

# St. Raphael Cross Country–2016

## 3<sup>rd</sup>-8<sup>th</sup> grade Boys and Girls

### 1) Program Philosophy:

CYO Mission Statement: CYO endeavors to help young people be more Christ-like in the way they live. CYO promotes participation and sportsmanship to foster total development of participants and influence the formation of Christian values. CYO...provide(s) equitable opportunities for participation in a safe environment to enhance the experience of the young athlete. Running is not easy but can be extremely rewarding and something your child can do for life. Our goal is to make cross-country a fun and a positive experience for everyone on the team so that they walk away loving running as much as we do! Everyone has different goals and we hope to help each child achieve their goals.

### 2) Coaches:

Head Coach: Carrie Kuhlman – [carrie\\_kuhlman@yahoo.com](mailto:carrie_kuhlman@yahoo.com) - 440-503-1804

Assistant Coaches: Chris Harter  
Jill Harter  
Mike Kuk  
Corey North  
Marlene Seicean

**3) Volunteers and Assistant Coaches:** With six grade levels participating on our team, we are always in need of assistants and additional help. You do not need to be a runner! Please consider volunteering to help the team at any practice or meet. You do not need to commit to a certain number or days or attend all meets/practices. Any help you can provide is MUCH appreciated!

#### **4) Registration dates and fees:**

May 1st - June 30th, 2017 \$85

Late registration July 1<sup>st</sup>- July 31<sup>st</sup>, 2017 - \$95

-Sportspilot Registration

To register your child, click on the link to Sportspilot from the Cross Country section on the St. Raphael Athletics webpage.

#### **6) Uniform Agreement and Size Form:**

All participants must complete a Uniform Agreement, signed by a Parent, and indicating uniform size and return this to Coach Carrie Kuhlman by August 14, 2017.

See the link to the form on the St. Raphael School website, under the Student Life/Athletics section. Scroll down to Cross Country section.

#### **7) Medical Forms**

All athletes must submit a Pre-participation Medical Form (physical exam form) and the associated Emergency Medical Authorization (EMA). The physical exam is valid for 13 months and must cover the entire season (until end of October, 2017). If the physical exam form was submitted for another CYO sport anytime after October 1, 2016, another one does not need to be submitted, otherwise this **MUST BE UPDATED** prior to the start of practice on August 7, 2017. No athlete can participate in practice or a meet until this form has been received.

This form is available on the St. Raphael Athletics webpage.

Please submit these forms before the beginning of the season to: Paige Taliak, 3578 Windsong Court, Westlake, OH 44145.

Please complete both the physical exam form and the EMA at the same time. They can be submitted via email of an attached PDF copy or via hardcopy dropped off or mailed to Paige Taliak. No other formats are accepted. Do not send these to the school or parish office.

### **8) Eligibility Request Form (ERF):**

If your student athlete is from a parish that does not offer cross-country, then an ERF must be completed to be eligible to join the St. Raphael program. The form is linked to the website. The form requires signature by the Pastoral Designee at your home parish and by the St. Raphael Pastoral Designee (Scott Spicer).

### **9) Attendance and Conflicts with Other Sports.**

We recognize and respect that your children may participate in other activities during our season. Many parents ask if their child can participate in cross-country if they are participating in another sport. The answer is a definite “YES”, but we encourage your child to attend all practices and meets where no conflict exists. Cross-Country is an endurance sport and during our practices we build up the athlete's abilities to safely run well over a distance. Different skills and drills are planned throughout the various practice sessions. 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.