



# **ST FRANCIS SUNS TRACK AND FIELD ACKNOWLEDGEMENT FORM**

This form includes a detailed outline of how you can expect the track program to work. All general information regarding the program will be listed here, and any additional information will come from the coaches or athletic director. Please read through the entire document before signing and returning with your sign up form.

## **GENERAL INFORMATION**

- All communication during the season will be from track coaches via email. All email will come in form of blind copies.
- Forms needed to be eligible for Track are on the school website. These include an updated physical form, insurance waiver/code of excellence acknowledgment form, sign up form with fees, and this acknowledgment form.
- All 5<sup>th</sup> graders will need to purchase their uniform t-shirt, as well as any new students to the program, or those in need of a new shirt.
- Lots of coaches and volunteers are needed to make the season successful! We will likely have over 150 total participants, so we need lots of help in many capacities, including timing, record keeping, crowd control, and general coaching duties. There will be lead coaches for each of the four "teams," (5-6 boys, 7-8 boys, 5-6 girls, 7-8 girls).
- All new coaches will receive a Track uniform t-shirt, and lead coaches will receive the Athletic Dept. polo.
- Coaches will have virtue training and fill out the volunteer background paperwork. If interested in coaching, please indicate so on the sign up form, and visit [www.virtus.org](http://www.virtus.org) if you have not already done so. You must pre-register on this website for your 3 hour training. You must have this training completed prior to working with the students.
- Practices will be held at both Dowling High School and Valley Southwoods. Please follow all traffic and parking regulations to insure the safety of all students.
- The practice and meet schedule can be found on the 2011 Track and Field Season Calendar on the website.

## **PRACTICE AND MEET INFORMATION**

- Absolutely no cell phone usage allowed, coaches have phones kids can use if necessary.
- It is essential for the athletes to stay close to the team camp and cheer on other teammates. Please talk with your child about this. We can't be hunting down kids when it's time to run their event.
- Encourage your child to dress warm early in the season and bring a water bottle. Each student should come to practice/meets with several layers including appropriate winter hats and gloves. Spikes are allowed for 7-8 grades, but only at meets, not practices.
- Never assume a rainout, wait for an email or school announcement. The track season is short, and we don't have the luxury of rain dates late in the season, so we will do everything we can to maintain the schedule.
- Parents must allow coaches to do their job, which includes placing your child where they fit best in terms of events. Some kids are better suited for distance, and some for sprint events. Some are suited for certain field events and some may not be. Please discuss with your children the events they get signed up for. The coaches won't put an athlete in an event that we know they can't be successful at. That being said, many times we get resistance from the kids when they are entered in certain events, complaining that they can't run that, don't like that event, want to be in a relay with friends, etc. We can't stress enough that Track is a team sport. The coaches need to be trusted and respected just like any other coach assigning your position or role in any other sport.

- Coaches will provide every opportunity for your child to experience different events, but due to our team numbers, and the impact it has on the rest of the league during meets, we have to limit the number of participants at certain events that seem to draw a lot of interest, such as the long jump and 100m. In fact, the league is planning to place restrictions on the number of participants in these particular events for 2011.
- In order to be eligible for the meet, child must attend at least two practices/week, but please get them to as many as possible. Many schools practice daily!
- Due to Dowling's sophisticated timing system, all athletes must be entered into the computer system well in advance. Your coaches will be issuing you a deadline for their rosters so they can get them entered on time. We have had too many problems in the past of kids not attending when it's assumed they are, and kids showing up when they were supposed to be gone. **You will be responsible for making sure your coach knows your child will be in attendance.** Please be in the habit of communicating well with the coaches on when your child will and will not be there. Parents will have to opt their child in for each track meet. This means that your child will NOT participate in the track meet unless the parents have informed the coach, **via e-mail by the given due date**, that their child is planning to participate in the meet. Scratches make the track meets run very poorly. Coaches will not put kids into open events "assuming" they will be at the meet. We understand that plans change and scratches happen, but we need to keep these to a minimum. Please don't have your child show up to a meet to run if you have not let the coach know they plan to run. The coaches feel really bad when they have to tell a kid that they can't run because we didn't know they were planning to come.
- Please do not take your child out of a meet without them checking out! We can't have situations such as kids scheduled to be in a relay and then leaving early, thus leaving teammates stranded.
- Open Meet Events include the following:
  - Field Events:
    - Discus, Shot Put, High Jump, Long Jump, 70m Hurdles, 100m Hurdles
  - Running Events:
    - 100m, 200m, 400m, 800m, 1500m
  - Relays:
    - 4x100, 4x200, 4x400, Sprint Medley, Distance Medley (7-8 only)
- Championship meet for 5-6 is limited, only 3 events: open 200, 4x100, sprint medley
- As for the championship meet, only the best athletes will participate. Coaches will have all the data from previous meets and practices, plus the necessary discretion required to select these athletes. They have tried to spread out the participation as best they can in the past, but there will be several athletes not participating in this meet regardless. Some athletes might run in more than one event. According to league rule, to be eligible for the meet, the athlete must be at two of the four open meets for 7<sup>th</sup>/8<sup>th</sup> graders. 5<sup>th</sup>/6<sup>th</sup> graders only have 3 meets, so they will have to participate in 1 or 2 of the open meets.
- Parent involvement is an absolute must for these meets. The more volunteers, the quicker and smoother the meet. Please find a time at a meet to sign up to help. **We are running the discus field event this year. We will need parents to run this each meet.**
- Track season is improvement-based! Athletes should work to better their own times, not be concerned with competing with teammates.

I, \_\_\_\_\_, have read and understand the information provided to me above. I agree to any rules or stipulations listed in the document, as well as any further addendums established during the season. Finally, I will proudly and positively support the St. Francis Suns Track and Field program as a fan, volunteer, or coach.