

A Parent Guide to Track and Field St. Basil Bobcats 2023

Thank you for your interest in the St. Basil Track & Field Program! All 2nd – 8th grade boys & girls who are Parishioners of St. Basil the Great OR St. Michael may participate. Children enrolled in PSR or attending St. Michael School are also eligible to participate. *****2nd Graders are eligible to participate in the Track and Field season per the CYO By-Laws. For that reason, we will again offer the program available to 2nd graders provided they meet the above criteria as a parishioner, PSR student, or SMS student. If you have any questions regarding eligibility, please contact Coach Lisa Ryder at basiltrack@gmail.com***

Registration for the season is available on-line via Sports Pilot. If you do not have a **ST. BASIL** Sport's Pilot account, you will need to create one. Click on the REGISTER NOW button on the following link to register:
<http://basilthegreat.org/cyo-spring/>

Participation fee is **\$100.00**, payable on-line at the time of Registration.

PARENT EXPECTATIONS:

Track & Field is a parent participation sport. Each team is **required** by CYO to provide volunteers to staff 1 track meet. We will not have our assigned meet time/date until the official schedule is released by CYO.

The 1st practice will be held in the St. Basil Gym from 6pm – 7pm on March 7th. A REQUIRED PARENT MEETING will take place at the start of practice in the gym.

Meets generally conclude at the end of May.

PRACTICES

Generally, practices will take place on Tuesday and Thursday's 5:30pm – 7pm at Independence HS (IHS) track for all participants, unless the temperature is below 40 degrees. When we need to move indoors due to cold weather, we will attempt to host practices at the St. Basil Gym (if available) from 6pm – 7pm.

If we need to **cancel** practice, you will be given notice no later than **5pm** via the REMIND app (phone number that you provide) and email (the address that you used when registering with Sports Pilot). We will **NOT** practice outside if the temperature is **below 40° OR will dip below 40° during practice**. If we can move indoors, a notice will be given by 5pm the day of practice confirming the practice is still being held. ***There may be days when we need to re-arrange practice days because of Independence's home track meet schedule. Any changes to the schedule will be announced as timely as possible. Thank you in advance for your flexibility and patience as we encounter conflicts.*

EVENTS

Running: All participants may run: 100m, 200m, 400m, 800m, 1600m, 4x100 and 4x200
6th -8th can also run the 200m hurdles

Field: All participants: Shot put, Running Long Jump, Standing Long Jump
5th – 8th add high jump
6th – 8th add disc

****Each child may participate in up to 3 events per meet but one must be a field event.** We encourage all athletes to participate in a minimum of one event in both running and field.

MEETS

Meets are generally held on Sundays (a small few on Saturday mornings) and do not start until 1:00pm per CYO rules.
[We will participate in Invitational style meets as well. Typically these invitational meets include Wasmer Games (Boys

ONLY 5-8th Grade), Lady Bruin (Girls ONLY 5-8th Grade), and the Wildcat Invitational (Girls and Boys 3-5th Grade ONLY), Sectional Championships (Girls and Boys 6-7th Grade ONLY), and the District Meet (8th Grade ONLY). 8th Graders that qualify out of Districts are eligible to compete in the CYO Track & Field Championship meet.] **ALL INVITATIONAL MEETS PENDING OHSAA APPROVAL**

UNIFORMS

Each child will receive a new uniform shirt each season and a **one-time warm-up windbreaker the first year of participation**. We ask that you order the windbreaker on the bigger side so that your child has room to grow season after season. The windbreaker is yours to keep at the end of the season.

Any garments worn under the uniforms are provided by you and should be **ALL BLACK** (NO stripes or piping) to the extent possible. When layering is necessary (recommended for temps under 50 degrees), please make sure **ALL CLOTHING** is worn **UNDER** their uniform. Relay participants must match. **No jewelry** is permitted to be worn at the meets.

Athletes should have supportive running shoes for all practices. Unsafe footwear will not be allowed. Coaches may ask that your child not participate if they are not dressed appropriately for the weather or have running shoes. Spikes are optional and are **ONLY** to be used during a meet. We do **NOT** have spikes available for rent for track and field.

COACH'S PHILOSOPHY and GOALS:

- 1) Have fun
- 2) Make new friends
- 3) Learn about Track & Field
- 4) Try new events and be open to new challenges

Remember: All coaches are volunteers. We thank you in advance for your understanding and support during the season!

Track & Field is a sport where children of all athletic abilities will find an event(s) that fits their skills. We ask that each child come prepared to practices and meets and gives all coaches 100%.

The children will not be penalized for missing practices or meets. We ask that they attend **1 practice** per week. In the event that spots are limited in relay teams and/or invitational meets, attendance at practice, as well as seed time, will be taken into account for filling teams/invitational meet events. *****PLEASE NOTE: Your child MUST attend at least ONE practice the week of a meet in order to eligible to participate. If your runner will be unable to attend a practice during the week of the meet, advance notice and coach's discretion, will be used to excuse a participant from practice, and still allow them to compete in the meet.***

COMMUNICATION

Children must sign in and out at each practice (only when a parent or guardian has arrived for pickup). Cell phones may not be used during practices. Your child may bring his or her cell phone to practice but it must remain by the check-in area for the duration of practice but can be used at the end of practice to contact you. If your child needs to leave practice early, a parent is required to come to the practice and notify a coach that the child is leaving the premises. If it is necessary to miss a meet, please contact the Coach Lisa prior to the meet, with as much notice given as possible.

ACTION ITEMS PRIOR TO FIRST PRACTICE:

1. **REMIND app contact info** - I will be using REMIND to send text message reminders for practices, meets, and other info throughout the season. A sign-up sheet will be distributed at the first day of practice but you

can enroll in the app prior to the first practice. *If you have the REMIND App on your phone, text “@basiltf23” to number “81010”. If you will NOT be at the meeting, please forward me the names and cell numbers of those individuals you would like on the list as soon as possible.*

2. **Pre-Participation (physical) and Emergency Medical Authorization** for each participant is required to be completed and uploaded to Privit. This form is kept on file with CYO to be eligible to participate in practices/meets. This needs to be completed by a physician and signed and dated to cover the duration of the season. Physicals are good for 12 months. ***THIS MUST BE COMPLETED AND UPLOADED TO PRIVIT (DIRECTIONS FOUND ON ST. BASIL WEBSITE)***
3. **Lindsay's Law** - Please see **LINDSAY’S LAW ACTION ITEM** email for more information. ***THIS IS COMPLETED THROUGH THE PRIVIT SUBMISSION (DIRECTIONS FOUND ON ST. BASIL WEBSITE)***
4. **Concussion Awareness** – *You will review this info through Privit.* There is no paperwork required to be returned.