

St. Peter Saints



Parent Handbook

2019 ST. PETER TRACK AND FIELD TEAM

Mary Campanell- **Coach:** Mary is the fifth grade teacher at St. Peter School. She participated in Track & Field at Audubon High School and runs for recreation. She's participated in multiple 5k races and coaches both XC and Track & Field here at St. Peter School.

Contact: campanell@stpeterschool.org

Alicia Liwock – **Coach:** Alicia is a current parent at St. Peter School. She participated in Track and Field at Ocean City and Edgewood High School where she held the record for both shot put and discus. In addition to these events, Alicia ran the 100 meter hurdles and performed the high jump.

Contact: fierce1alicia@yahoo.com

Kathy O'Callaghan – Administrator

Contact: ocallaghan@stpeterschool.org

St. Peter's School Track and Field Team

The St. Peter School Track Team was started in the spring of 2010. St. Peter's School is now part of the Catholic School Track League. The goals of the program are to provide youngsters with wholesome training in a lifetime sport, to develop the individual's God-given talent and to instill the values of teamwork, perseverance and cooperation.

Team Membership

All St. Peter students and CCD/Home school parish members, as well CCD Students from Saint Stephen's in grades 2 through 8 who are in good academic and disciplinary standing are invited to be members of the team. A completed team registration form and signed waiver are required along with a membership fee of \$40.00 per athlete, prior to starting practice.

Registration

Registration forms are available and on the school website. Athletes must have an Insurance Waiver form completed and signed by a parent or guardian, along with a completed physical form for those in grade 6-8 to be eligible for practice and meets. Because of deadlines in ordering uniforms, please register as soon as possible. **According to league rules, additions to the roster must be made prior to the third meet; therefore late registration will end on April 12th.**

Communication

Good communication among coaches, athletes and parents is one of the most important factors in enjoying a good season. Questions, problems, concerns and complaints should be addressed to one of the coaches. Email is the preferred method of communication. Coaches are usually available immediately following practice as well. Emails are listed in the beginning of the handbook for your convenience.

We will continue to use the Remind app for emergency notifications. On your iPhone or Android phone, open your web browser and go to the following link: rmd.at/d26hf2. Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app. If you don't have a smartphone, text the message @d26hf2 to the number 81010. If you're having trouble with 81010, try texting @d26hf2 to (918) 901-9941.

If you know your child will be missing practice and/or a meet, it is crucial that you notify your child's coach ASAP. Meet sheets are very involved and take a considerable amount of time to prepare, so, please let us know if your child must miss a meet or leave a meet early due to a scheduling conflict. If you have any questions or problems, PLEASE TALK TO US!

Parent Involvement

A successful season is impossible without the help of the parents. The Catholic Track League is a Volunteer run league, and every team in the league will host at least one sometimes two league meets. Each host team is responsible to supply a volunteer for every event. Therefore, there are many ways to help. We will also need help at all of the meets with timing, managing the team in the stands, making sure the athletes report for their events, and selling snacks at home meets. Please sign up to help in whatever capacity you are able. Any and all help is greatly appreciated. We will have sign-up sheets for each meet. **Parents are stars when they support the entire team.**

Officials Clinic

Please note that any adult serving as a timer, starter, Head Official/Measurer must have attended the officiating clinic. There will be an officiating clinic held on a Sunday evening March 24th at 7:00 pm at John Paul II School. We encourage you attend the clinic if at all possible. We really need parent volunteers to fulfill these roles.

Catholic Track League Meet Information

There are 9 teams participating in the Catholic Track League. The teams are divided into two divisions (A and B) **based upon the number of students enrolled in the school.** St. Peter is currently "B" division. Regular meets are held Saturday mornings and will either be dual or tri-meets.

Age divisions are determined as of September 1, 2018 and are as follows:

Cadets – 10 years old and under

Juniors – 11 or 12 years old

Seniors – 13 or 14 years old

A child may participate in an older group, but may not move down an age group. A child may participate in only 1 age group on any given day (the only exception to this rule is if a cadet runs the 1600... he/she may still compete as a cadet in his/her other events... this exception applies to regular league meets only.

Participation:

- Maximum participation is as follows:
- **Cadets:** ANY 4 event
- **Juniors:** ANY 4 events
- **Seniors:** ANY 4 events
- Second graders will only run the 50m and/or the 100m events and relays
- Field and Running Events are held simultaneously – When boys are on the track, girls are on the field and vice versa

Events (all age groups unless otherwise specified):

- 50 Meters (Cadet only)
- 100 Meters
- 200 Meters
- 400 Meters
- 800 Meters
- 1600 Meters
- Relay: 4x100 Meters
- Long jump
- Shot Put (Junior/Senior only)

Meets

Regular season meets:

There are six and they are held on Saturday mornings beginning promptly at 9AM (8:30 AM check-in). Refer to the calendar for dates. Coaches will set the time to meet at the track for both home and away meets. All athletes are eligible to compete in each regular league meet.

Penn relays qualifying meet:

One girls' team and one boys' team from each school may compete in this **qualifying meet**. This is a qualifying meet, we are not guaranteed a spot at the Penn Relay.

A mix of ages/grades may be used at the discretion of the coaches in order to put together the fastest relays. Requirements, which must be met, in order to be eligible:

- Currently in 6th, 7th or 8th grade
- A registered member of the Saint Peter Saints Track & Field Team
- Attend a minimum of 3 out of 4 practices per week

If an athlete misses practice without approval by his/her coach, he/she will be ineligible for participation on the Penn Relay Team. The relay team and alternates will be selected based upon the 3 A's

- Attitude
- Attendance
- Ability

Championship meet:

Participation in three regular season meets is required to be eligible for the championship meet. **Athletes will be selected by the coaches to participate at the Championship Meet.** All first and second place individual and relay finishers at the Championship Meet will move on to compete in the Meet of Champions.

Meet of champions:

All first and second place individual and relay finishers from the championship meet in each division will compete. Alternates may only be used for the relays if a runner is unable to attend. No individual substitutions will be allowed.

Schedule

As the season approaches, you will receive a calendar of events. Please refer to the calendar for all meet dates and locations. Any changes to the calendar will be communicated via email. All athletes are required to wear their team uniform at all meets under Catholic Track League rules.

Inclement Weather

It is possible that a meet may be postponed or cancelled due to inclement weather. In the event of bad weather, a decision to call off or postpone a meet will be made as early as possible so as to avoid unnecessary travel. You will be notified of this via email. Rainouts will either be re-scheduled for the following Sunday morning or an evening during the week.

Practices

Practice times and locations are subject to change based upon coaches' availability and track availability. You will be notified of any schedule changes via email and through the Remind App. Please remember to check your email daily in the event that a last minute change needs to be made. If you do not have email or do not have daily access to email, it is your responsibility to find another parent to notify you. Individual phone calls cannot and will not be made. The following is our tentative practice schedule:

Beginning in March

Grades 2 & 3		Grades 4-8	
Monday	Walking Path (behind school) 5-6:15	Monday	Walking Path (behind school) 5-6:15
Wednesday	Walking Path (behind school) 5-6:15	Wednesday	Walking Path (behind school) 5-6:15
		Thursday	Cooper River (at the stadium – between the playground and the boathouse)

Please make every effort to have your child at practice on time. Athletes should be ready to start warming up promptly at the start of practice. The warm up is very important and is necessary to prevent injury. Athletes who are late will still be required to do the warm up exercises before they can begin with practice.

Team Policies

It is very important that all athletes and parents read and understand the following team policies. They have been developed by the coaches to ensure the best experience for all members of the team. If you have any questions about these policies, contact one of the coaches.

Attendance

Practice attendance is necessary to improve technique, prevent injury and to come together as a team.

The coaches understand that many athletes have other activities that often make practice attendance impossible. Nonetheless, this is a very important time to work on technique, and learn the skills necessary to compete safely. We ask that athletes attend practices as often and as consistently as possible.

All athletes will compete in all meets. When possible, the coaches will put the athletes in their preferred event, however, they are expected to participate in whatever events the coaches ask of them. The coaches reserve the right to give priority to the athletes who consistently attend practice.

PRIOR NOTIFICATION OF MEET CONFLICTS IS ESSENTIAL!! A lot of time goes into preparing the meet line up and it is only fair that the coaches are made aware as soon as possible. If your child needs to leave early, it may be possible to enter them in the early events. Remember, participation in 3 regular league meets is required, per league rules, to be eligible to participate in the championship meet.

Team Rules and Discipline

We are a TEAM – not just a group of individual athletes. Respect for teammates and coaches are the most important part of building a team. **DISRESPECT OF COACHES, TEAMMATES, PARENTS, OFFICIALS, OR OPPONENTS WILL NOT BE TOLERATED.**

St. Peter Track Team members are expected to act in a sportsman like manner at all times. They are expected to compete fairly, and give 100% effort. They are expected to listen to their coaches and follow directions.

With over 70 athletes, the coaches' time is very important. When coaches spend their time disciplining athletes who misbehave it hurts the whole team and is not fair to those who are working hard. For those athletes whose behavior hurts the team, there will be consequences. Athletes who are disruptive will be removed from practices or meets.

Disciplinary Consequences

First offense:

Athlete will be removed from practice or meet for the rest of the day, and will not be allowed to return to the team until one of the coaches has discussed the incident with the athlete's parent or guardian.

Second offense:

Athlete will be removed from practice, and suspended from the team for the length of time determined by the head coach. The athlete will not return to practice until the coaches, athlete, and parents have met to discuss the incident.

Third offense:

Athletes will be removed from practice and immediately suspended from the team. At his/her discretion, the coaches may decide to dismiss the athlete from the team.

Actions that may result in an athlete being removed from a practice or a meet include the following:

- > Refusing to practice.
- > Disturbing teammates who are working hard.
- > Repeatedly ignoring coaches' instructions.
- > Verbal disrespect or using foul language.

The following actions will be treated as a third offense

- > Fighting.
- > Disrespectful actions toward coaches or officials

Participation on the St. Peter's Track Team is a privilege, not a right. For the safety of all athletes, and out of respect for all the volunteers who are giving of their time, rules and regulations will be strictly enforced.

Uniforms/Dress Code

- All members of the Saint Peter Saints Track & Field team are expected to wear their team shirt, which will be provided prior to the first league meet. There is to be no alterations to the team shirts
- Comfortable shorts or running pants should be worn, preferably a dark color.
- Penn Relay qualifiers will be provided uniform shorts as per new league rule.
- **Shoes that have spikes or accept spikes may be worn.**
- **No jewelry** (including chains, rings, watches, bracelets, earrings, wristbands) of any type may be worn during competition. The exception is a medical alert ID bracelet.
- It is often cold in the early morning and can become hot, so please layer in order to be prepared for any weather (knit hats are the only hats that may be worn in a meet.)

2019 Track & Field Schedule

March 4th – First Practice

March 24th – Coaches Clinic at Saint John Paul II

March 30th – First League Meet (8:15 check in\9:00 am Start)

March 31st – Penn Relay Qualifiers @ PVI High School – check in 1:00\1:30 pm start)

April 6th- Second League Meet (8:15 check in\9:00 am start)

April 13st – Third League Meet (8:15 check in\9:00 am start)

April 26th – Penn Relays (Details to follow)

April 27th – Fourth League Meet (8:15 check in\9:00 am start)

May 4th - Fifth League Meet (8:15 check in\9:00 am start)

May 11th – Final League Meet (8:15 check in\9:00 am start)

May 18th – Championship Meet (7:45 check in\8:30am start)

May 21st – Meet of Champions @ PVI. Field events begin at 5:00, running events begin at 6:00

Banquet – Details to follow