

ALL SAINTS CATHOLIC SCHOOL

Track Club Handbook

2018 - 2019

Mission Statement

The mission of the All Saints Track Club (ASTC) is to introduce children to health and fitness and to foster a love for the sport of running.

Philosophy

We “run for fun.” Our philosophy is to make running fun and interesting. It is not our focus to make kids running “stars.” Our program promotes involvement and participation of all levels in a low key, semi-competitive environment.

Events

Track Club members practice throughout the year and local races will be arranged from time to time within the club itself. The Track Club will prepare for the Greater New Bedford Track Meet which is held annually in May. Track members are invited to choose the events in which they will participate. Participation is not mandatory, but highly encouraged.

Practice Attire

1. Running Shoes

The most important piece of equipment needed is a good pair of running shoes. Running shoes (not basketball shoes or cross-training shoes) are required for all athletes during practice sessions.

2. Athletic Wear

Sweats, running pants/shorts are recommended for all practices. In colder weather layer your tops: a t-shirt, a sweatshirt, a light jacket. You may find you need a headband to protect your ears from the wind. Light fleece gloves are also suggested. We will run outside in the cold, light rain, and light snow.

Your child will sweat during practice. When practice is over and they are no longer active, they will feel cold sitting in sweaty clothes. A dry sweatshirt or jacket for the ride home or time in extended care is an excellent idea.

Children who are not properly attired for practice will be asked to sit out and this will count as an unexcused absence.

3. Water Bottle

Hydration is extremely important. All athletes are required to bring a water bottle to practice (with water in it). No other beverages will be allowed during practices.

Parents Code of Conduct

1. Demonstrate and encourage good sportsmanship toward all athletes, coaches and officials at every practice/race.
2. Support the coaches and officials. Coaches and officials are volunteers giving their personal time – show respect and appreciation for that. Parental interference with coaching will not be tolerated. Parents may discuss the training/coaching program with coaches following practice, time permitting, but not immediately preceding. Appointments with the athlete's coach are highly recommended.
3. Place the physical and emotional well being of your child above any personal desire that he or she wins.
4. Remember, children are involved in organized sports for their enjoyment, not ours. Children need role models, not criticism.
5. Promote harmony among team members.
6. Please notify the faculty moderator if your child is unable to attend practice sessions.
7. Be on time. Please arrive at least 10 minutes before the end of practice to pick your child up. Children who are not picked up by a parent or guardian at the end of a school day practice will be signed in to extended care. Of course, you are more than welcome to watch the entire practice.

Athlete Code of Conduct

1. Every athlete is required to arrive at practice on time. Coaches will not delay scheduled activities or extend practice to accommodate late arrivals.
2. Be respectful to coaches, officials, teammates and competitors on other teams.
3. Inappropriate language or actions will not be tolerated.
4. Follow the directions of the coaching staff.
5. Older athletes should be mindful of the example they are setting for younger athletes.
6. Track Club follows the membership policies for all activities regarding absence and student behavior. Failure to meet the requirements of those policies will result in loss of membership from the club for the rest of the school year.

Practices

Grades 4 – 8 Fridays, 2:45 pm to 4pm
Normandin Middle School Track or All Saints Catholic School.

A separate permission slip must be signed and returned in order for Track Club members to participate. Students walk to and from Normandin under the supervision of the track coach, faculty moderator and parent volunteers. Parents who are willing to assist are asked to contact Mrs.Massoud.

Attendance

Any team member having 3 or more unexcused absences during the year will not be allowed to continue to participate in the club. If your child is not going to attend practice for any reason, please email/send a note. If a child is asked to sit out of practice for any reason, including not having the appropriate clothing (i.e. sneakers), for misconduct or for any other reason, that "sit out" will be considered an unexcused absence.

Inclement Weather

Practice will be held as scheduled except in the event of extreme cold, icy ground conditions, heavy rain, or lightening. If school is cancelled or dismissed early, practice is cancelled. Cancellation policies for Track club follow the ASCS Activities Membership Policies.

Dismissal from ASTC

We would like to maintain a relaxed and enjoyable environment for the children where they can be themselves, learn about running and learn to love running. However, we will strictly adhere to the policies and guidelines in this handbook. We reserve the right to terminate membership for any violations of the code of conduct.

Contact information

Coaches:

Geoffrey Flood: contact via main office.

Miss Jenna Pedchenko: jp pedchenko@ascs.dfrcs.org

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Track Club Participation Form

2018 - 2019

Student's Name _____ Grade _____

I have received and read the All Saints Track Club Handbook for 2018-2019.
I understand the rules and regulations contained therein and will comply with them.
Non-compliance may subject the athlete to dismissal from the club.

DATE: _____

ATHELETE SIGNATURE: _____

PARENT SIGNATURE: _____

Contact Information / Permission to Treat / Normandin Track Permission Form

As parent/guardian of _____, I acknowledge that:

- Contact and emergency information I have provided to All Saints Catholic School through the Renweb system is accurate and up to date.
- I have provided my signature granting Permission to Treat for the 2018-2019 school year on file at All Saints Catholic School, which also covers my child's participation in Track Club and all All Saints Catholic School sponsored activities.
- I have completed and returned the required Field Trip permission form for Normandin Track.

I acknowledge that my child will not be allowed to participate in Track Club should any or all of the above be missing or incomplete.

Parent's Signature _____

Date _____