

## ASA Track Team 2016

Coach Caroline Gibbone

### ASA Track Parental Guidelines

Practices are held Tuesday and Thursdays from 3:15 – 4:50, **starting 3/14/16**

- **Team info and announcements will be posted on the edline Gym classroom page and through e-mail.**
- **We will also send info via e-mail once we have set up our e-mail emergency chain.**
- Be on time: all children should be picked up after practice at **4: 50 p.m. sharp.**  
Call Mrs. G. (**610 324 6851**) if running late, or have a backup plan. Inform the front desk before 2:00 p.m. of any transportation changes.
- If younger children must stay at school during practice times, they must be enrolled into the after school program, or be supervised away from our practice areas at all times. **No one has access to the school without prior permission.**
- Reinforce good manners, good listening skills, good sportsmanship, and good effort. Also reinforce goal setting, problem solving, and **Good Nutrition.**
- Support and abide by all team and participant rules.
- If there are any problems, scheduling or interpersonal, contact Mrs. G. as soon as possible.
- **No Practice: Thursday 4/7/16 & 5/5/16**

Meets are held most Saturdays in May at Lower Merion High School starting at **8:00 a.m.**

The Lower Merion Invitational Meet is for 5-8<sup>th</sup> grades on Wed 5/18<sup>th</sup> at 1:30p.m.

I hope to host a meet with St. Katherine's team, if possible. Date TBD.

**More official meet information will be sent later in the season.**

- Track parents **must** commit to help at one meet in the **Field Events** (long jump or shot put, depending on what event our team is assigned). Failure to actively volunteer your services makes the meet all the more difficult and lengthy for the rest of our team parents.
- If unforeseen circumstances arise and you must miss a meet, please call Mrs. G. **AS SOON AS POSSIBLE. 610 324 6851**
- Athletes and their parents are to commit to participating in two SDL meets. Problems with this policy will be handled on an individual basis.
- **Check in, CHECK OUT!** Meets start promptly at 8:00 a.m. All should be at the track by **7:30 a.m.** Never leave a meet without notifying MRS. G. personally.
- The track infield is **off limits to ALL parents.** Food and beverages are also not allowed on the infield. Kindly clean up after the meet.
- Parents or athletes not directly involved in an event **MUST stay off the infield!!!**
- The check in area is just that. Only **one** parent is permitted in this area. When there, that parent should be attending to and assertively overseeing all ASA athlete behavior.
- Be prepared for meets: sun screen, shade strategies, healthy snacks, ice and water. Athletes should come to the meets in sweats. It can still be quite chilly at 8:00. As the day warms up and for the race, the sweats come off.
- **HELP, HELP, HELP OUT!!! Keep your eyes and ears open, when someone needs back up at the Field Events or when the kids get “squirrelly”, please help out. Keep the children engaged; encourage them to stretch or practice runways, handoffs, and form drills. Find things to do in the shade. Athletes and parents are urged to watch closely the techniques and drills being used by other teams. Involve our kids initiating their own team and group stretches and drills. Make down time a learning and conditioning opportunity!!!**

## **ASA Track Student Guidelines 2016**

### **No Practice Thursday 4/7 & 5/5**

- Focus, Focus, Focus: listening, stretching, technique and form: Practice and Run Like You Mean It! Be The Best **You** that **You** Can Be!
- Compete against the clock not your peers; help each other get better.
- Sportsmanship and inclusion/tolerance is a **MUST\*\*\*\*\***
- Always use good manners.
- You must check in when hurt, ill, or “bad day”.
- Treat all grown ups and team leaders with respect.
- You must pack sweat clothes for every practice. Label **everything**, even water.
- Snacks should be small and healthy: energy bars, fruit, or trail mix, and water.
- Stay away from monkey bars until free time.
- **Ice is for injuries** until free time.
- Use the bathroom before practice, in emergencies; **you must use the teacher’s lounge.** No one is allowed access to the school without Mrs. G’s permission.
- IF you have a problem, see Mrs. G: Peer-Peer, or Coach – Athlete; problems can only be worked out with honest communication.

### **Meet Rules**

- Track members **must** commit to participating in **two** SDL meets.
- Be prepared! Weather (clothing, skin protection), meet schedule, food, personal schedule.
- Be on time! **Meets start at 8:00, all competitors must be at the track by 7:30 Sharp!**
- Check in/**CHECK OUT!!!**
- Compete to your best abilities: (FOCUS on what You want to accomplish), Try Your Best, Set Goals for Yourself.
- Be willing and flexible to run races to help your teammates (**RELAYS**).
- Celebrate in your teams’ and your own successes.
- **BE GOOD LISTENERS and FOLLOW ALL MEET OFFICIALS!!!**  
**You represent the Armenian Sisters Academy, make ASA Proud!**

If there are any questions, concerns, or suggestions, please feel free to contact

**Mrs. Gibbone,**

Academy: 610 – 687 – 4100 E-mail: [CarolineHyde-Gibbone@asaphila.org](mailto:CarolineHyde-Gibbone@asaphila.org)  
Home: 610 – 565 – 6015 [cgdive1@verizon.net](mailto:cgdive1@verizon.net) (preferred)  
Cell (text): 610 – 324 – 6851

I candidly urge all families visit the DASHERS web site and read their purpose statement. The Academy track team functions under the same philosophy. This site also includes league and meet info. [www.dashers.org](http://www.dashers.org)

ASA Track Registration 2016

Please sign and return this page along with your registration/t-shirt order form and fees.

**Family Name** \_\_\_\_\_

I have read and agree to abide by the ASA track guidelines \_\_\_\_\_  
(Parent Signature)

I have read and agree to follow these rules to the best of my abilities. I promise to try my best to make amends if, at times, I might lose focus from these team goals.

Student Participant Signature \_\_\_\_\_

- This and the following pages need to be returned with payment for Team Dues. Please write the family name on the envelope.
- Please make sure to submit all info in a timely fashion. Remember to include T-shirt and short sizes and quantity.
- Please make checks out to Armenian Sisters Academy.
- All registration forms are due no later than Tuesday, March 29<sup>th</sup>.

I am looking forward to another exciting and inspirational track season!  
Truly, Mrs. G

**ASA TRACK 2016**

**Participant Emergency Information**

(LIST ALL participating children)

Date of Birth

Age as of 12/31/16

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Family Information**

Parent/s or Guardian/s \_\_\_\_\_

Mailing Address \_\_\_\_\_  
\_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail address: 1. \_\_\_\_\_ 2. \_\_\_\_\_

**Emergency Contacts:**

	Name	Phone Number	Relation
1.	_____	_____	_____
2.	_____	_____	_____

Special Instructions: \_\_\_\_\_

Allergies (please explain) \_\_\_\_\_

**Registration Fee:** Lower Primary – Middle Intermediate is \$20.00  
Upper Intermediate – Upper Junior is \$25.00

I will be working with Mr. Montanez to develop a new track uniform. Please note what size shorts and shirt you child/children will need.

Shirt \_\_\_\_\_

Shorts \_\_\_\_\_

**2016 TRACK**

**Family name** \_\_\_\_\_

**Meet commitment:** Please check off the meet(s) that your **child/children** will attend.

\_\_\_\_\_April 30<sup>th</sup>      \_\_\_\_\_May 14<sup>th</sup>      \_\_\_\_\_ (W) May 18<sup>th</sup> **MI – U Jr. only**

\_\_\_\_\_May 21<sup>st</sup>      \_\_\_\_\_ May 28<sup>th</sup>

Track parents are required to volunteer their efforts for one shift in the Field Events (Long Jump/Shot Put) for one meet at which their child is enrolled. Working the Field Events is a tough job. Help **throughout** the day is tremendously needed and enormously appreciated!

**Time slots for volunteers will be set up at the meet.** Familiarity of the field event is not necessary. Parents from other teams will explain what you need to do at the event. Please note that I really need volunteers during the second half of the meet! **Please check the meet date below that you will help us out.**

**April 30<sup>th</sup>**      \_\_\_\_\_      **May 14<sup>th</sup>**      \_\_\_\_\_

**May 21<sup>st</sup>**      \_\_\_\_\_      **May 28<sup>th</sup>**      \_\_\_\_\_

**Directions**

**LOWER MERION HIGH SCHOOL TRACK:** 301 MONTGOMERY AVE.  
Coming from ASA: FOLLOW MONTGOMERY AVE. TOWARDS THE CITY.  
ABOUT THREE BLOCKS PAST SUBURBAN SQUARE YOU WILL SEE THE HIGH SCHOOL & PARKING LOT ON THE LEFT HAND SIDE OF THE ROAD. THE TRACK IS ON THE RIGHT, DIRECTLY ACROSS THE STREET. **Parking is limited and tickets are often issued for parking on the streets.**

HOSTING SCHOOLS MAY OR MAY NOT HAVE A CONCESSION STAND SO IT IS IMPORTANT TO PACK HEALTHY SNACKS, LUNCHESES, AND PLEANTY OF WATER. **Please help keep the facilities clean.**