

## New Parent Information

### I. Opening Prayer

### II. Introduction

- Hiep Pham – St. Joseph Parish CYO Track Coordinator
- Volunteer Coaches

### III. What is CYO Track & Field

- Compete at “own” comfort level, individual performance
- Opportunity to try different running and field events
- Team achievements during relay races
- Diocesan: the “best” compete against other sections “best”

### IV. Mission Valley Track Section III

- Meet Schedule: check website
- Where: **Moreau High School (27170 Mission Blvd, Hayward, CA)**
- What to expect:
  - Prepare for elements (Sun, Wind, Rain)
  - Tents need to be set up on the top row to not be in the way of spectators
  - Food & Hydration
  - Parish Assignment Staging:** (3) Finish line setup, (2) Relay Staging Setup, (9) Relay Shepherds, (6) Relay Flaggers – *SJS parent participation hours, teen service hours*
  - Fun & excitement, valuable time spent with family; “not CYO baby sitting”
- Rain-out
  - Cancellation only done 1-hr prior to regular schedule
  - Regardless of weather, show up anyway
- Track Conduct
  - Cheer! Encourage! Take Pictures! Capture Videos!
  - If you have concerns, bring it up to me.
  - Parents are not allowed in the oval track during the entire meet.**

## Irvington High School Track



## V. Training and Practices

- a. Training description (Hiep Pham, Coaches)
- b. Practice Schedules
  - i. K-8 (Tuesdays & Thursday 5:00-6:30pm) @ Irvington High School Track
  - ii. Before daylight savings time, practices will end at 6pm
- c. Practice cancellations due to weather or other factors – check website or coaches will cancel day before
- d. Protocols
  - i. Arrive 10 mins prior to scheduled practice times.
  - ii. Park your vehicles in large parking lot of Irvington High School along Blacow Rd.
  - iii. All athletes must be signed in and signed out by parents.
  - iv. Parents of K-5 should stay during practice duration as restroom escorts just in case.

## VI. Event Descriptions

- a. Field Events
  - i. SoftBall Throw (All Grades) {Three (3) attempts, side-arm ok, underhand –not allowed}
  - ii. Tether Ball Toss (Grade 3-8) {Three (3) attempts}
  - iii. Long Jump (All Grades) {Three (3) attempts}
  - iv. Shot Put (Grade 5-8) {Four (4) attempts} {6.0lbs Grade 5-6, 8.0lbs Grade 7-8 Boys}
  - v. High Jump (Grade 5-8)
- b. Running Events (All Grades unless noted)
  - i. 1600m (1 mile; 4x around the track)
  - ii. 800m (2x around the track)
  - iii. 400m (1 track lap)
  - iv. 200m (1/2 lap sprint)
  - v. 100m (sprint)
  - vi. 50m (K-5 sprint)
- c. Relay Events (baton pass) {Lower grades can move up to fill an upper grade team during regular meets only; upgraded team will compete at a higher grade level. During Sectionals, and Diocesan, only pure parish/grade level teams qualify to compete.}
  - i. 4x100m {mixed parish teams allowed during regular meets}
  - ii. 4x400m
- d. Bill Ford Relay Meet (baton pass) {combined grade levels complete a team: 7-8, 5-6, 3-4, 1-2, & K. This means pure teams are a disadvantage. For example, a pure 7<sup>th</sup> grade team will be competing against a mixed 7<sup>th</sup> & 8<sup>th</sup> grade team}. If a Kindergartner cannot fill a pure parish team in a medley relay, they can either join a mixed team or they can run-up with a grade 1-2 team.
  - i. 4x100m
  - ii. 200m-200m-400m-800m (7-8, 5-6, 3-4)
  - iii. 100m-100m-200m-400m (1-2)
  - iv. 100m-100m-200m-400m { Kinder only }
  - v. 4x400m (5-6-7-8)
  - vi. All Field Events open
  - vii. No Sprint Events

## VII. Order of Events {listen for announcement – 1<sup>st</sup> call, 2<sup>nd</sup> call, Final call}

- a. 4x100m {relay 8-K}
- b. 1600m
- c. 800m
- d. 400m
- e. Opening Prayer
- f. Tiny Tot Race {any pre-K boys or girls present at the meet}
- g. 100m {K-8}
- h. 50m {K-5}
- i. 200m {K-8}
- j. 4x400m {relay 8-K}

## VIII. Event Rules

- a. (2) Field Events, (1) Running Event, (2) Relay <= **IMPORTANT RULE to FOLLOW**
- b. (1) Field Event, (2) Running Event, (2) Relay <= **IMPORTANT RULE to FOLLOW**
- c. All Athletes must wear their BIB numbers in order to compete in each event.
- d. ¼ inch “pyramid spikes” only
- e. (2) False start – DQ (Disqualified)
- f. Lane Interference – time penalty or DQ
- g. Mixed teams: first-come, first serve basis {nobody gets left behind}
- h. Field events can be done in between running or relay events; ie do one turn and come back for the other

*Note: It is important to comply with the (2) Field / (1) Running or (1) Field / (2) Running rule. This rule is under the honor system and specially enforced during Sectionals and/or Diocesan. We also do our best to enforce compliance every meet but it is up to the coach and the parents to ensure that the children adhere to the rule. There should be no surprises if an athlete is caught violating this rule. The end result is removal from the event so please do not act surprise.*

## IX. Athlete Participation Requirements

- a. Eligibility: Live in parish boundary, attend SJ School, attend CCD at SJ
- b. Completed application, birth certificate
- c. \$65 fee required from all participating athlete
- d. Uniform
  - i. Team jersey purchased with registration
  - ii. Running shoes (Kinder-2<sup>nd</sup> Grade)
  - iii. Track shoes (3<sup>rd</sup> Grade & up) {Not mandatory}
  - iv. ¼ inch “pyramid spikes” only; {ok to use 7<sup>th</sup> spike}
  - v. **Only one running BIB Number** issued at the beginning of the season. Athletes must wear the same BIB during each meet. Do not wash BIBs. **Do not loose BIBs.**



## X. FAQ (Frequently Asked Questions)

1. My child cannot attend regularly scheduled practices because they are doing other sports already. However, he or she can attend the track meets regularly. What are our options?
  - Practices are for conditioning and strength development. Other sports provide these as well. If your child is part of a Relay team, it will be hard for their teammates to practice without a complete team. Thus at the minimum, attend critical practices so that you will be familiar with the team's routine.
2. Does my child need to stay the entire time during the track meet?
  - Not really. However, letting them stay for the entire duration allows them to get use to the length of the meet. This allows them to pace themselves as well as socialize with their friends.
3. When does my child get their earned ribbons for running and field events?
  - Ribbons earned during the running events are handed out as soon as the athletes cross the finish line. Field event ribbons will be distributed by the coordinator at the beginning of the next meet. The coordinator can make these ribbons available through the coaches at the meet or at the next team practice.
4. Can my volunteer staging time be counted as Parent Participation Hours for St. Joseph School?
  - Absolutely
5. Does rain cancel the meet? Who should I call to confirm if there is a track meet?
  - Yes, it is possible. However, the section coordinator is the only one that can call the meet off, in the event of a down pour. Usually, this is about 1hr prior to start. With that, might as well go to track. When in doubt, go anyway. No need to call, just go to the track meet and see if it will get cancelled.
6. My child lost his/her BIB. Can we get another one?
  - Not an original one. BIB Numbers are issued unique for each child. If you loose the BIB, we can create a handwritten one. So, please do not loose the issued BIB numbers.
7. My child is stuck in a field event. He/she has a running event that is being staged. What should we do?
  - Have her report in the running event or notify pure relay team of availability. Go back to the field event and complete a few attempts. You can always go back to the field event and finish off the set to complete your turn. After the running event is done, make sure the field event is completed immediately.

## **XI. Closing Prayer**

Dear Lord, Bless our athletes that they gain strength and endurance this season. Bless our parents for their understanding and support. Please give our coaches & coordinators the gift of guiding light to conduct a safe, successful and enjoyable season. For this we pray, Amen.

*Volunteer Openings: CYO Compliance*

- 1 Female “assistant coach/track mom” for all Grades
- 1 Female/Male “track coaches” for all grades

## **Mandatory Meeting Agenda – St. Joseph CYO Track 2022**

### **TRACK MEET – Moreau High School Hayward, CA**

Attire (T-shirt, Bib, shorts, running shoes or cleats, hair ties/ribbons/bandanas, windbreakers); Bibs must be worn up-front of an athlete's team T-Shirt

**ARRIVAL** – no later than 11:15am; run a warm-up lap around the track, then stretch with them team in the middle of the field. Relay teams should decide who's running pure team or mixed relays and what position. At 11:45am, girls relay will start staging. Volunteer parents should report to relay staging area by that time as well.

#### **Athlete Event Option 1**

- 2 running events {50, 100, 200, 400, 800, 1600}
- 1 field event {softball, long jump, tetherball, shotput, high jump}
- 2 relays {4x100m, (4x400 for 5<sup>th</sup> grade and up)}

#### **Athlete Event Option 2**

- 1 running events {50, 100, 200, 400, 800, 1600}
- 2 field event {softball, long jump, tetherball, shotput, high jump}
- 2 relay {4x100m, (4x400 for 5<sup>th</sup> grade and up)}

#### **STAGING**

- Pure parish or mixed relay 4x100m participants must come to relay staging area on or before last call is made
- Running events take precedence over field events
- Athletes can leave a field event to participate in a running event but must return immediately after

#### **RIBBONS & MEDALS** – measure improvements

- Running event ribbons & medals are awarded after each race
- Field event ribbons & medals available after 3:00pm from coordinators

#### **REMINDER:** Good warm-up then stretch

- Keep warm; jackets & pants if necessary
- Hydrate; drink water, Gatorade, no-soda
- No soda or high salty foods the night before – no chips
- Eat fruits for snacks during the meet, do not over-eat
- Report any health and or injuries issues immediately; prior, during, or after
- Keep medication i.e. inhalers readily available

#### **TRACK CONDUCT**

##### **Supporters**

- Parents & supporter parents are not allowed on field. No exceptions
- Be supportive of your athlete
- Cheering vs. coaching i.e. “go Johnny go” vs. “run fast around the curve”
- Respect other parish teams and their athletes
- Sit together in one area; stay clear of the fence bordering lane 8

##### **Athlete**

- Listen to track announcements especially “First Call or Last Call” for an event
- Be supportive of your teammate; Congratulate other kids; “good job”
- Socialize
- RUN – FOR – FUN!

**PARENTS:** Always know where your child is.

#### **Field Events**

##### **K-2**

Softball & Long Jump

##### **3-8**

Softball, Long Jump,  
Tetherball, Shot Put,  
High Jump

##### **5<sup>th</sup> & up**

High Jump, Shot Put

Complete all field events  
before 3:00pm or prior  
to event closing

#### **Order of Events**

4x100m Relay  
1600m  
800m  
400m  
Tiny-Tot Run  
100m Sprint  
50m Sprint  
200m Sprint  
4x400m Relay

Except for Girls Long  
Jump, all field events  
open between 12:00 -  
3:00pm.

**MEET CANCELLATION**

Only the section III coordinator has the authority to cancel a meet. Adverse rain condition can cancel a meet in progress.

Check your emails prior to a meet for any last minute changes.

**EMERGENCY**

Please report all injuries and emergencies to your coaches. Call 911 for life threatening emergencies.