

St. Raphael Track and Field – 2021

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 learn and 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:**
February 22 to March 29 - \$90
3. **SportsPilot Registration.** To register your child, visit this [LINK](#)
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 Ross or other coaches by April 4. 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.
In addition, **all athletes must submit a Preparticipation Examination Form (physical exam form)**. If this was completed for another CYO sport any time after **May 1, 2020**, 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 in practices or meets until this form has been received. This form is available at this [LINK](#) or find the link for it on the St. Raphael Athletics webpage, 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.
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.

5. **Attendance and Conflicts with Other Sports.** 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. **We do NOT expect our athletes to attend all four practices in any week, but we schedule four so that many of them can manage commitments to multiple sports/activities in the busy Spring season. If your athlete can make one or two practices a week and some of the meets, this can be a very rewarding and fun activity!** 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. **Practice Time Information:** We will practice Mondays through Thursday **beginning mid-March** at one or more local westside athletic facilities. Practices will run from 75-90 minutes. Some days we will start at 6:00 PM, other days will need to start a bit earlier, as we share these tracks with other CYO teams.
7. **Special ‘Launch’ First Practice:** We are planning to repeat our 'season launch' practice at **T3 Performance in Avon** (1965 Recreation Ln, Avon, OH 44011), in mid-March (**details to be announced soon.**) Some of the T3 speed and strength instructors will work with our athletes for 60 minutes of that session - details to follow. No additional fees are associated with this workout. Anticipate a release form.
8. **Meet Schedule:** CYO has not yet published a specific schedule. The first meet will be around mid-March; more information will be forthcoming.

We will have a “regular” meets every weekend (likely Sunday) from mid-April through late-May. There are also likely to be some “special” meets. A probable May meet is the Wasmer Invitational, for boys only, on a Sunday, (date TBD) 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. In general, weather permitting, athletes will have an opportunity to compete in six or seven weekend meets. Other special events (weeknight dual meets/shared practices) will be planned throughout the season, so watch for updates.

9. **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). We do our best to accommodate preferred events. Deciding who gets to run on relay teams is at the judgment of the coaches, 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.
10. **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 sweatpants 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 the younger athletes. 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 Under Armour brand T-shirts, long-sleeved shirts, or compression shorts) must be the same solid color as other members of that relay team, without any contrasting colors or contrasting stitching visible. White and black are usually the best choices, but athletes need to communicate and coordinate before the meet.

11. **Events:** Athletes can compete in the 100 meters, 200 meters, 200 meter hurdles (6th – 8th only,) 400 meters, 800 meters, 1600 meters, 4 x 100 meter relay, 4 x 200 meter relay, running long jump, standing long jump, shot put, high jump (grades 5-8 only), and discus (grades 6-8 only). During the first few weeks of practice we will try to determine your child's interests and strengths and focus them in appropriate running and field events. We encourage them to try several events as the season progresses.
12. **Adult Volunteers:** Adult volunteers are always needed both at practice, in supporting activities like uniform distribution and season-ending banquet, and likely at one of our regular CYO 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.
13. **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 or similar garment with the child's name on the sleeve or back.
14. **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 the TeamStuff app and will try to do so at least an hour prior to practice. Typically, we will run in a drizzle, but err on the side of caution if lightning threatens. Air temperatures below 40 degrees may move us to an indoor practice at one of the St. Raphael gyms.
15. **Coaches:** We are blessed to have a squad of dedicated, experienced, and knowledgeable track and field coaches at St. Raphael, which is the largest program (and staff) in the Cleveland Diocese. **We are always looking for help, and interested new coaches are strongly encouraged to contact Coach Ross ASAP**, as the certification process for CYO coaches has multiple steps. No previous experience required, but specialists are appreciated, especially in the field events. Just as we do not expect our kids to make all four practices each week, we work with our coaches to match up their other commitments with their desire to coach with us.

Go Raiders!

Coach James Ross (JLRoss0610@gmail.com, 802-310-2607)