

2009 Cape St. Claire Track and Field Information

The Cape Sports track and field program offers children the opportunity to develop their skills in a variety of sprint, distance, and field activities in competitions through intramural club practices and meets. Skills and conditioning gained in track and field will also benefit athletes involved in other sports as well. Our program is for children and teens from 5 to 14; due to out of season coaching restrictions, only children not yet attending HS will be permitted. The cost will be \$40 per athlete and at this time we do not plan on offering drop in registrations for individual meets. All registrations must be done through the Cape Sports website:

The season will begin Monday, June 15, 2009 (first practice) and will run for 6 weeks until July 24th (last meet). Participants are introduced to sprint, distance, and field events and then will compete in those events in which they have an interest. The program's emphasis is on training and building skills. Athletes will compete against others of their gender and age and may sign up to compete in any three events of their choice per meet. Age groups are 5-6, 7-8, 9-10, 11-12, and 13-14. Age is determined by the information provided to us by the Cape Sports on the registration forms. Meet ribbons and/or medals will be given to 1st through 6th place in all events for all age groups as well as personal best ribbons will be awarded to any athlete who beats their past personal best time or distance.

Events:

- **Sprints:** 50 meters (*8 and under*), 100 meters, 200 meters, and 400 meters
- **Distance:** 800 meters and 1 mile
- **Race Walking:** 400 meters (*one foot must remain on the ground at all times*)
- **Field:** Shot Put (*9 and up*), Discus (*9 and up*), Softball Throw (*8 and under*), Long Jump

Practices:

Monday, Wednesday, and Friday (*Friday practice for weeks when meets are not scheduled*); 6:00 to 7:30 pm at Broadneck High School Track facility

Meets:

Start time: 6:00 End time: 8:30ish

>>> Arrive at 5:30 so we can start on time; we can not begin meets until all meet management volunteer slots are filled (*no experience is necessary*)

This season we will host the following meets:

- Friday, June 26th Intramural Meet
- Friday, July 10th Intramural Meet
- Friday, July 17th Intramural Meet
- Friday, July 24th Cape Sports Club Championships

Organization:

At practices, track participants will be divided into age groups and will train with other athletes of their age. Athletes may also be assigned to a Cape Sports intramural team for club-level competitions.

Adult volunteers supervise practices. We are hoping that much of the coaching will be provided by members of high school track and cross country teams who volunteer their time to help the children; regardless adult coaches will also be directly involved. Water breaks will be provided during practices for the athletes. The participants should bring a water bottle to practice to use during the breaks. Parents should make sure that anything brought to the practices be taken home as the Cape Sports volunteers will not be responsible for any articles of clothing or water bottles left at the track. There may be no toilet facilities at the track during practices; however restrooms will be open for the track meets.

Inclement Weather: Meets will be postponed and practices will be cancelled for

- Imminent thunder storms or lightening strikes in the area
- Water puddles on the track that pose a safety hazard
- At the discretion of the adult supervisors if warranted

Uniforms and Clothing: All participants will be issued a team t-shirt to wear at the track meets. Any variety of running shoes or sneakers is acceptable. However, some shoes do not provide much cushioning and should be looked at from the view of the children's comfort and safety.

Parental Supervision: Generally, our volunteers will be able to deal with most minor problems that occur during meets and practices. However, because we anticipate a large number of children to be involved in the program, parents of very young children or children requiring special attention may want to remain at the track during the practices or meets. Also, if rain appears imminent, please come immediately to the track to pick up your children. A volunteer will stay with children until a parent or designated adult comes to pick them up. However, there is very little shelter at the track to cover anyone left behind.

Contact: For questions or to volunteer contact Ciaran Lesikar, clesikar@me.com