

CYO Track 2012 Agenda

I. Opening Prayer

II. Introduction

- John Randazzo – Section III CYO Track Coordinator
- Carlos Mangrobang – St. Joseph Parish CYO Track Coordinator
- Carlos Mangrobang - CYO Track Coach (K-2)
- Mark Hirsch – CYO Track Coach (3-8)
- Al Jauco - CYO Track Coach (3-8)

III. What is CYO Track & Field

- a. Compete at “own” comfort level
- b. Opportunity to try different events
- c. Individual performance & team achievement
- d. Diocesan: the “best” compete against other sections “best”

IV. Mission Valley Track Section III – St. Joseph, Mission San Jose

a. Meet Schedule:

Date	Time	Description
March 18	Noon	Regular Meet
March 25	Noon	Regular Meet
April 1	Noon	Bill Ford Relays (Medal Meet)
April 5-8	Easter	No CYO Activities
April 15	Noon	Regular Meet
April 22	Noon	Regular Meet
April 29	Noon	Sectional Finals (Grades 3-8 Only)
May 6	Noon	K,1 & 2 - Sectional Finals
May 11	6:30pm	Diocesan @ Logan High School; 800m & 1600m only
May 12	8:30am	Diocesan @ Granada High School

b. Where: **Logan High School (1800 H Street, Union City, CA)**

c. What to expect:

- i. Prepare for elements (Sun, Wind, Rain)
- ii. Food & Hydration
- iii. Parish Assignment Staging: Relay needs (1) Dedicated Relay Coordinator, (1)Backup Relay Coordinator – *SJS parent participation hours, teen service hours*
- iv. Parish Assignment Staging: Sprints need (1) Dedicated Sprint Coordinator, (1)Backup Sprint Coordinator – *SJS parent participation hours, teen service hours*
- v. Fun & excitement – go ahead and cheer! Take pictures & videos!
- vi. Valuable time spent with family; “not CYO baby sitting”

d. Rain-out

- i. Cancellation only done 1-hr prior to regular schedule
- ii. Check Website for status: <http://www.saintjosephmsj.org/cyo/track/index.html>

e. Track Conduct

- i. Cheer! Encourage!
- ii. If you have concerns, bring it up to me.

V. Coaches

a. Training description (Mark Hirsch, Al Jauco, Al Rios)

b. Practice Schedules

- i. K-2 (Tuesdays 3:15-4:30pm) @ SJS black top
- ii. 3-8 (Thursdays 5:00pm-6:00pm) @ Mission High track field
- iii. 3-8 (Tuesdays 5:00pm-6:00pm) @ Mission High track field {added towards end of season}
- iv. Special Clinics @ Mission High School track field {scheduled throughout the season}
- v. Practice cancellations due to weather or other factors – check web or coaches will cancel day before

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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 7th grade team will be competing against a mixed 7th & 8th 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 – 1st call, 2nd call, Final call}

- a. ALL Field Events Open until 3:00pm unless noted differently during the meet.
- b. 4x100m {relay 8-K} ← *** Continued from 2011 Season ***
- c. 1600m
- d. 800m
- e. 400m
- f. Opening Prayer
- g. Tiny Tot Race {any pre-K boys or girls present at the meet}
- h. 100m {K-8}
- i. 50m {K-5}
- j. 200m {K-8}
- k. 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
- h. Field events can be done in between running or relay events; ie do one turn and come back for the other
- i. Except for 100m, 50m – older kids go first; girls first then boys in all running & relay events

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.

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IX. Athlete Participation Requirements

- a. Eligibility: Live in parish boundary, attend SJ School, attend CCD at SJ
- b. Completed application, birth certificate
- c. \$50 fee required from all participating athlete
- d. Uniform
 - i. T-shirt issued; should last 2 years
 - ii. T-shirt issued; must be returned if outgrown; no cost swap for larger size
 - iii. Blue running shorts
 - iv. Running shoes (Kinder-2nd Grade)
 - v. Track shoes (3rd Grade & up) {Not mandatory}
 - vi. ¼ inch “pyramid spikes” only; {ok to use 7th spike}
 - vii. A BIB Number issued at the beginning of the season. Athletes must wear the same BIB throughout the season. 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. My child goes into kids club during practice days. What should I do?
 - Your child can go to Kids club after the practice. Just let them know that your child will be at track practice from 3:15pm-4:30pm or 5:00pm to 6:00pm.
3. 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.
4. 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.
5. Can my volunteer staging time be counted as Parent Participation Hours for St. Joseph School?
 - Absolutely
6. 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.
7. 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.
8. My child is stuck in a field event. He/she has a running event that is being staged. What should we do?
 - Have her sign-in for the running event if mixed team or notify pure relay team of availability. Go back to the field event and complete a few tries. 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 Grades K-2
- 1 Female “assistant coach/track mom” for Grades 3-8
- 1 Female “assistant coordinator”
- 1 Female/Male “track coaches” for all grades