

St. Ignatius 2010

Track & Field Handbook

“Racing is about self-improvement,
about being better than you were the race before.”

---Steve Prefontaine

Please visit our web site:

<http://www.saintiaa.org>
(Under links, click Track)

Mission Statement:

EVERYONE IS WELCOME. The St. Ignatius Track & Field Program assists kids of all ability levels in finding enjoyment, accomplishment, and fitness through our inclusive sport. Youth track & field is a great way to get kids started in a physical fitness program, and our program helps kids discover their potential, make new friends, and gain newfound self confidence.

I. QUALIFICATIONS

1. In order to be eligible to participate, each participant must be a registered member of St. Ignatius parish.
2. In some cases, a participant from another parish may join our team if they are a member of a parish does not offer a Track & Field program. This is mandated by the Catholic Youth Organization (CYO) and is fully described in document entitled “CYO Neighboring Parish Rule” that can be found at <http://sites.google.com/site/cincinnati-track-cyo/rules>.
3. St. Ignatius is required to receive prior permission from the CYO Track Advisory Board before these “neighboring parish athletes” can be rostered on the St. Ignatius team.
4. There are no tryouts. Everyone is welcome.
5. Coaches will assist kids of all ability levels.
6. In Grades 5 thru 8, times are recorded and performance measurement results are published throughout the season.
7. Every effort is made to let the kids compete in the events of their choice.

II. SIGNUPS

- Sign-Ups will be held on Saturday, February 13, 2010 (10:00AM—Noon) and again on Wednesday, February 17, 2010 (5:00—7:00PM).
- The cutoff date for Late Sign-Ups is Friday, March 12, 2010. A \$10 late fee may be applied during the period from February 17, 2010 through March 12, 2010.
- All schools must submit a roster of team members to the CYO Track Advisory Board by Friday, March 19, 2010. Once submitted, the roster may not be modified.
- Please see our web site for all the important dates that are pertinent to our season:
<http://www.saintiaa.org> (Under links, click Track)

III. GRADE LEVELS

1. Grades K thru 4—Instructional
2. Grades 5 thru 8—subject to the Regulations of the National Federation of State High School Track & Field Rules. These rules can be found on the CYO Track Advisory web site at <http://sites.google.com/site/cincinnati-track-cyo/rules>.

Divisions exist for grades K-8, boys and girls, with a division consisting of two grade levels (grades K-2, grades 3-4, grades 5-6, grades 7-8). The age limit for each division is as follows:

Grades K-2: Must not be 9 before September 1st of the school year.

Grades 3-4: Must not be 11 before September 1st of the school year.

Grades 5-6: Must not be 13 before September 1st of the school year.

Grades 7-8: Must not be 15 before September 1st of the school year.

In any division, a team member may be moved up by only one division. Once they are on that upper team's roster, they may not be moved back down before the end of the season. No team member will be allowed to move down to a lower division, or participate in more than one division level at the same time. **Each participant may compete in up to three events.** They may be all running, all field, or a combination of those events.

IV. COACHES

1. Coaches will be determined at the discretion of the Track & Field Coordinator.
2. All coaches must complete the Child Protection Class and the Archdiocese Finger Printing Program.
3. Junior Coaches (under the age of 18) are not permitted to be Finger Printed, but are required to take the Child Protection Class.
4. All coaches are runners themselves. They also enjoy running with the team during practice and sharing their enthusiasm about running.
5. **Coaches conduct “road work” in Grades 5 thru 8. This involves running on sidewalks and crossing streets. There is some inherent risk in this method of training. Three coaches minimize this risk by running with the team—one in the front, middle, and back of the pack.**
6. All coaches conduct a team prayer at the end of every practice.

VI. SCORING AND AWARDS

Grades K-4: All participants receive ribbons. No team scoring or awards occurs.

Grades 5-8: Individual awards are given to the top 6 final places. Team points are awarded for first 6 places as 10, 8, 6, 4, 2, 1. Trophies are awarded to the top three teams in each division at the CYO City Championship Meet. In the event of a tie between teams, the higher place team will be awarded by counting the number of 1st place finishes in all events. The team with the higher number of 1st places wins the higher team award for the meet. During the regular season, the awarding of team trophies at invitational meets is at the discretion of the invitational meet directors.

St. Ignatius may enter an unlimited number of participants per event; however, only the first two members of our team in an event are eligible to qualify for Finals, to win awards for the event, and/or to be included in team scoring for that event. An unlimited number of relay teams per team may also be entered, but only the top finishing relay team is eligible for Finals, awards, and/or team scoring for that event. Once again, no one may compete in more than three events.

As it relates to the CYO City Championship Meet, all large school teams (Division I) will compete in the large school division. All small school teams (Division II) will compete in the small school division. Large and small are relative terms meant to describe the actual size and strength of the team—not the number of enrolled students at the school.

VII. PROTESTS AND BEHAVIOR AT MEETS

Only coaches are allowed to submit a protest to the meet director or starter / official. All parents are required to go to their coach with concerns. At that time, the coach will bring the matter to the attention of the meet director and/or official who will make a decision on the matter.

All runners are required to listen and comply with any requests being made by the meet's PA announcer. This typically means no walking on natural grass football fields, no fence climbing, and no loitering under the grandstands.

VIII. CONFLICTS WITH COACHES

All parents are required to inform Jim Waters, the Track & Field Coordinator, with their concerns. He will resolve the matter immediately or—if necessary—bring the matter to the attention of the President of the Athletic Association who will make a decision on the matter. There is no other chain of command.

General Rules

- Practice may be cancelled due to various weather conditions. Since the weather tends to be volatile during the spring season, I'd like to remind everyone of our policy about the cancellation of practices. I will post a notice on the Track web site if practice is cancelled. **It's that simple.**

<http://www.saintiaa.org> (Under links, click Track)

- On days when the weather conditions involve rain showers, snow showers, high winds, low temperatures, please check our web site throughout the day—especially around 5:30PM. Most practices are cancelled in the early evening between 5:30 and 6 o'clock.
- Please arrive 30 minutes early for all track meets. This ensures time for parking, checking-in with coaches, and proper warm up.
- Please have your child bring a water bottle to all practices and track meets. Water plays a vital role in regulating body temperature, transporting nutrients and oxygen to cells, cushioning joints, and protecting organs and tissues. For children, the benefits of drinking water are even more essential because their bodies are smaller than adults and they sweat less frequently. As a rule, children suffer from dehydration more often than adults. Many children, in fact, experience headaches due to the onset of dehydration. **REMEMBER:** Up to 60 percent of the human body is water, the brain is 75 percent water, blood is 82 percent water, and lungs are nearly 90 percent water.
- Track meets are fund raising events for the parish schools that sponsor them. Please be prepared to pay approximately \$2 per person at the gate. Members of the St. Ignatius Track Team are exempt from the gate charge. Their fees have been paid in advance by the St. Ignatius Athletic Association.
- Track meets are rarely cancelled. Thunderstorms (with lightning) will delay meets. So be prepared to run in any kind of weather condition. On average, a track meet (e.g. Grades K- 2) takes about 2 hours. If you also have a son or daughter in another grade division, you can expect another 2 hours.

Track Tips and General Rules for Parents

Track Tips for Successful Running

Welcome to the starting line. This might be your child's first try at running, or a return visit. **REMEMBER:** They win by improving, and the best way to improve is to run often.

2. Buy them the right shoes. Shoes are the biggest equipment expense for runners, so it's important to buy your child the right kind. Spend wisely by buying well-made shoes from a major brand. **No track spikes are allowed.**

3. Make them warm up and cool down. Don't let your child confuse a little stretching with a good warm up. A proper warm up begins with running very slowly to ease the body into the session. The best time for stretching is after the run when muscles are warm and ready to be stretched. Our coaches will show your child the proper way to stretch.

4. Let them walk. Pausing to walk during a workout is not a form of laziness, but a common practice among experienced runners. It is a form of training that breaks a big piece of work into smaller pieces, making it more doable.

5. Use pain as a guide. Runners sometimes get hurt. Please tell your child to let their coaches know when they are experiencing pain!

6. Pay attention to their form. Remind your child to run "tall" and upright—not with a pronounced forward lean. Tell them to look toward the horizon, not at their feet. Their coaches will be reminding them of this often.

7. Make them eat and drink the right foods. Sports nutrition is too big of a topic to cover thoroughly here. But, in general, the rules for good nutrition and fluid consumption are the same for runners as everyone else. Two areas of special interest to parents: (1) have your child eat lightly an hour before practice and 2 hours before racing; (2) have them drink 8 ounces of water an hour before running, as dehydration can be dangerous (see General Rules--previous page), and (3) have them load up on carbohydrates one day before racing.

8. Congratulations: One of the great beauties of running is that it gives everyone a chance to win. Winning isn't automatic, though. Children still have to work hard for success. But in running, unlike any other sport, there's no need to beat an opponent or an arbitrary standard (such as "par" in golf). Runners measure themselves against their own standards. When your child improves a time or increases a distance, they win--no matter what anyone else has done on the same day. **NOTE: In the spirit of *everybody wins*, all runners (Grades K thru 4) will receive ribbons as they cross the finish line. This also means that running events are neither timed nor count for team points in Grades K**

thru 4. (Much of this is due to the large volume of runners and the lack of CYO officials available to time them.) Coaches will, however, conduct performance-measuring time trails throughout the season during weekday practices. Parents are also permitted and encouraged to time their child from the grand stands.

Directions to Some Meet Locations Commonly Used by Parish Invitationals

Fairfield Stadium (not Fairfield High School): Stadium Drive, 45014

I-275 East to the Winton Road (Exit #39). Turn left off the exit ramp. Go past Cincinnati Mills and Cincinnati Financial Corporation. You are now on S. Gilmore Road. Follow S. Gilmore Road to Route 4 (go Left). Go 0.7 of a mile (Approximately 3 lights. You will pass Jungle Jim's). Turn right onto Stadium Drive to access parking. Parking lots are on both sides of the Stadium.

LaSalle High School: 3091 North Bend, 45247

I-71 South to Route 562 (Norwood Lateral) west, to I-75 south, to I-74 west, exit at North Bend Rd. Proceed north (right) on North Bend two blocks, to where North Bend takes a sharp right at the intersection with Cheviot Rd., proceed east (right) on North Bend three blocks to the High School on south (right) side.

Mariemont High School: 3812 Pocahontas, 45227

From Ronald Reagan Cross Country Highway East: Exit at Montgomery Rd. South, the east terminus of RR Hwy. Proceed south on Montgomery Road. Turn left onto Miami Road at the blinking yellow traffic signal (third signal). Proceed south on Miami Road through Madeira to Miami Road terminus in the center of Mariemont. Proceed around traffic circle, in the village square, turning east on US 50. Turn left onto Pocahontas at the first traffic signal (Mariemont Branch Library on the NE Corner)

From Columbia Parkway: Take US 50 East (Columbia Parkway). Proceed east on US 50 through Fairfax and most of Mariemont. Turn left at the fourth Mariemont traffic light onto Pocahontas (Mariemont Branch Library on the NE Corner).

Mt. Healthy High School: 2046 Adams Road, 45231

From Ronald Reagan Cross County Highway East: Exit at Hamilton Avenue/Mt. Healthy/North College Hill. Turn left on Hamilton Avenue (US-127). Turn left on Adams Road. School is on the right.

From I-75 North: Take I-75 North to Exit 10-A (Ronald Reagan Cross County High Way). Head west. Take the US-127/Hamilton Avenue exit

toward North College Hill/Mt. Healthy. Turn right on Hamilton Avenue.
Turn left at Adams Road.

Mt. Healthy High School: 2046 Adams Road, 45231

From North Bend Road: Turn left on Hamilton Avenue (US-127). Pass thru
Compton Road intersection. Turn left on Adams Road. School is on the right.

Lakota West High School: 8940 Union Centre Blvd, 45069

Directions From I-75 North

From I-75 North, take Union Centre Blvd (Exit 19). Go west (left) off the exit
and onto Union Centre Blvd. Follow Union Centre Blvd for 0.25 miles and
Lakota West High School will be on the right.

Oak Hills High School: 3200 Ebenezer Road, 45248

South on North Bend Road to right onto Westwood Northern Blvd. Go left
onto Harrison Avenue. Go right onto Race Road. Turn right onto Bridgetown
Road. At five-way intersection, go left onto Ebenezer Road. School is on the
left just past Lawrence Road.

Ross High School: 3601 Hamilton-Cleves Road, 45013

Take Colerain Avenue (US-27 North) to Hamilton-Cleves Road (Route 128).
Turn right onto Route 128. School is on the left.

Last Revised: 12/15/2009