



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.

Registration Requirements: Please read, complete and sign attached forms: (**Parental Permission, Health Authorization, Release Form, Code of Conduct, Concussion Information Sheet**). *****NOTE: Your child cannot participate in any of the practices or scheduled track meets unless completed required forms has been submitted to the track coordinator.*****

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

Fees: The total registration fee is **\$55.00**. 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 completed forms with attached **registration fees** including optional jacket orders must be mailed to **Carlos Mangrobang** in the address listed below:

**312 Merlin Court
Fremont, CA. 94539**

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

Feb 2nd – New Parent Orientation - location **St. Joseph Church @ 7:00pm**

February 6th – Track Practice starts for Kinder – 2nd Grade: 4:30 to 5:30pm @ Irvington HS "Black-top"

February 6th – Track Practice starts for 3rd – 8th Grade: 5:00 to 6:00pm @ Irvington High School Track

March 2nd – Final Registration Due

March 15th – Section III Coaches and Coordinator's Workshop at St. Joachim from 6:30pm-9:30pm

March 17th – Mandatory Parent Meeting (all parents must attend) 1:00pm; location St. Joseph Church

– Racing BIBs will be issued by coordinator after meeting

March 25th – First track meet at 12 noon @ Logan High School

April 22nd – Picture Day; Group and Individual pictures taken at Logan High School before meet starts.

May 11th & 12th – Diocesan Finals

May 20th – End of Season Celebration from 11:00am to 4:00pm – Event TBD

**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 _____

Date of Birth _____ Male Female

○ Parent/Guardians Name _____ Home Phone _____

Address _____ Work Phone _____
(street, city, zip)

Cell Phone _____ Email _____

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

Name _____ Phone _____

HEALTH AND MEDICAL INFORMATION

○ Family Physician _____ Phone _____

Address _____

○ 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 reasons 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 (check all that apply):

- | | | | | | |
|---------------------------------------------|------------------------------------------|--------------------------------------|-----------------------------------|--------------------------------|------------------------------------|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Fainting Spells | <input type="checkbox"/> Convulsions | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart | |
| <input type="checkbox"/> Eyes | <input type="checkbox"/> Ears | <input type="checkbox"/> Nose | <input type="checkbox"/> Throat | <input type="checkbox"/> Lungs | <input type="checkbox"/> Digestion |
| <input type="checkbox"/> Menstrual Problems | <input type="checkbox"/> Other _____ | | | | |

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)

**Parental Permission and Acknowledgement of
Conditions for Participation in Program**

1. I/we, parent or authorized guardian of the child named above give permission for his/her participation in **(check all that apply)**:
basketball ~~AAA~~cross country ~~AA~~softball ~~AA~~rack & field ~~AA~~volleyball ~~AA~~cheerleading
and all related activities, including but not limited to transportation to and from games or practice sessions.
2. I/we agree to direct my/our child to cooperate and comply with reasonable directions and instructions from CYO staff or adult volunteer leaders (coaches).
3. I/we agree to be responsible for all medical expenses relating to injury of my/our child as a result of his/her participation in any sport activity, whether or not caused by the negligence of parish, school, or CYO program employees, agents or volunteers or other participants.
4. I/we understand that children competing in athletic and recreational sports programs risk injury to the body, psyche or property damage to themselves and others. Such injuries can be caused by teammates, other persons or accidentally or intentionally self inflicted, faulty equipment or facilities, conditions of recreational facilities or the schools or parishes where sports activities are held, vehicle accidents while in transport or through the activity itself. Protective equipment used in a sports activity is not a safeguard against injury.
5. I/we hereby give permission for my child to be photographed by the Oakland Diocese CYO at CYO activities. I realize that the photograph may be published on a CYO website, in a CYO brochure, in a newspaper, a magazine, or other publication.

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration for being permitted to participate in the sports activities of CYO, use the equipment provided and to enter the premises or facilities of the Diocese of Oakland (Diocese) for any purpose including observation and participation in activities, the parent or guardian for him or herself and any successors in interest and on behalf of the minor child agrees:

1. To release, waive, discharge and promise not to sue the Diocese of Oakland, and its affiliated entities, its officers, directors, employees, agents and volunteers (hereafter referred to as "Releasees") from all liability for any loss or damage, and any claim or demands therefor on account of serious or mortal injury to the body, injury to psyche or property of the minor child, or undersigned parent or guardian, whether caused by negligence or other conduct by the Releasees while the minor child, parent or guardian is participating in CYO sports activities or in, upon or about the premises of the Diocese or any of its facilities or equipment.
2. To indemnify and hold harmless the Releasees from any loss, liability, damage or cost it may incur due to the presence of the minor child, parent or guardian in, upon or about the premises of the Diocese, its facilities or equipment, or while participating in any CYO sports activities whether caused by the negligence of Releasees or otherwise.
3. That the parent or guardian has read this Agreement, voluntarily signs the Agreement and that no oral representations, statements or inducements apart from the contents of this written Agreement have been made.

I have read this Agreement and understand everything written above.

Date _____

Signature of Parent or Guardian

Date _____

Signature of Parent or Guardian

DIOCESE OF OAKLAND – CATHOLIC YOUTH ORGANIZATION CODE OF CONDUCT and SOCIAL MEDIA POLICY AGREEMENT

CYO CODE OF CONDUCT

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 of Conduct is that the behavior of everyone involved in CYO should not detract from childrens' enjoyment of sports.

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 all participants with respect; shake hands prior to and after contests;
- Respect the 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, 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.

OAKLAND DIOCESE CYO – SOCIAL MEDIA POLICY

The Oakland Diocese Catholic Youth Organization (CYO), as a part of the larger community of faith in the diocese that embraces technology, recognizes the following:

- ❖ Words transmitted using the Internet and related technologies are published materials, available for worldwide access, and are public documents;
- ❖ The values of dignity and respect for every person apply to all of our interactions with each other – in person at games, practices and events, or by virtual means;
- ❖ Using technology to publish opinions which are obscene, work against the values of dignity and respect of each person, or bring harm to the individual as well as to our CYO community are contrary to the mission of CYO.

The Diocese of Oakland CYO discourages players, coaches, spectators and family members from using technology in irresponsible ways relative to their CYO participation. CYO will hold all users responsible for their published words if they adversely affect individual teams, parishes and schools, leagues, sports officials, team members and families. Those affiliated with CYO who use technology in ways that are contrary to our mission will face disciplinary action, up to and including suspension/dismissal.

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

Signature of Player

Signature of Parent(s)

Date

Diocese of Oakland CYO • Concussion Information Sheet

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

- Every sport is different, but there are steps your children can take to protect themselves from concussion.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

WHAT IS THE PROCEDURE FOR A SUSPECTED CONCUSSION?

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the activity at that time and for the remainder of the day.
- Any athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and has received a written clearance to return to play from the health care provider.

LET YOUR CHILD'S COACH KNOW RIGHT AWAY IF YOU SUSPECT YOUR CHILD HAS A CONCUSSION!

Adapted from the CDC. For more information you can go to: <http://www.cdc.gov/ConcussionInYouthSports>

I have read and understand the information on the Oakland Diocese CYO Concussion Information Sheet:

Player Name Printed

Player Signature

Date

Parent or Legal Guardian Name Printed

Parent or Legal Guardian Signature

Date

St. Joseph CYO Track & Field Jacket

Stay warm at track meets and show your Cougar spirit!

Description: Sport-Tek Colorblock Raglan Jacket. 100% polyester shell, 100% polyester jersey lining with mesh insets at gussets for added breathability. Articulated elbows for greater mobility. Half elastic, half self-fabric cuffs for comfort. Side pockets. Drawcord hem with toggles. Jacket color is true royal blue with white trim. Embroidered cougar paw is gold with white lettering. Matching pants not included.

Note: This is an optional complement to St. Joseph CYO Track & Field team uniform. It is not a requirement in order to participate in the program.



(To order, please complete and submit the form below with payment to Carlos Mangrobang)

ST. JOSEPH CYO TRACK & FIELD JACKET ORDER FORM

Parent Name: _____

Email Address: _____

Athlete's Name(s) _____

Phone Number: _____

Sizing: *With arms down at sides, measure around the upper body under arms and over the fullest part of the chest.*

Youth Sizes	Qty	\$32.00ea
Youth X-Small (size 4: chest 25-26)		
Youth Small (size 6/8: chest 26-28)		
Youth Medium (size 10/12: chest 28-30)		
Youth Large (size 14/16: chest 30-32)		
Youth X-Large (size 18/20: chest 32-35)		
SUBTOTAL		

Adult Sizes	Qty	\$34.00ea
Adult X-Small (chest 32-34)		
Adult Small (chest 35-37)		
Adult Medium (chest 38-40)		
Adult Large (chest 41-43)		
Adult X-Large (chest 44-46)		
SUBTOTAL		

Personalization	Qty	\$12.00
Athlete's Name		
Athlete's Name		
Parent's Name		
SUBTOTAL		

Total Order	
Youth Size SubTotal	
Adult Size SubTotal	
Personalization SubTotal	
TOTAL	

Please make checks payable to "St. Joseph CYO Track." Order form and payments are due by March 2nd.