

Resurrection Catholic School - 2018 Track Information

COACHES:

Megan Sullenger, head coach, cell 655-0769, megan_kemper@hotmail.com (sprints, relays, long jump)
Mike Sullenger, cell 253-2647, mdsullen97@gmail.com (shot and discus)
Angie Vailas, cell 650-7251, angiiev23@gmail.com (sprints, relays)
Karen Akao, cell 259-5326, karena759@yahoo.com (hurdles)

ADDITIONAL VOLUNTEERS: Parents needed to assist in supervising kids at practice, no expertise needed.

WEB SITE: <http://www.resurrectionwichita.com/sports/track>

PRACTICE – Begins Wednesday, March 7

PRACTICE SCHEDULE & LOCATIONS

Monday/Wednesday/Thursday from 3:30-5:00 at RCS (begin at gym). On Thursdays beginning April 5, practice will be at Kapaun Mt. Carmel from 5:45-7:15. No practice on Holy Thursday (March 29).

Specific event practice

- **Hurdles** practice on Wednesday/Thursday from 5:00-5:45 when practicing at RCS
- **Pole vault** practice on Saturdays from 1:00-3:00 (March 3, 10, 17, 24, April 7). No practice on Holy Saturday (April 31). Practice location alternates between Bishop Carroll and Kapaun Mt. Carmel beginning with Bishop Carroll on March 3. Denis Frazier coaches all CSAL athletes, 316-680-0852, madmaxx@cox.net. Requires signed waiver. Must attend at least two practices to participate in league meets.

Practice attendance will be taken. Team members who attend practices and work hard will have first choice of events at the track meets.

Coaches must be contacted in advance if a team member will be missing practice. Team members will not be entered to participate in meets if they are absent from practice without notification.

BRING WATER to all practices (in a bottle with your name on it.)

SPRING BREAK: Normal practices will be held. Please attend practice unless you are out of town.

WEATHER: Practice will be held, rain or shine. If there is a chance of severe weather or extreme cold at Kapaun Mt. Carmel, we will practice at RCS - students will be notified at school and parents will be notified via email. A decision will be made by 2:30 p.m. if practice changes or is canceled.

CARPPOOLING: Parents, please make arrangements to ensure kids have a ride to and from practice.

REMEMBER TO PICK UP BELONGINGS AT THE END OF TRACK PRACTICE! Label everything with name.

CLOTHING

SHOES: All athletes are encouraged to invest in a good pair of running shoes. Don't skimp on running shoes, wearing the wrong shoe can cause injury. DO NOT buy air cushioned shoes (Foot Gloves, Nike Shox). Spikes are highly recommended for sprinters, high jumpers and long jumpers. Spikes should be needle spikes, no longer than ¼ inch in length. First Gear at Douglas and Mosley and GoRun near 21st & Greenwich specializes in running shoes & spikes. Running shoes and spikes are also available at most sporting goods stores.

SWEATS: Sweats are required for practice and meets, *regardless of the weather*, to allow the athletes to properly warm up and stretch out. If you have "RCS" sweats, please wear them to the meets. Purchasing "RCS" sweats is optional because we realize this is another expense & would rather you have good running shoes and/or spikes.

UNIFORMS: NO spandex unless it is worn under your track uniform. Under Armour type spandex is recommended on cold days under the uniform, which keep the runners warm before and during their events. The league has not been picky about a consistent color, typically most runners wear black or white. NO Jewelry allowed at meets.

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TRACK MEETS

MEET SCHEDULE:

- Saturday, April 14– CSAL track meet at Collegiate (8:00 a.m. – 4:00 p.m.)
- Saturday, April 21 – CSAL track meet at Bishop Carroll (8:00 a.m. – 4:00 p.m.)
- Saturday, April 28 – CSAL track meet at Bishop Carroll (8:00 a.m. – 4:00 p.m.)
- Tuesday, May 1 – Norwich meet (11:00 a.m. – early evening) - Note: 6th entered in 7th & 8th events
- Saturday, May 5 – CSAL track meet at Bishop Carroll (8:00 a.m. – 4:00 p.m.). Must complete in at least one event in the April 14th, 21st or 28th meets in order to participate in the final meet on May 5. At this meet, there will be a team relay for 6th, 7th and 8th, which consists of two boys and two girls. This will not be counted as an event for the participants.

If you are unable to attend a track meet, let your coaches know as soon as possible.

CSAL MEET ENTRIES: All grades are limited to 3 events per participant. Each school can enter only 3 participants per individual event and 2 relay teams per relay event. 7th & 8th grade are limited to no more than two races of 800m or more in one day. Coaches work with athletes to determine which events they should be entered into. Qualifying times will be used to allow the most competitive heats. Coaches must finalize the team's entries with the league each Wednesday prior to Saturday meets. No changes to entries will be made after 5:00 on Wednesdays. A summary of team entries for each meet will be sent to parents via email prior to the Saturday meet.

TRACK MEET REMINDERS:

- **WEAR:**
 - Warm ups, sweats, jacket, Under Armour type spandex. It is always colder than you expect.
 - No jewelry can be worn. No paint or glitter in the hair or on the body.
- **BRING:**
 - Water
 - Lunch &/or healthy snacks
 - Money for concession stand
 - Sunscreen
 - Track shoes
 - Blanket or towel to sit on
 - Raincoat or water proof poncho
 - Sunscreen
- All athletes are required to participate in the team warm up before each CSAL track meet. Warm-up begins at 8:00. High jump, discus & 3200M begin at 8:30. All other events begin at 9:00.
- Be on time to events!! You are responsible for being on time for each of your events. Be aware of the meet schedule - the meet will run on a rolling schedule so you must pay attention to the events on the track and listen to the announcements. There are only 2 calls for each event.
- Horseplay is not allowed. Athletes should be resting before their events. If you have completed your events, please stay and cheer for your teammates (they will appreciate the support)!
- Be very, very careful any time you need to cross the track - make sure there are no runners in the area so you don't interfere with a race or cause an injury.
- CSAL meets - Parents or spectators are not allowed on the inside of the track or inside of the track fence. Parents may walk around the outside of the track on the North side to watch high jump. Parents may also go to the bleachers on the West side of the track to watch long jump, or throwing.
- Do not leave the track meet without telling your coach.
- **PICK UP TRASH IN STANDS AND TEAM AREA BEFORE LEAVING THE MEET!**

WHERE TO SIT: There will be a section in the stands for the Resurrection athletes and parents. Look for the Resurrection banners in the stands.

RIBBONS/MEDALS: Ribbons are awarded for 1st-6th in the first 3 CSAL meets. At the final CSAL track meet, medals will be awarded for 1st-3rd. A potluck dinner for athletes and parents will be organized following the final track meet. All ribbons and medals will be distributed at the potluck.

MEET RESULTS: Results will be posted at https://www.directathletics.com/site_search.html (search for "CSAL")