

St. Raphael Track and Field – 2012

3rd-8th grade Boys and Girls

1) Program goals: The goals of the St. Raphael Track and Field program are for the children to have fun with their friends, to appreciate a sport which requires discipline and a work ethic to succeed and improve, to be introduced to a sport in which they can compete in high school regardless of ability, and to lay a foundation for lifelong physical fitness through running and training.

2) Registration dates and fees:

Early deadline: Saturday, March 17, cost is \$65
Late Registration deadline: Thursday March 22, cost is \$80

3) Do not send forms to the school or church. Drop off the form or mail to:

Tony Galang
332 Kenmore Drive
Bay Village, OH 44140

3) Include a check to: St. Raphael Athletic Commission per the amounts above.

4) In addition to the form below, **all athletes must submit a Preparticipation Examination Form (physical exam form)**. If this was submitted for another CYO sport anytime after June 1, 2011, another one does not need to be submitted. No athlete can participate until this form has been received. This form is available at:
<http://www.clevelandcatholiccharities.org/yyam-cyo/athletics/pdf/PreParticipationForm.pdf>.

5) Attendance and conflicts with other sports. Unlike other sports and coaches, we recognize and respect that your children participate in other activities during our season. Many parents ask if their child can participate in Track and Field if they are also doing another sport. The answer is a definite “YES”, but we also expect your child to attend all practices and meets where no conflict exists. Please let us know what those conflicts are at the beginning of the season, and communicate with us when your child will miss a practice or a meet.

6) General information: We will practice Tuesday-Thursday from 5:45-7:00 at Learwood Middle School, 340 Lear Road, Avon Lake, **beginning Tuesday March 20**. I will issue a formal meet schedule later, but our first meet is Saturday March 31 or Sunday April 1. **UPDATED THIS YEAR:** Since 3rd graders are eligible for CYO sports this year, the formats and schedules of the meets are in limbo. Third and fourth grades may compete on Saturday, while fifth to eighth may compete on Sunday. This is still being figured out by the powers that be. We will have “regular season” meets every weekend thereafter (except Easter) through May 13th. Meet times are still being decided, but will be somewhere between 1:00 to 5:00 pm. There are three “special” meets with more competitive formats. These will most likely be for 5th graders and up. One is the St. Charles Invitational, for girls only. The second is the Wasmer Invitational, for boys only, at St. Ignatius HS. The third is the CYO Westside Championship. Also, there is a Citywide CYO meet for 8th graders only which will probably be on Thursday, May 24th. Once I have the schedule from CYO I will issue a formal schedule at the beginning of the season.

7) Participation policy: At all the regular season meets, CYO rules allow every child to compete in (**UPDATED THIS YEAR**) three total events, as a combination of running events, field events, and relay races. We encourage all the kids to compete in the maximum number of events during regular season meets. However, at the three “special” meets, participation is limited to one or two kids per event and one or two relay teams (per grade, per gender). If there are many 5th grade girls, for example, sometimes a 5th grade girl may not get to compete in a special meet. Or she may only get to compete in one event and it not be her favorite/best event. Deciding who gets to run on relay teams is at the judgment of the head coach, who will take into account the kids’ best times on athletic.net (the website which has all of our team members’ performances throughout the year), the kids’ baton passing skills, and the amount of practice each child has had on relays.

8) Proper dress/running gear: For every practice, your child should come dressed for the weather and bring a water bottle. This means they should be dressed warm enough to build up some body heat during warm-ups (a five minute jog

and some stretching), and be able to shed layers as necessary during the more strenuous parts of practice. Unless the temperature is over 70 degrees at the start of practice, children must have sweat pants and some form of long sleeve top. It really cools down between the time you drop your child off and the time practice finishes. Hats and gloves are necessary on some days. **Children not dressed warm enough to ensure a proper warm-up will not be allowed to practice.** This cuts down on injuries and is for your child's well being. A comfortable pair of running shoes is imperative. Spikes for sprinters are optional, and I wouldn't recommend this for anyone below 8th grade. No other equipment is necessary. We will distribute uniforms before the first meet. **UPDATED THIS YEAR:** Anyone participating in relay races during meets: undergarments worn during a meet (such as Under Armour brand T-shirts, long-sleeved shirts, or compression shorts) must be white without any contrasting colors or contrasting stitching visible.

9) Events: UPDATED THIS YEAR: Children can compete in the 100 meters, 200 meters, 200 meter hurdles (6th – 8th only) 400 meters, 800 meters, 1600 meters 4 x 200 meter relay (3rd – 6th only); 4 x 400 relay (7th -8th only), running long jump, standing long jump, shot put, high jump (grades 5-8 only), and discus (grades 7-8 only). During the first few weeks of practice we will try to determine your child's strengths and focus them in appropriate running and field events.

2012 ST. RAPHAEL TRACK & FIELD REGISTRATION FORM (to be filled out by an adult only)

ATHLETE NAME: _____

ADDRESS: _____ CITY/ZIP: _____

TELEPHONE: _____ BIRTH DATE: _____ / _____ / _____

GRADE: 4 5 6 7 8 GENDER: Boy Girl

HOME PARISH: _____ SCHOOL: _____

ATTENDING PSR? Yes No TEACHER'S NAME: _____

PARENTS' NAMES: _____

PARENTS' EMAIL ADDRESS _____

Did you play a **CYO** fall or winter sport? Yes No If yes, which sport? _____

I, the undersigned, parent of _____ do hereby consent to permit my child to engage in the sport of Track & Field for the 2012 season. Further, I, as parent and natural guardian of my minor child, and on his/her behalf, agree that neither the manager, the coach, the parish, the pastor or the Bishop of Cleveland shall be in any way legally responsible for the cost of any treatment or hospitalization or any medical expenses arising out of any injury received by my child while engaged in practice sessions or scheduled games. I further agree to save hold harmless, and indemnify any manager, coach, parish, pastor or Bishop of Cleveland from any and all claims for damages sustained by my child arising out of his/her participation in this sport. I further agree that my child will have an annual physical examination from a physician before the child participates in any athletic activity. Per CYO League Rules, I understand that my child must attend a parochial school or be currently attending a PSR class. No refunds after March 22, 2012.

PARENT SIGNATURE: _____ DATE: _____

REGISTRATION FEE WAS PAID ON _____ Cash _____ Check No. _____

PARENT AND ATHLETE AGREEMENT

- 1) Uniforms: Wash in cold water and hang to dry. If a uniform is lost, damaged, or not returned within two weeks of the end of the season, I will reimburse the St. Raphael Athletic Commission for replacement at a cost of \$100. I understand my responsibilities in accepting the uniform, and will return it within two weeks of the end of the season in excellent condition.
- 2) Attendance and Participation: Regular attendance is critical to improving your performance in Track and Field. Missing practice makes it harder for the coaching staff as athletes who are attending practice regularly are improving their conditioning and learning new techniques in field events and relays, while athletes missing practice are stagnating or falling behind. In several meets, we can only enter one athlete per gender per grade. First priority for these slots will be to athletes who are attending 75% or more of scheduled practices. Athletes attending less than 75% of scheduled practices will have limited opportunities in these specific meets, and will have limited opportunities in field events and relays in all meets.

ATHLETE SIGNATURE _____ DATE: _____

PARENT SIGNATURE _____ DATE: _____