 hours of the track meet. Parent assignments for each track meet will be posted on the website. A parent e-mail listing will be distributed via e-mail to all families registered to assist you with finding a replacement or switch in the event that you cannot work your assigned meet.

How will I know what my job assignment is at the track meet?

The Monday prior to the schedule track meet, volunteers will be reminded that they are working at the upcoming meet. Please check the website 48 hours prior to the scheduled meet for your specific job assignment under the "volunteer link."

What do I do when I arrive at the track meet ready to work?

Each family will be required to sign the Meet Assignment Sheet with the volunteer coordinator at the track meet that the family is assigned. The Volunteer Coordinator will be carrying a clipboard with an orange flag in the stands. This sheet records the signature as proof that the parent has worked their meet assignment.

Volunteer jobs are primarily assigned in shifts. The morning shift requires the volunteer to arrive one hour prior to the meet start time. You are to check in and immediately report to your job assignment. The second shift workers should arrive at the meet no later than 10:30 am and immediately report to the Volunteer Coordinator to sign-in and get oriented with the shift change. The second shift official start time is 11:00 am. There are some field events that only will require one shift with the official start time at 9:00 am and ending when the field event concludes.

Where can I find descriptions of the jobs that are typically needed at track meets?

Please go to the website under the "volunteer assignment link" where you will find a number of track meet job descriptions.

DIOCESE OF OAKLAND - CATHOLIC YOUTH ORGANIZATION

Code of Conduct

Spectators and Parents

The CYO Athletic Program is designed to be representative of the Christian character in life. As Christians, we are constantly challenged to better ourselves.

In team sports we strive for improvement both as individuals and as a group. The development of such values is the primary objective of CYO Athletics. CYO Athletics is the arena in which the youngster practices the principles of Christian values and also provides opportunities for healthy growth and development. Within this arena the coaches, directors, and participants must manifest and exemplify the ideals of a Christian life.

The guiding principle behind the enforcement of the code is that the behavior of everyone involved in CYO shall not detract from the children's enjoyment of the sport. When the soul of a young person is injured, who usually is responsible for this situation? It is typically an adult who has lost control of the situation.

CYO Athletics has a duty to each of its participants (coaches, players, officials), and that is to provide the best possible atmosphere of competition. All players, coaches, officials, directors and spectators must be treated with respect regardless of race, creed, color, gender or ability.

Spectators and Parents:

- Remember that the players are children and are playing for their enjoyment; **“THE GAME IS FOR THE KIDS”**.
- Do not coach from the stands;
- Remain seated in the spectator area during the games;
- Respect decisions made by contest officials;
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches or officials.
- Make no derogatory comments or gestures to officials or league administrators, players, coaches, or parents of the opposing team

Penalties:

- Participating teams and their coaches are responsible for the conduct of their spectators both home and away.
- Any spectator who displays poor sportsmanship shall be removed from the facility by an official, their team coach, a league official or the host gym director in charge.
- Any spectator who interferes with the conduct of a CYO activity may be barred from attendance at subsequent CYO activities.

DIOCESE OF OAKLAND - CATHOLIC YOUTH ORGANIZATION

Code of Conduct Agreement

Coaches and Participants

The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship. The guiding principle behind the enforcement of this code is that the behavior of everyone involved in CYO should not detract from the children's enjoyment of the sport.

Coaches

Acceptable standards of coaching behavior include:

- Set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior;
- Respect the judgment of officials and abide by rules of the event;
- Treat opposing coaches, participants and fans with respect;
- Instruct participants in sportsmanship and demand they display good sportsmanship;
- Coach in a positive manner, reflecting Christian values

Penalties:

- Any coach ejected from a game because of un-sportsman-like conduct will be suspended for the next two games and may be subject to additional penalties.
- Any coach who physically abuses another person may be suspended for the remainder of the season and may be disqualified from CYO participation
- Any coach who physically abuses an official will be suspended for the remainder of the season and may be disqualified from CYO participation.

Players

Acceptable standards of participant behavior include:

- Treat opponents with respect; shake hands prior to and after contests;
- Respect the judgment of officials and abide by the rules of the contest;
- Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times;
- Play in a positive manner, reflecting Christian values. Do not bait or taunt opponents.

Penalties:

- Any player ejected from a game because of un-sportsman-like conduct will be suspended from the next game and may be subject to additional penalties.
- Any player who physically abuses another player, participant or official may be suspended from play for the remainder of the season and may be disqualified from CYO competition.

OAKLAND DIOCESE CYO

CYO Points of Emphasis

1. **PRAYER** – Prayer is encouraged with young people in CYO. All CYO activities begin with prayer. Prior to each game, the home team is responsible for leading a prayer with both teams assembled at center court. At track and cross-country meets, participants and coaches assemble for prayer prior to each meet. Parish CYO programs should encourage prayer during team practices and consider hosting an annual parish CYO Mass.

2. **GOOD SPORTSMANSHIP** – Taunting, baiting and rough play will not be tolerated. For CYO to reflect Christian values, coaches must emphasize good sportsmanship. Coaches will set sportsmanship goals with their teams and discuss proper conduct. Coaches and players should never show disrespect to game officials. Coaches with concerns about officiating should contact their athletic director and should never approach officials following a game.

3. **SPECTATOR BEHAVIOR** – For good sportsmanship there must be good spectators. Spectators must cheer positively, never shouting derogatory remarks to coaches, opposing players or game officials. Coaches must emphasize good spectator behavior at their preseason parent meeting by explaining proper spectator behavior in the CYO Code of Conduct. Coaches, players or spectators may never approach game officials after a contest for explanations of calls or to comment on the game. Coaches are responsible for the behavior of their spectators and should act immediately to stop any unruly behavior.

4. **ALL PLAY** – The 'all play rule' guarantees each child **minimum** playing time. *"In addition, in each game, each child shall play the minimum time equal to the time of one quarter. Athletic Directors shall monitor their program's coaches for compliance. Repeated violation shall be a breach of sportsmanship. (CYO Bylaws)"* Coaches, under the supervision of their athletic directors, should be certain that **all** players receive playing time **beyond** the minimum.

5. **NO RUNNING UP SCORES** – Children have more fun when a contest is close. There is no place in CYO to humiliate an opponent. In basketball, when ahead by a large margin, coaches are expected to not trap at half court, to play all non-starters extensively, to play a tight zone defense and to not fast break, slowing the tempo of the game. *Coaches who run up the score may be suspended.*

6. **ELIGIBILITY** – CYO eligibility rules reflect that CYO teams are parish or Catholic school based, not "club" or city teams. Children should not practice or participate on a team until their eligibility is verified by the parish athletic director. Use of an ineligible player, *knowingly or unknowingly*, shall result in forfeiture of the games.

7. **KEEP CYO FUN!** – CYO is for players and is not a spectator sport. Coaches must always be positive, praising and instructing, not shouting negatively or demeaning players. Good coaches build self esteem by emphasizing the skills and social aspects of sport, rather than by emphasizing winning. Parents must be supportive and must not place undue pressure on their child to succeed. All in CYO must keep the outcome of the game in perspective.