

**Summer 2017  
CARA Track  
Parent Information Packet**



**PARKER**  
C O L O R A D O  
Parks and Recreation

**2017 Schedule**  
[www.caratrack.com](http://www.caratrack.com)

**Thank you for registering for the CARA Track and Field program with the Town of Parker. The following information packet is designed to assist you with questions that you might have concerning practices, conduct, meets and hopefully anything else that might arise.**

**PLEASE KEEP THIS PACKET FOR THE ENTIRE SEASON TO REFER BACK TO IN TIMES OF NEED OR POSSIBLE EMERGENCY.**

## CARA Track: Town of Parker Track Team

### Philosophy of CARA and Parker Track Team

CARA is a recreational league for youth track ages 5-16. The philosophy of CARA is to provide opportunities to learn and enjoy the sport. The emphasis is on participation and not a competition. This is not a competitive league. The kids can be as competitive as they like and every finisher is rewarded with a ribbon based on their place in each event.

The Parker team will encourage the philosophy of the rec environment. This is NOT a competitive club track team. It is more of a team of individuals who pursue the sport for learning and fun! The parents are not required to bring the kids early or stay late. We encourage the kids to pick their own events, with some encouragement from the coaches. Parents will need to bring the kids early enough to check in at the staging area for each event. Coaches will be a facilitator and keep kids together at the staging area at all times. Parents are not allowed in the staging area, but are welcome to come help them get to staging (especially the 8 and under group). The parent role at these meets are to follow the schedule for the events and help to get kids to the staging area or to one of the Parker CARA coaches.

Our practices will be broken up with a warm-up and some running form drills, then some skill development and practice time for the events. The coaches will give feedback and some teaching time during practices. We try to include some training games and make the practices fun. Coaches sometimes will ask kids which group they would like to participate in and many opportunities will be given to try all of the events during the week. The younger group will get a water break after 30 mins, and the older group will get 1 or 2 breaks over the 90 minutes as well.

The coaches on our staff are all great people and have experience with track and field. The philosophy of our team is to have high school or college athletes give back as role models and teachers of the events. Every one of these young coaches are qualified in the sport and also great with kids. Many of them have had experience with running programs and most have been with CARA in the past. If you have any questions, please contact the head coach. Enjoy the summer!

### Coaches and Volunteers

Roger Miller – Head Coach and Instructor

Justice Thompson – Co-Head Coach

Abby Albrecht

Katherine Smith

Nick Runco

Paige Runco

Josh Miller

This is a tentative list and may be adjusted once the season begins.

### Practice

Your child will need the following for practices:

1. WATER – Please make sure your child has water for **every** practice and track meet. If possible, put your name on the water bottle.
2. Either a cross-training shoe or a RUNNING SHOE. (Your child will benefit by using the later.)  
1/4 inch spikes are allowed for C.A.R.A.
3. Clothing appropriate for running, jumping and/or throwing. Please be ready for weather changes during the season as well.
4. Sunscreen and bug spray

*We realize that this is a vacation season for many of you and that it may interfere with regular participation. Please try to attend 2 practice days a week when possible. 4x100 m relays will be set up on Thursdays. If you know you will be on a relay, and can't be at the meet- please let the coach know ASAP.*

## **Track Meets**

It is recommended that parents and participants arrive at least one half-hour prior to their first scheduled event. NOTE: The agency that is hosting the meet has the option to alter the schedule as they see fit. It is highly recommended that every participant plan on arriving before the track meet is to begin to be updated on any revisions to the standard schedule and to warm up as a team. Maps to the track meet and a schedule of events will be available the Tuesday prior to the track meet and will be distributed throughout the week during practice. Maps will also be available on [www.caratrack.com](http://www.caratrack.com). Each participant will be able to sign up to compete in any 4 events for the local track meets. There is no official sign-up for the events. When you arrive at the meet, there will be a staging area for the kids to report to. Maps will be available and the coach will provide you with this info at practice.

Parents with children in the 6 and under age group will be allowed to accompany their children to their events. ALL OTHER PARENTS AND/OR SPECTATORS must remain off of the track and infield for the duration of the meet. Violations could result in the athlete being disqualified from a particular event, the whole meet, or possibly a cancellation of the track meet in progress. **NOTE:** C.A.R.A. has done away with the 4 and under track and field events. If you have a child that is 4 or under and would like them to compete at the track meets they must compete in the 5-6 year old age group.

There will be a canopy provided for the majority of the track meets to provide a shady, cool place to sit under. At times it may be set up in the stands or on a grassy area. The team will try to sit together, but this can be difficult at some locations. Please try to sit under or near the canopy while you are at the meet in the event that someone needs to be notified quickly. All of the coaches will be nearby wearing the team shirts. There will always be a coach near the staging area. The coaches will be on the track area or near the team tent. Coaches do move around during the day as much as possible.

All relay participants MUST check in with the designated coach at the beginning of the meet in order to receive instructions on what time they can pick up a baton to start warming up. If they do not check in, another participant from our team or another team will replace them, if possible. If a complete team is not assembled by the start of the relays, there will not be a team for that group. Please be considerate of others and responsible enough to commit to this event.

**Participants should wear their Track Team T-shirt during the meets. This helps with organization, identification and team spirit.**

Each track meet requires adult volunteers from each team. See a coach regarding your volunteer time. The Parker team will be responsible for one of the field events. We will need some volunteers to help with this each week. We also will need one or two coaching volunteers. If you have some experience and would like to commit to this, please see a coach. Older high school students may also volunteer as coaches as well. Service hours would be available.

## **Track Meet Volunteers**

### **Relays**

Everyone is welcome to participate on a relay. As stated previously, a relay is a TEAM event and it requires dedication, responsibility and commitment. Relays consist of four (4) persons for the 4x100 and six (6) persons for the Shuttle Relay. Some relays are set up as co-ed relays to allow participants to run. All co-ed relays are considered a male heat and will compete with other male relays. The only exception to this rule is with the 8 and under shuttle relays (no gender is identified).

All of the relays from our team will be set up according to desire and commitment to participate. Some runners could possibly be placed on a relay team for another agency if there are an insufficient number of runners. Please be aware that relay teams will most likely change throughout the season due to vacations or absences.

### **Travel**

C.A.R.A. is not responsible for car pools or transportation of any individual either to or from a track meet. Get to know each other to help with carpooling to the track meets. PLEASE DO NOT ASK any coaching staff to be responsible for your child. If a child is left at a practice or a track meet, every attempt will be made to contact the parents or guardian of that child to arrange a pick-up. If no ride can be arranged, the local authorities will be called to transport the child home safely.

### **Absences**

The CARA Parker rec program has a flexible practice and meet schedule with no formal attendance required. You may come as often as you like and there is no requirement on the number of meets. We realize that family schedules and vacations do change. There is no need to notify the coach when you do not attend, just come as often as your schedule allows. Of course, you may let the coach know when you may be gone for an extended period of time. Please communicate if you are on a relay and will not be able to be at the track meet for that event so we can plan ahead.

### **Smoking, Drinking or Drug Abuse**

Any team member that is caught smoking, drinking or using non-prescription drugs will be immediately removed from the area and their parents and/or officials notified. Any participant that is caught with or using illegal substances will be detained until the police arrive.

### **Conduct and Discipline**

All members of this track team (including parents) will conduct themselves in a sportsman like manner while at a meet or a practice. Fighting, horseplay and/or profanity will not be tolerated. Violation of any conduct rules will result in immediate removal from the situation and a specified “bench” time to be determined by the coaches. Continued violations will require a team meeting to determine whether continued participation will be allowed. Poor attitudes and/or bad sportsmanship toward teammates, other participants or officials is very embarrassing for the track team, other teammates, parents and for you.

GOOD SPORTSMAN/WOMEN ARE ALWAYS WINNERS!

### **Care of Uniform and Equipment**

Team T-shirts should be worn to all of the track meets. Remember to have them washed if they are worn during practices. Shorts, sweatpants, etc. are not allowed to “sag” during any practice or meet. Baseball style caps cannot be worn during participation in track practices or meet events unless they are secured to the hair by the use of bobby pins or hair clips. Caps and loose clothing cause a hazard to the participant and to others on the track. Black or Navy Shorts are requested, but not mandatory

The equipment that is used during the season is NOT OURS! It is loaned to the team by the practice facility. Any equipment that is pulled out is for teaching/practice purpose at all times. Absolutely no horseplay on or around the equipment will be tolerated. Violations of these uniform and equipment rules will create unsafe conditions and will result in disciplinary actions until the situation is resolved.

### **Nutritional Information**

Eating and drinking during practice and competition is very important. A participant’s body is an engine being tuned to perform. Certain foods make for better fuel than others do, so eat smart! If you wait to drink water until you are thirsty, then you have waited too long. Drink plenty of water throughout the day while training and competing to avoid dehydration and heat related illnesses. Sleep and rest is also an important part of training well.

## Picture Day

Picture Day is **THURSDAY, JUNE 15** at Legend High School on the track. This will be a picture day only and no planned practice will be held. Please come in your track team shirt.

## Grievance Procedures

No matter how organized or inclusive a program seems to be there are always problems or concerns that arise. If the parent(s) or the participants(s) have any problems, concerns and/or suggestions about the program, coaching staff, or other parents or participants, **please come to the head coach FIRST**. This is the first line of action and many concerns can be resolved when acted upon quickly. In the case that the head coach does not resolve the situation the next step is to contact the supervisor of the program. If this happens, the supervisor will gather all of the information necessary and make a decision as to what kind of action to take. If necessary, a private conference of all parties involved will be used to help gather information about the problem. If at this level the grievance is still not satisfied, it can be addressed to the Director of Youth Sports.

## Track Practice Schedule

The following information will inform you about the events that will be taught and practiced during the track season. The events will be available based upon the agreements between the schools being used and the Town of Parker. If equipment is unavailable, then it will not be used. Unavailable is described as broken, blocked by other equipment, too heavy to be used or any other prudent reason deemed by the head coach. Please have participants compete in the age group that they will be as of August 1, 2017

Practices will be at Legend High School (22219 Hilltop Road in Parker. (This can change if the High School has previous activities scheduled. We will inform you of any changes with practices.) All practices will be from 5:30-7:00 p.m. We encourage all team members to attend at least 2 of the practices before the meet. This is not a requirement, but a suggestion to get the most practice for the meets.

The practice sessions during the week for the **8 year olds and under** will consist of a 60 minute time frame that will be divided in the following manner;

5:30 P.M.- 5:50 P.M. = Warm-up (Warm-up lap, stretching and form drills)

5:50 P.M.- 6:30 P.M. = Event Instruction/Practice

(As many events as possible will be taught and practiced each and every day during the season. The events for children 8 years old and under are marked with an asterisk below.)

If your child is able to move up based on performance to the older group, just check with a coach.

The practice sessions during the week for the **9 year olds and older** consist of a 1.5 hour time frame that will be divided in the following three ways;

5:30 P.M.- 6:00 P.M. = Warm-up

(Warm-up lap(s), stretching, form drills and conditioning drills)

6:00 P.M.- 6:30 P.M. = Event Instruction/Practice

(Two to four events will be introduced per day)

6:30 P.M.- 7:00P.M. = Event Practice or Specific Event Work

(Event practice will constitute any available event that can be practiced that day.)

Tuesdays: Drills, Instruction, Conditioning

Wednesdays: Drills, Instruction, Special's (Hurdles and/or High Jump) and Field Events

Thursday's: Drills, Instruction, Specials (Hurdles or High Jump); 4x100 relay practice

- Workout days may change depending on coaches available or schedule conflicts
- Workouts will be posted each practice day by the garage doors

The reason for this structure is to ensure event instruction in all possible events that are associated with this program. The events that are taught will be the following:

Running	
Long Jump	*100 meter dash
*Standing Long Jump	*200 meter dash
Discus	*400 meter dash
Shot Put	*800 meter run
High Jump	1600 meter run
*Baseball Throw	4 x 100 Relay
Softball Throw	*6 x 50 Shuttle Relay
Triple Jump	100 meter Hurdles
*50 meter dash	

Due to the nature of this program and the many vacations that might be planned, most everyone should be able to practice all of the events that will be taught. This will be made possible by the rotation of the above events as listed on the calendars that follow. You will notice that the track meets that are scheduled throughout the season are also on the calendar. These track meets *may change* and the coaching staff will be passing out maps starting on the Tuesday before each meet to confirm where each meet will be held. If you have any questions, please ask a member of the coaching staff.

## 2017 (tentative) Cara Track Schedule of Events

### Track Events:

9:00 am	1600m Run	9 – 10	
	1600m Run	11 – 12	
	1600m Run	13 – 14	
	1600m Run	15 – 16	
	100m Hurdles	11 – 12	30"
	100m Hurdles	13 – 14	30"
	100m/110 Hurdles	15 – 16	30" – GIRLS, 36" – BOYS
	6x50m Shuttle Relay	5 – 6	
	6x50m Shuttle Relay	7 – 8	
	800m Run	9 – 10	
	800m Run	11 – 12	
	800m Run	13 – 14	
	800m Run	15 – 16	
	50m Dash	5 – 6	
	50m Dash	7 – 8	
	100m Dash	13 – 14	
	100m Dash	15 – 16	
	100m Dash	5 – 6	
	100m Dash	7 – 8	
	100m Dash	9 – 10	
	100m Dash	11 – 12	
	400m Dash	7 – 8	
	400m Dash	9 – 10	
	400m Dash	11 – 12	
	400m Dash	13 – 14	
	400m Dash	15 – 16	
	200m Dash	5 – 6	
	200m Dash	7 – 8	
	200m Dash	9 – 10	
	200m Dash	11 – 12	
	200m Dash	13 – 14	
	200m Dash	15 – 16	
	4x100m Relay	9 – 10	
	4x100m Relay	11 – 12	
	4x100m Relay	13 – 14	
	4x100m Relay	15 – 16	

Schedule is fairly consistent, but can change slightly from week to week. All meets usually will end by 2pm. You are free to leave after your final event.

**Field Events:****Start:** 8:30 a.m.**Finish:** 11:00 A.M./sometimes earlier

(8 PARTICIPANTS PER HEAT) ALL HEATS GET RIBBONS

Standing Long Jump	7 – 8	
Standing Long Jump	5 – 6	
Running Long Jump	15 – 16	
Running Long Jump	13 – 14	
Running Long Jump	11 – 12	
Running Long Jump	9 – 10	
High Jump	9 – 10	(Min. ht. = B & G @ 3'2")
High Jump	11 – 12	(Min. ht. = B & G @ 3'8")
High Jump	13 – 14	(Min. ht. = B @ 4'2", G @ 4')
High Jump	15 – 16	(Min. ht. = B @ 4'6", G @ 4')
Discus	15 – 16	
Discus	13 – 14	
Discus	11 – 12	
Shot Put	9 – 10	(6 lbs.)
Shot Put	11 – 12	(6 lbs.)
Shot Put	13 – 14	4k
Shot Put	15 – 16	4k/12lbs

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 Triple Jump (begins after Long Jump)

OPEN CLASSIFICATION

AGES 11 – 16 WILL REPORT.

TRIPLE JUMP WILL BE OPEN FOR 1

HOUR AFTER THE START OF THE EVENT,

BEFORE BEING CLOSED.

Baseball Throw (begins after Shuttle Relay)

5 – 6

Baseball Throw

7 – 8

Softball Throw

11 – 12

Softball Throw

9 – 10

PLEASE NOTE: The number of participants will determine the time it takes to complete an event. If the meet is running ahead of schedule, the event will be moved up one time slot accordingly. Coaches, volunteers and parents should listen closely for the announcements to the particular events.

**If you need further directions for any of these stadiums please ask the coaches for a map or go to the CARA website**

[www.caratrack.com](http://www.caratrack.com)

[www.parkerrec.com](http://www.parkerrec.com)

**Information about track meets and weather cancellations can be answered by calling:**

Season Information



**Weather Line: 303-805-3288**

**Coach Miller: [roger.miller@dcsdk12.org](mailto:roger.miller@dcsdk12.org)**

Track Coordinator: Brandon Corley [bcorley@parkeronline.org](mailto:bcorley@parkeronline.org)

**NEW CONTACT TEXT ALERT: Text to this number: 81010 and enter/text @topcara**

This will enroll you in a group text for info sent by the coach. You will not be able to reply, but you will get alerts on practice times, weather, schedules and shout outs. This is free unless you have fees involved in your phone plan. This will be our main form of mass communication to all of you!