

St. Joseph CYO

2016 Cross Country Season

To: Parents of St. Joseph CYO Cross Country Runners:

Welcome! This letter is to advise you on how to register for St. Joseph's CYO Cross Country for the 2016 season. All runners from 1st thru 8th grade are welcome to participate. Cross Country is a distance running sport.

There are 5 regular meets per season held in various East Bay parks. The courses are laid out for distances between 7/8th of a mile and 1-1/8th miles & 1/2 mile for K-2nd. This year, the meets will be held on September 23 and 30, and October 7, 14, and 21. Each meet has four races, grouping participants as: 3rd-5th grade girls, 3rd-5th grade boys, 6th-8th grade girls and 6th-8th grade boys. Runners who are younger than 2nd grade may run in the 1/2 mile races, the ONE mile 3rd-5th grade races or participate in the Fun Run.

If your child wants to participate in CYO Cross Country this coming fall, please download the forms from the St. Joseph's School website, and submit the 2016 registration to:

St. Joseph School Office
Attention: Joanna Diaz Yoshioka- Cross Country

Every participant needs to complete the registration forms.

The following is required for a complete Registration Package:

1. The 2016 Registration Form. (Please include an often-checked e-mail.)
2. **TWO (2) signed**
(located <http://www.sjsmsj.org/cyo/cyoForms.html>)
 - a. CYO Parental Permission and Health Authorization form (Fillable)
 - b. CYO Code of Conduct Agreement Form
 - c. CYO Concussion Information Sheet
3. For all NEW runners who do not attend St. Joseph School, proof that they are eligible to run for St. Joseph CYO in one of the following ways:
 - a. Proof that the runner attended SJ Faith Formation in 2015 and will again in 2016, or,
 - b. Proof that the runner resides within the parish boundaries described on the Registration Form by submitting a **current** PG&E or other utility bill; cell phone bills not accepted.
4. ****Copy of your runner's birth certificate. (NEW to CYO country only and non SJS students)**
5. Code of Conduct Agreement Form signed by both parent and runner.
6. Check made out to "St. Joseph CYO" in amount to cover both registration, and uniform.

Finally, please note that all incomplete materials will not be considered received until they are complete.

CYO fee structure

The registration fee to participate in cross country is **\$45.00** per runner. This fee includes the team **Dri-Fit** Shirt.

Parental Participation: Coaches, team parent, gym monitors, scorekeepers

In order for this program to be successful, we count on parents to participate in many areas. Each family who signs up a CYO player must make a commitment to the program. In addition to getting your player to practices and meets on time, you will be expected to volunteer time as needed, perhaps as a certified coach, as a team parent, as practice monitor, or as course monitor during the meets.

Courtesy to coaches

We want to make sure that players are committed to their team and the CYO program. Coaches understand that occasionally a meet or practice will be missed due to illnesses or planned or unexpected events. Please contact the coach as early as possible, but no later than two (2) hours before practice/meet, to let them know your child will not participate. It is not acceptable for a runner to **repeatedly** miss meets or practices without a good reason (injury, illness, school or special family event).

Uniform Shirt

The registration fee includes one team Dri-Fit shirt for the meets. We want to make sure that each runner has a Dri-Fit shirt that properly fits them. Please place quantity of the Dri-Fit shirt size below for your participant.

Dri-fit - Shirt Size:(Please mark size)

Runner Name	YS	YM	YL	YXL	Adult S	Adult M	Adult L	Adult XL

Schedule and Tentative Locations

DATE	LOCATION	TIME
FRI. 9/23/2016 "TUNE UP MEET"	Joaquin Miller Park, Oakland	5:30pm
FRI. 9/30/2016 "DUCK MEET"	Crown Beach, Alameda (bring flip flops, a towel and sweats)	5:30pm
FRI. 10/7/2016 "RELAY MEET"	Garin Park, Hayward	5:30pm
FRI. 10/14/2016 "BACK TO THE BEACH"	Crown Beach, Alameda (bring flip flops, a towel and sweats)	5:30pm
FRI. 10/21/2016 "DIOCESAN MEET"	Joaquin Miller Park, Oakland	5:00pm
SAT. 10/22/2016 END OF SEASON PARTY	Bronco Billies (Irvington) <i>One Decorated Grocery Bag of Canned food for St. Vincent DePaul per Family</i>	11AM TO 2:30PM

IF YOU HAVE QUESTIONS, PLEASE CONTACT:

JOANNA DIAZ YOSHIOKA AT 510-304-1220 OR E-MAIL JDIAZYOSHIOKA@COMCAST.NET

CINDY IMURA AT 510-364-4015 OR E-MAIL CAIMURA@YAHOO.COM

REGISTRATION FORM

Player Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone Number: _____ Cell or Pager: _____

Age: _____ Date of Birth: _____

School: _____ Grade (2016-2017): _____

Are you registered at St. Joseph's Church? Yes No

Do you attend St. Joseph's Faith Formation? Yes No

Parent's Name(s): _____

Parent's Address: _____

E-mail address(es): _____

Parents or guardians, **please read and initial each line**, and sign at the bottom to acknowledge you **understand and will abide by** these guidelines and goals.

_____ My child is eligible for this program because: s/he either attends St. Joseph School, is enrolled in St. Joseph's Faith Formation, or resides in the parish's boundaries: north of Scott Creek Road, east of the railroad tracks, south of Stevenson.

_____ I will not drop my runner off at practice and leave, until I am sure a coach is present. I will be timely to pick up my runner at the end of practice. If my child wants to walk or ride a bike home, I will provide St. Joseph CYO with a letter indicating that, and releasing CYO from liability.

_____ Parents and family members are welcome to come to practices and watch. Children not in our CYO program may not participate in the practice or stay at practice without supervision of a parent or guardian.

_____ Please allow the runner to run, the coach to coach, and the officials to officiate.

_____ Good sportsmanship is one of the values we are to model for our participants. Positive cheering for all runners is encouraged. Remember, today's opponent may be tomorrow's teammate.

_____ I realize that it is my responsibility to inform any guest I bring to my child's meet, of the Code of Conduct, and that all spectators are to respect all runners, coaches, officials and other spectators at the meet.

_____ If a child or parent has concerns about officiating, please work through their coach or the AD; do not approach officials directly during or after a meet.

_____ I understand that everyone in St. Joseph's CYO is a volunteer, no one is paid. All volunteers are here to see that all children have a positive experience.

Circle all areas in which you would be willing to participate:

Coach/Asst Coach	Team Parent	Meet Volunteer	Awards
Snack Coordinator		End of Season Party	Pictures/Slideshow

I acknowledge I have read the Registration Form and agree to abide by the goals and rules it sets forth. Also, my child and I have also read and agree to abide by the Code of Conduct.

Signature: _____ Date: _____

**DIOCESE OF OAKLAND - CATHOLIC YOUTH ORGANIZATION
CODE OF CONDUCT AGREEMENT**

The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship. The guiding principle behind the enforcement of this code is that the behavior of everyone involved in CYO should not detract from the children's enjoyment of the sport.

1. COACHES

Acceptable standards of coaching behavior include:

- Set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior;
- Respect the judgment of officials, abide by rules of the event;
- Treat opposing coaches, participants and fans with respect;
- Instruct participants in sportsmanship and demand they display good sportsmanship;
- Coach in a positive manner, reflecting Christian values;

2. PLAYERS

Acceptable standards of participant behavior include:

- Treat opponents with respect; shake hands prior to and after contests;
- Respect the judgment of officials and abide by the rules of the contest;
- Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times;
- Play in a positive manner, reflecting Christian values. Do not bait or taunt opponents.

3. SPECTATORS

Acceptable standards of spectator behavior include:

- Remember that the players are children and are playing for their enjoyment, not yours.
- Remain seated in the spectator area during the games;
- Respect decisions made by contest officials;
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches or officials. Do not coach from the stands;
- Make no derogatory comments or gestures to players, coaches, parents of the opposing team, officials or league administrators.

Penalties:

- Any spectator who displays poor sportsmanship may be removed from the meet by an official, their team coach, a league official.
- Any spectator who interferes with the conduct of a CYO activity may, at the discretion of the spectator's parish, league, or the Oakland Diocese, be barred from attendance at subsequent CYO activities.

4. ENFORCEMENT

The parishes and leagues, under the supervision of the Diocesan CYO Office, shall enforce this code. Complaints regarding violations of this code shall be first brought to the attention of the athletic directors of the parishes / schools involved. Coaches, participants or spectators may be placed on probation or suspended from CYO activities for their actions.

We have read the CYO Code of Conduct. We agree to follow these guidelines in our participation in all CYO activities.

Signature of Runner

Signature of Parent(s)

Date _____

Diocese of Oakland CYO • Concussion Information Sheet

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

- Every sport is different, but there are steps your children can take to protect themselves from concussion.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly. Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

WHAT IS THE PROCEDURE FOR A SUSPECTED CONCUSSION?

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the activity at that time and for the remainder of the day.
- Any athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and has received a written clearance to return to play from the health care provider.

LET YOUR CHILD'S COACH KNOW RIGHT AWAY IF YOU SUSPECT YOUR CHILD HAS A CONCUSSION!

Adapted from the CDC. For more information you can go to: <http://www.cdc.gov/ConcussionInYouthSports>

I have read and understand the information on the Oakland Diocese CYO Concussion Information Sheet:

Player Name Printed

Player Signature

Date

Parent or Legal Guardian Name Printed

Parent or Legal Guardian Signature

Date