

St. Raphael Track and Field – 2017

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:**

Registration month of February -	\$85
Late registration Mar 1 to Mar 5 -	\$90
 - 3) **Sportspilot Registration.** To register your child, visit: www.sportspilot.com. There is a link to Sportspilot from the Track & Field section on the St. Raphael School webpage, under Organizations/Athletics.
 - 4) **Uniform Agreement and Size Form:**

All participants **must** complete and Uniform Agreement, signed by a Parent, and indicating uniform size and return this to Coach Ginley or Dan Straitiff by March 18. No form = No uniform. See the link to the form on the St. Raphael School website, under the Organizations/Athletics section. Scroll down to Track & Field section.
 - 5) In addition, **all athletes must submit a Preparticipation Examination Form (physical exam form)**. If this was completed for another CYO sport anytime after May 1, 2016, another one does not need to be submitted as they are valid for 13 months from the date of the original exam. No athlete can participate until this form has been received. This form is available at: <http://ccdocle.org/wpfb-file/preparticipationform-pdf> or find the link for it on the St. Raphael Athletics webpage, including under the Track and Field section. Note that this is a 2-part form (second part is the Emergency Medical Authorization “EMA”) and **both portions** must be completed and returned together. Be sure the physical form is signed by the Doctor, the Parent AND the student. Please deliver the completed forms to **PAIGE TALIAK** via one of the following methods:
 - a. Mail both completed forms together to Paige Taliak, 3578 Windsong Ct, Westlake, OH 44145
 - b. Drop both completed forms together in the mailbox of address above
 - c. Scan both completed forms into one readable PDF format document (**with physical form as page one and EMA as page two**). Email to: raphaelphysicals@hotmail.com. **Do not send photo image files of the forms – only PDF format is acceptable.**
- Do not send these to the school or parish office.
- 6) **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.
 - 7) **General information:** We will practice Mondays through Thursday **beginning Tuesday March 14th** at a local athletic facility. The time for practices is generally 5:45pm with pickup at 7:00 pm. Coach Ginley will provide more specific information on practice locations and any adjustments on the times closer to the start of practice season. We expect that meets will have all age groups participating on the same day, which will be either Saturday or Sunday. CYO has not published a specific schedule. More information will be forthcoming. We will have these “regular” meets likely every Saturday or Sunday from late March or early April through mid-May. There are also likely to be some “special” meets. A probable meet is the Wasmer Invitational, for boys only, on a Sunday, (date TBD) from 1:00 to 4:30 at St. Ignatius HS. Another is the CYO Westside Championship (dates and times TBD). Also, there is a Citywide CYO meet for 8th graders only (date, time, location TBD). Once the schedule is available from CYO the full calendar of activities and meets will be issued at the beginning of the season. Other special events will be planned throughout the season, so watch for updates.

- 8) **Participation policy:** At all the regular season meets, CYO rules allow every child to compete in 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 “special” meets mentioned above, 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 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.
- 9) **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. Anyone participating in relay races during meets: undergarments worn during a meet (like a Under Armour brand T-shirts, long-sleeved shirts, or compression shorts) must be white without any contrasting colors or contrasting stitching visible.
- 10) **Events:** 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.
- 11) **Adult Volunteers:** Adult volunteers are always needed both at practice, in supporting activities, and this season CYO obligates each team to provide 3 volunteers to assist at meets. Your St. Raphael team will need many volunteers this season and sign-ups will be forthcoming. No one needs to commit for all activities for the entire season. If many people commit to each help with a few things we will be in good shape.
- 12) **Raider Award:** Any child who competes in every event eligible for their grade level, earns the “Raider Award”. You have to decide to do this early in the year so the kids don’t run out of meets before competing in every event. The “Raider Award” is a hooded sweatshirt with the child’s name on the sleeve.
- 13) **Foul weather and cancelling practice:** One of the many hats I have to wear during the year is amateur weatherman. I will watch the weather reports on afternoons where rain is probable. If I cancel practice, I will do so via email (the email address families provided when registering) by 4:30 pm.

Hope everyone has a wonderful Track and Field season!

Coach Ginley
MPGinley@gmail.com (440-821-7317)

Additional information Dan Straitiff (Dan.Straitiff@gmail.com, 216-577-4455)