



Windsor Parks, Recreation & Culture
250 11th Street,
Windsor, CO 80550
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www.windsorgov.com
Weather Line 674-3530



TRACK & FIELD 2014

Parent Information Packet

www.caratrack.com

The main goals of CARA Track & Field as presented through the Windsor Recreation program is to develop healthy habits for a healthy lifestyle; and instill the value of how hard work leads not only to skill development, but fun through improving one's marks whether on the track or the field. Success is best measured by the individual participant's effort – If one consistently puts forth their best effort they will see growth in the event(s) in which they participate as well as in themselves.

Winning is trying to do your best at all times in practice and meets.

Thank you for registering for the Track and Field program with Windsor Parks and Recreation. The following information packet is designed to help and assist you with questions that you might have concerning practice, conduct, meets, and anything else that might arise. Please keep this packet for the entire season to refer back to in times of need or possible emergency.

Contacts:

| | | | |
|--------------|-----------------------|--------------|--|
| Matt Kraus | Recreation Supervisor | 674-3511 | mkraus@windsorgov.com |
| Tanya Vassar | Coach | 307-286-4511 | tv_2404@hotmail.com |

PRACTICE

Your child will need the following for practices:

1. **WATER...WATER...WATER...WATER**
2. Either a Cross-training shoe or a Running Shoe. 1/4" spikes are allowed for CARA events only and NOT for Hershey events.
3. **WATER...WATER...WATER...WATER...**
4. Clothing appropriate for running, jumping, and/or throwing. Please be ready for weather changes during the season as well.
5. **WATER...WATER...WATER...WATER...**
6. Sunscreen and/or sunglasses
7. **WATER...WATER...WATER...WATER...**
8. A COPY of each child's birth certificate if between the ages of 9 and 14 and participating in the Hershey Meet.

Practice sessions will start at **6:00 p.m.** on Mondays and Wednesdays and end no later than 8:00 p.m.

TRACK MEETS

It is recommended that parents and participants arrive at least 30 minutes prior to their first scheduled event. Maps to the track & field meets are available at www.caratrack.com. The events in which the athlete competes will be available by each Wednesday. Meets **typically** begin at 8:30 am on Saturdays unless otherwise indicated.

ALL PARENTS AND/OR SPECTATORS must remain off of the track and infield for the duration of the meet. There will be designated areas for watching specific events around the track. Violations could result in the athlete being disqualified from a particular event, the whole meet, or possibly a cancellation of the track meet in progress.

There will be every effort made to provide a canopy for the majority of the track meets to provide a shady, cool place to sit under. At times it may be set up in the stands or on a grassy area. Please try to sit under or near the canopy while you are at the meet in the event that someone needs to be notified quickly.

Participants should wear their Track & Field shirt during the meets. This helps with organization, identification, and team spirit.

RELAYS

Everyone is welcome to participate on a relay. A relay is a TEAM event and it requires dedication, responsibility, and commitment. Relays consist of four (4) persons for the 4x100 and six (6) persons for the Shuttle Relay. Some relays are set up as co-ed relays to allow participants to run. All co-ed relays are considered a male heat and will compete with other male relays. The only exception to this rule is with the 8 & under shuttle relays (no gender is identified).

All relay participants MUST check in with the designated coach at the beginning of the meet in order to receive instructions on what time they can pick up a baton to start warming up. If they do not check in, another participant from our team or another team will replace them, if possible. Please be considerate of others and responsible enough to commit to this event.

All of the relays from our team will be set up according to desire and commitment to participate. Some children could possibly be placed on a relay for another agency if there are an insufficient number of runners. Please be aware that relay teams will most likely change throughout the season due to vacations or absences.

TRAVEL

CARA is not responsible for car pools or transportation of any individual either to or from a track meet. Get to know each other on the team and this might help in making carpool arrangements. **PLEASE DO NOT ASK any coaching staff to be responsible for your child(ren).** If a child is left at a practice or a track meet, every attempt will be made to contact the parents or guardian of that child to arrange a pick-up.

ABSENCES

It is the responsibility of the parent/guardian to inform the coaching staff of any absences due to vacation, camps, or any other foreseen circumstance. If participants on a relay team are planning on missing the following track meet, they are asked to inform the coaches of their absence one (1) week prior to the track meet that will be missed. This notification will assist the coaching staff in assigning relay teams and qualifying participants for the State Meet.

CONDUCT AND DISCIPLINE

All members of this track team (including parents) will conduct themselves in a sportsmanlike manner while at a meet or a practice. Fighting, horseplay, and/or profanity will not be tolerated. Violation of any conduct rules will result in immediate removal from the situation and a specified "bench" time to be determined by the coaches. Continued violations will require a team meeting to determine whether continued participation will be allowed.

Bad attitudes and/or poor sportsmanship toward teammates, other participants, or officials is very embarrassing for the track team, other teammates, and parents and for you. **GOOD SPORTSMEN ARE ALWAYS WINNERS!**

CARE OF UNIFORM AND EQUIPMENT

Team jerseys should be worn to all of the track meets. Appropriate shoes and clothing are needed for meets and practices. Come prepared for change in weather.

The equipment that is used during the season is NOT OURS! It is loaned to the team by the practice facility. Any equipment that is pulled out is for teaching/practice purpose at all times. Absolutely no horseplay on or around the equipment will be tolerated. Violations of these uniform and equipment rules will create unsafe conditions and will result in disciplinary actions until the situation is resolved. If equipment is unavailable, then it will not be used. Unavailable is described as broken, blocked by other equipment, too heavy to be used or any other prudent reason deemed by the head coach. Please be patient and realize that there are sometimes uncontrollable events that affect the availability of equipment used for our team. Most everyone should have exposure to each of the events if they attend practice regularly throughout the season.

NUTRITIONAL INFORMATION

Eating and drinking during practice is very important. A participant's body is an engine being tuned to perform. Certain foods make for better fuel than others do so eat smart. Track meets can get long so bring a lunch and snacks. If you wait to drink water until you are thirsty, then you have waited too long. **Drink plenty of water throughout the day while training and competing to avoid dehydration and heat related illnesses.**

GRIEVANCE PROCEDURES

No matter how organized or inclusive a program seems to be there are always problems or concerns that arise. If the parent(s) or the participant(s) have any problems, concerns, and/or suggestions about the program, coaching staff, or other parents or participants, please come to the head coach FIRST. This is the first line of action and many concerns can be resolved when acted upon quickly. In the case that the head coach does not resolve the situation the next step is to contact the coordinator of the program. If this happens, the supervisor will gather all of the information necessary and make a decision as to what kind of action to take. If necessary, a private conference of all parties involved will be held to help gather information about the problem. If at this level the grievance is still not satisfied, it can be addressed to the Supervisor of Recreation.

CARA TRACK & FIELD MEETS for 2014

FIELD EVENTS START AT 8:30 AM
TRACK EVENTS START AT 9:00 AM

June 9: Hershey Qualifier Meet (Windsor High School) – 6pm (ages 9-14 may advance to State, June 21th Windsor)

June 14: Fort Collins

June 21: Hershey State Meet - Windsor (Windsor High School)

June 28: Thornton

July 12: Brighton

July 19: Thompson Rivers Parks and Recreation

July 26: CARA State Meet – Arvada

***June 21st Hershey Meet:** *Must qualify. Only open to ages 9-14 as of December 31, 2014.*

www.caratrack.com for maps to the meets



2014 CARA Track Schedule of Events



Track Schedule: All events begin 9:00

1600M Run 9-10
1600M Run 11-12
1600M Run 13-14
1600M Run 15-16

100M Hurdles 11-12 30"
100M Hurdles 13-14 30"
100 M Hurdles 15-16 30" Girls
110 M Hurdles 15-16 36" Boys

6x50 M Shuttle Relay 5-6
6x50M Shuttle Relay 7-8

800M Run 9-10
800M Run 11-12
800M Run 13-14
800M Run 15-16

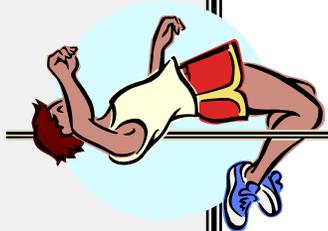
50M Dash 5-6
50M Dash 7-8

100M Dash 13-14
100M Dash 15-16
100M Dash 5-6
100M Dash 7-8
100M Dash 9-10
100 M Dash 11-12

400M Dash 7-8
400M Dash 9-10
400M Dash 11-12
400M Dash 13-14
400M Dash 15-16

200M Dash 5-6
200M Dash 7-8
200M Dash 9-10
200M Dash 11-12
200M Dash 13-14
200M Dash 15-16

4x100m Relay 9-10
4x100M Relay 11-12
4x100M Relay 13-14
4x100M Relay 15-16



Field Events Schedule: All events begin at 8:30

Heat By 8's All Heats Get Ribbons

Standing Long Jump 7-8
Standing Long Jump 5-6

Baseball Throw 5-6
Baseball Throw 7-8

Running Long Jump 15-16
Running Long Jump 13-14
Running Long Jump 11-12
Running Long Jump 9-10

High Jump 9-10 Min. Ht. = B & G @ 3'2"
High Jump 11-12 Min. Ht. = B & G @ 3'8"
High Jump 13-14 Min. Ht. = B @ 4'2", G @ 4'
High Jump 15-16 Min. Ht. = B @ 4'6", G @ 4'

Discus 15-16
Discus 13-14
Discus 11-12

Shot Put 9-10 6#
Shot Put 11-12 6#
Shot Put 13-14 4K
Shot Put 15-16 Girls 4K, Boys 12#

Softball Throw 11-12
Softball Throw 9-10

Triple Jump: Begins after long jump
Open Classification
(Triple Jump will be open for 1 hour after start of event.)

Please Note: The number of participants will determine the time it takes to complete an event. If the meet is running ahead of schedule, the event will be moved up one time slot accordingly. Coaches, volunteers, and parents should listen closely for the announcements to the particular events.



Events:

5 & 6 Boys and Girls:

Running Events 50 Meter Dash
100 Meter Dash
200 Meter Dash
6 x 50 Meter Relay
Baseball Throw
Standing Long Jump

7 & 8 Boys and Girls:

50 Meter Dash
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Dash
6X50 Meter Dash
Baseball Throw
Standing Long Jump

9 & 10 Boys and Girls:

100 Meter Dash
200 Meter Dash
400 Meter Dash
1600 Meter Run
4X100 Meter Relay
Shot Put
Long Jump
High Jump
Softball Throw

11 & 12 Boys and Girls:

100 Meter Hurdles
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Dash
1600 Meter Run
400 Meter Relay
Shot Put
Discus
Triple Jump
Long Jump
High Jump
Softball

13 & 14 Boys and Girls:

100 Meter Hurdles
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Dash
1600 Meter Run
4 X 100 Meter Relay
Shot Put
Discus
Triple Jump
Long Jump
High Jump
Softball

15 & 16 Boys and Girls:

100 Meter Hurdles
100 Meter Dash
200 Meter Dash
400 Meter Dash
800 Meter Dash
1600 Meter Dash
4 X 100 Meter Relay
Shot Put
Discus
Triple Jump
Long Jump
High Jump
Softball

CARA Track Success Tips for Parents, Spectators and Participants

Parents, for a better experience, your safety, increased meet efficiency, and in consideration of the athletes, meet staff and fellow spectators, please keep the following in mind:

1. Participants should wear their Track Team T-shirt during the meets. This helps with organization, identification, and team spirit.
2. Participants should check in with their team/coaches at the beginning of the meet in order to receive instructions on where events are to be held as well as any special instructions regarding event order, staging, etc.
3. Field events begin at 8 am, and running events at 8:30 am at each meet. Events will follow the same order each meet, but times may vary, as each event is run on a “ready basis” Please see the order of events sheet and listen for calls for event made by the announcer each day.
4. Participants should try to complete their field events while waiting for running events, but should go to the staging area when their running event is called, and then return to do their field events.
5. Please refrain from waiting for your child in the staging area. This is a very busy area and there will be staffs in this area to make sure the athletes are taken care of once dropped off.
6. There will be shade provided in the staging areas and by many of the teams in the stands. As space is limited in the stands for tents, family tents may be directed to set up in other areas surrounding the track, please check with your coach or a meet host staff person for these designated areas. Also remember to bring plenty of fluids and sunscreen.
7. Please try to watch your child’s track events from the stands. Hanging out on the infield or at the finish line is not allowed. Field events should be viewed from the stands when possible or the designate spectator area, and compliance with directions from meet staff, volunteers and coaches is expected.
8. Participants should compete in only 4 (four) events per meet, the exception being a fifth event if they are participating with a relay team.
9. For any concerns with meet operations, sportsmanship issues, or other issues on meet event days should be directed towards your team coach, who will follow up with meet directors and staff as necessary.



HERSHEY TRACK MEET INFORMATION

JUNE 9TH 6:00 PM

REGISTRATION AT 5:30 PM

WINDSOR HIGH SCHOOL

Separate from CARA Track, anyone can participate in June 9th Meet. Please pre-register. Participants must provide a birth certificate before they are allowed to compete.

A schedule of events and registration forms will be available at the meet.

Local winners will advance to the state meet on June 21st at Windsor High School. State finalists are eligible for regional team selection to attend the North American Final in Hershey, PA

TRACK EVENTS

50-meter dash (9-10 year olds)

100-meter dash (all ages)

200-meter dash (all ages)

400-meter dash (9-12 year olds)

800-meter run (11-14 year olds)

1600-meter run (13-14 year olds)

4X100-meter dash (all ages)

FIELD EVENTS

Standing Long Jump (all ages)

Softball Throw (all ages)