

St. Thomas More CYO Registration:

Track and Field – Spring 2020

(Open to 4th – 8th Gr. Only and 3rd Graders if Space Allows)

Registration Deadline – April 3rd

Return the form and fee to the St. Thomas More School Office.

Athletic fee per player*: \$50.00 (with jersey purchase) or \$30.00 (if you have one from last year).

Uniform Order: Circle one – Youth size XS, S, M, L, XL Adult size S, M, L, XL.

Player Name: _____ Gender (M/F): _____

Birthdate: ____/____/____ Parish: _____

School: _____ Grade (2018/2019): _____

Home Address: _____

(Street)

(City)

(Zip)

PARENT: _____ Cell#: _____

E-Mail(s): _____

Emergency Contact: _____ Contact #: _____

Health Conditions/Physical Restrictions: _____

Medications/Allergies: _____

Family Physician: _____ Contact #: _____

Medical Insurance Carrier: _____ Policy #: _____

Permission / Liability Waiver: I give my child permission to play on the St. Thomas More CYO team. I understand that I take full responsibility for my child's welfare and will not hold St. Thomas More Parish or School, Catholic Youth Organization of the Archdiocese of Seattle, the current coaching staff, or the schools, practice fields and / or gym at which my child will participate, responsible for accident or injury sustained by my child.

In case of emergency, I hereby authorize the adult in charge to seek any emergency care, transportation and procedure deemed necessary by a physician, if I am not available.

Parent / Guardian: _____ Date: ____/____/____

(Print)

(Signature)

I am interested in volunteering. Please contact me to provide more information about volunteering as a:

Coach: _____ Assistant Coach: _____ Other: _____

St. Thomas More CYO Track and Field Overview: Spring 2020

Registration Deadline – April 3rd.

CYO Track is open to all 4th – 8th grade boys and girls. Track and Field offers a variety of events that allow everyone to find something they enjoy. Track builds self confidence and a strong sense of personal accountability, while enhancing your child's performance with other sports they participate in. *If we do not have enough 4th graders, which is usually the case, 3rd graders may run in the 4th grade events.*

2020 Practice Times:

Mondays and Wednesdays 5:00-6:30. **Beginning March 2nd at Meadowdale Middle School.** You can come try out a practice and talk to the coach before final registration is due. We understand if you cannot make it to every practice due to other commitments.

2020 Meet Dates: All meets take place in the South Seattle/Renton Area. Exact location TBD.

Meets: Saturdays, May 2nd, 9th, 16th, 30th

These events last several hours and are usually broken into a morning or afternoon sessions. Exact time TBD.

8th Grade Pentathlon (optional) – Sunday, May 17th.

Events:

- Sprints: 50m & 60m (4th -6th gr only), 75m, 100m & 200m (all grades)
- Middle and Long Distance: 400m, 800m & 1 mile
- Relays: Shuttle (4th and 5th gr only), 4x 100m, Sprint Medley and 4 x 400m.
- Field Events: Softball Toss (4th – 6th gr only), Shot Put & High Jump (6th – 8th Gr only), Turbo Jav and Long Jump (all grades).

Coaches:

Please let us know if you would like to join our coaching team. The additional assistance is always needed and appreciated. Daniel Vu will be the head coach.

Questions:

Please contact Tracy Schaaf – tracyschaaf@hotmail.com.
