



St. Joseph CYO Track & Field

Welcome to another year of CYO Track & Field. The program is open to children K-8 living within the St. Joseph parish church boundaries. All children are encouraged to invite their friends to participate. Remember, it's the only sport that every athlete has the opportunity to compete in all the events.

Application: Please fill out completely and sign bottom of form. *****NOTE: Your child cannot participate in any of the practices unless a completed form has been submitted.*****

Code of Conduct: Parents, please read and have you and your child sign at bottom of form.

Proof of Age: Please include a copy of birth certificate. This is required for non-St. Joseph/Dominican school children. If your child participated last year, I may already have them on file.

Fees: The total registration fee is **\$50.00**. Make checks payable to St. Joseph CYO Track.

Withdrawal: Athletes can withdraw from the program by sending "a request to withdraw" via email to carlos_mangrobang@yahoo.com. Please include your reason for withdrawal.

Refunds: Registration fees are not refundable after the athlete has been registered in our section's database located in <http://www.missionvalleycyo.org/>. A full refund of submitted fees is possible when the request to withdraw was received prior to athlete registration. A refund will come in the form of a check and mailed to the athlete's home address listed in the submitted health form.

Submissions: All forms (****pg2-pg5 only****) and fees must be submitted to the Office Secretary of St. Joseph School. Please attach payment with completed forms.

Questions: Visit our website at <http://www.saintjosephmsj.org/cyo/track/index.html> or call Carlos Mangrobang, your SJS Track Coordinator at (510) 770-0760 or email carlos_mangrobang@yahoo.com

*****Please retain this first page as a reminder of the important dates*****

Important Dates

February 1st – New Parent Orientation (returning parents are welcome to attend); location St. Joseph School
@ 7:00pm – classroom 7

February 2nd – Track Practice starts for all grades

Kinder – 2nd Grade: 3:15 to 4:30pm @ SJS "Black-top"

3rd Grade – 8th Grade: 5:00 to 6:00pm @ Mission High School Track

February 4th – Field Events Clinic @ Mission High School Track 10:00am-11:30am

February 28th – Registration Due

March 6th - Coaches and Coordinator's Workshop at St. Joseph School from 6:30pm-9:00pm

March 10th – Field Events Clinic @ Mission High School Track 10:00am-11:30am

March 17th – Mandatory Parent Meeting (all parents must attend) 11:30am; location St. Joseph Church
– Racing BIBs will be issued by coordinator after meeting

March 18th – First track meet at 12 noon @ Logan High School

April 15th – Picture Day; location TBA

May 20th – End of Season Picnic from 11:00am to 4:00pm @ Warm Springs Community Park

**DIOCESE OF OAKLAND
CATHOLIC YOUTH ORGANIZATION (CYO)
PARENTAL PERMISSION, HEALTH AUTHORIZATION, RELEASE FORM
*THERE MUST BE A COPY OF THIS FORM AT ALL CYO ACTIVITIES***

Child's Name _____ Parish _____
Address _____ Phone _____
(street, city, zip)

School _____ Grade _____ Birth Date _____
Parent/Guardian Name _____ Home Phone _____
Address _____ Work Phone _____
(street, city zip)
email _____

Pager or other number _____

IN CASE OF EMERGENCY, NOTIFY PERSON OTHER THAN PARENT/GUARDIAN:

Name _____ Phone _____

HEALTH AND MEDICAL INFORMATION

Family Physician _____ Address _____
Phone _____
Medical Plan _____ Plan Number _____

Do you authorize the adult leader to authorize medical treatment for your child in an emergency, as considered necessary by the attending physician? Yes No
State any reason why you do not want medical care given to your child in an emergency:

List all conditions (such as allergies, seizures) for which your child requires ongoing medication and state the type of medication given:

Has your child had difficulty with the following (circle all that apply):
Asthma Fainting Spells Convulsions Diabetes Heart
Eyes Ears Nose Throat Lungs Digestion

List any physical restriction or restriction for any sport activity on the basis of medical condition

State the date of your child's last physical examination: _____

IT IS STRONGLY RECOMMENDED THAT EACH CHILD HAVE A PHYSICAL EXAMINATION PRIOR TO PARTICIPATION IN ANY SPORTS ACTIVITY.

(COMPLETE BACK OF FORM)

DIOCESE OF OAKLAND – CATHOLIC YOUTH ORGANIZATION
CODE OF CONDUCT AGREEMENT

The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship. The guiding principle behind the enforcement of this code is that the behavior of everyone involved in CYO should not detract from the children's enjoyment of the sport.

1. COACHES

Acceptable standards of coaching behavior include:

- Set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior;
- Respect the judgment of officials; abide by rules of the event;
- Treat opposing coaches, participants and fans with respect;
- Instruct participants in sportsmanship and demand they display good sportsmanship;
- Coach in a positive manner, reflecting Christian values;
- In Basketball and Volleyball, remain seated on the bench at all times except in the instances in the National Federation Basketball Rule book.

Penalties:

- Any coach ejected from a game because of unsportsmanlike conduct will be suspended for the next two games and may be subject to additional penalties.
- Any coach who physically abuses another person may be suspended for the remainder of the season and may be disqualified from CYO participation.
- Any coach who physically abuses an official will be suspended for the remainder of the season and may be disqualified from CYO participation.

2. PLAYERS

Acceptable standards of participant behavior include:

- Treat opponents with respect; shake hands prior to and after contests;
- Respect judgment of officials and abide by the rules of the contest;
- Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times;
- Play in a positive manner, reflecting Christian values. Do not bait or taunt opponents.

Penalties:

- Any player ejected from a game because of unsportsmanlike conduct will be suspended from the next game and may be subject to additional penalties.
- Any player who physically abuses another player, participant or official may be suspended from play for the remainder of the season and may be disqualified from CYO competition.

3. SPECTATORS

Acceptable standards of spectator behavior include:

- Remember that the players are children and are playing for their enjoyment, not yours.
- Remain seated in the spectator area during the games;
- Respect decisions made by contest officials;
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches, or officials. Do not coach from the stands;
- Make no derogatory comments or gestures to players, coaches, and parents of the opposing team, officials or league administrators.

Penalties:

- Participating teams and their coaches are responsible for the conduct of their spectators.
- Any spectator who displays poor sportsmanship may be removed from the facility by an official, their team coach, a league official or the host gym person-in-charge.
- Any spectator who interferes with the conduct of a CYO activity may, at the discretion of the spectator's parish, league, or the Oakland Diocese, be barred from attendance at subsequent CYO activities.

4. ENFORCEMENT

The parishes and leagues, under the supervision of the Diocesan CYO Office, shall enforce this code. Complaints regarding violations of this code shall be first brought to the attention of the athletic directors of the parishes / schools involved. Coaches, participants or spectators may be placed on probation or suspended from CYO activities for their actions.

I (We) have read the CYO Code of Conduct. I (We) agree to follow these guidelines in my (our) participation in all CYO activities.

Signature of Player

Signature of Parent (s)

Date _____