

CYO Coaches Meeting **Thursday - February 3, 2005**

The meeting was called to order by Jim Kalla, CYO Track Commissioner, at 7:00 PM.

Representatives from 28 schools/parishes attended the meeting and received their CYO Track envelope. Contents of the CYO Track envelope were reviewed and coaches were counseled to return their teams' rosters, fees and CYO Release of Liability Forms by May 5, 2005 to be able to participate in the CYO City Meets on May 20-21, 2005. Jim Kalla will contact the remaining six parishes who did not attend to find out if they are planning to participate in CYO Track during the upcoming season.

Workers Sign-up Sheets for the CYO City Meets on May 20-21 were circulated during the meeting. Teams are encouraged to continue to call Jim Kalla to volunteer workers for the City Meets.

Pat Conlon volunteered to do a Coaches Clinic again this year. It will be at LaSalle High School on Sunday, February 20, 2005. Contact Pat at 513-470-1166 or via eMail at pconlon@cinci.rr.com for details.

The 2005 CYO Track Meet Schedule was handed out and reviewed - there will be seven invitational meets and the CYO City Meet. The 2005 CYO Meet Schedule will be posted on the CYO web-site. Individual fliers for six of the invitational meets were also distributed. There might be a problem with the St. James White Oak Meet on May 14th. Laura Ragouzis, SJWO, indicated that their team enrollment numbers are down this year and if they don't get more kids on their team, SJWO may not have enough parents to work their meet. We suggested that another team might combine with SJWO to go forward with the meet.

The official date for start of CYO track practice for all age levels is March 7, 2005. This is the same date as established by the Ohio High School Athletic Association for junior high track programs and CYO will follow this guideline. Teams will be allowed to conduct informal conditioning programs for track before March 7th. These programs might consist of running and exercising for conditioning purposes with no timing, no relay practice and no field event practice. While this formal practice start date is new for CYO Track it has been a common procedure for all other CYO programs.

Jim Kalla reviewed the results of the surveys completed by CYO Track coaches at the end of the 2004 CYO Track Season. From these surveys approximately 20 concerns were identified. These concerns, worked during the off-season by a group of coaches and meet directors, were broken down into three categories - (1) Non-Issues/ Inadvisable Changes, (2) Meet Administrator Changes, and (3) CYO Rule Changes.

NON-ISSUES/INADVISABLE CHANGES

The following concerns were categorized as non-issues or inadvisable changes - that is, these concerns are to be considered as finalized and needing no further attention or not advisable for further attention:

□ ALLOWING THE USE OF SPIKED SHOES AT CYO TRACK MEETS - Athletes with spiked shoes have an unfair advantage over athletes without spiked shoes. Unless all athletes can be supplied spiked shoes, the CYO Track Rule disallowing spiked shoes will continue to be enforced.

□ INCREASING THE 3 EVENT LIMIT PER ATHLETE - From Dave Bryan, OHSAA Track Official and the Official Starter at the 2004 CYO City Meet - "Federation rules and state rules differ some on this issue. Per the Ohio State High School Athletic Association for grades 7 & 8: In any one track and field contest, a participant may compete in a maximum of 3 events. The events may be a combination of track and field events including relays, or may be 3 track events or 3 field events. Participation limitation penalty: An athlete who exceeds the participation limitation becomes an ineligible athlete. Per Federation Rules Penalty: All individual points, team points and places earned by that competitor exceeding limits in the meet shall be forfeited and the competitor disqualified from further competition in that meet." There is no compelling reason for CYO Track to go against the OHSAA Policy on this issue and thus the 3-event limit per athlete rule will continue to be enforced at all age levels in CYO Track.

□ EXPAND THE NUMBER OF RIBBONS AWARDED FROM TOP 6 TO TOP 8 FINISHERS IN AN EVENT - Awarding ribbons to the top 8 finishers in an event is inconsistent with current team scoring procedures. Additionally, expanding ribbons awarded from 6 to 8 would increase meet costs and may be difficult to accomplish using current ribbon suppliers. Thus the current CYO Track practice of furnishing awards to the top 6 finishers in an event will remain in effect.

□ ABANDONING TEAM SCORING AT THE 5TH/6TH AND 7TH/8TH GRADE LEVELS AT CYO TRACK MEETS - Abandoning scoring at these levels is inconsistent with other CYO programs at these age levels. Thus CYO Track will continue with team scoring at the 5th/6th and 7th/8th grade levels.

MEET ADMINSTRATOR CHANGES

Tim Butler, SMAC, reviewed the following resolutions in this category that were formulated by a sub-committee of the CYO invitational meet directors in a separate meeting during the off-season:

□ INCLUDING OR EXCLUDING JUNIOR HIGH SCHOOL TEAMS OR AAU TEAMS TO PARTICIPATE AT THE 7TH/8TH GRADE LEVEL AT INVITATIONAL MEETS - The decision to invite or not to invite a team to an invitational meet is solely at the discretion of the director of the particular invitational meet. Therefore, we (CYO Track) will not object to having Junior High or AAU teams at 7th/8th grade meets. We will however continue to limit the teams participating in the CYO City Championship Meet to only officially sanctioned CYO teams.

□ ORDER OF RUNNING BOYS AND GIRLS COMPETITIONS AT THE SAME MEET - DO WE CONTINUE WITH GIRLS RUNNING / BOYS FIELD FIRST THEN BOYS RUNNING / GIRLS FIELD SECOND OR DO WE RUN BOTH BOYS AND GIRLS EVENTS CONCURRENTLY? - It is our resolve that the order of boys and girls events should be at the discretion of the director of the particular invitational meet. We agreed that our invitational meets are not all the same and as such no one method would necessarily "fit" all of our invitational meets. Factors such as meet location, daylight savings time considerations, time length of particular events, and starting times of meets are some of the things to be taken into consideration when determining order of events. We noted that communication of starting times for meets and the field events at a meet and the determination of order of events at a particular invitational meet needs to be improved. If we are to have differing starting times and orders of events at our invitational meets, there has to be a better way to have this information available to be communicated between teams and more importantly to our athletes and their families.

□ ESTABLISHING A POLICY TO BE USED CONSISTENTLY AT ALL MEETS TO HANDLE ATHLETE PARTICIPATION WHEN ONE OR MORE OR ALL FIELD EVENTS HAVE BEEN CANCELLED DUE TO WEATHER AND/OR SAFETY CONDITIONS - In situations where a field event or multiple field events are cancelled due to weather or safety considerations, the athletes originally scheduled to compete in the affected field events may be added in any other event (track or field - with the exception of adding an additional relay team) with the proviso that the scores for only 3 athletes on a team will be counted toward the team scoring in any event. This resolution is based on the coaches' honor system to be successful in that a coach should add an athlete to another event only when that athlete has missed an opportunity to participate in a field event due to weather or safety considerations.

□ STARTING MEET TIMES EARLIER - We decided that starting either the Friday evening or the Saturday morning meets earlier than currently being done would be infeasible.

□ ALLOWING THE USE OF AIDS (E.G. CUT TENNIS BALLS) TO MARK RUNNERS STARTING POINTS IN RELAY EVENTS - The use of aids (such as cut tennis balls, or tape) to mark a spot for runners receiving the baton in a relay race to begin running when the incoming runner passes that spot will be allowed at the CYO City Championship Meet and all other invitational meets as long as the aid does not interfere/hinder or produce a safety hazard to any runner in the relay race. It should be further noted that it is the responsibility of each team to remove such aids at the conclusion of the race or receive a penalty declaration of minus one team point (whether they score in this event or not) for failure to properly remove these aids (as determined by the exchange zone judges). On this point, Jim Kalla, CYO Track Commissioner, agreed to compile a one-page summary of the exchange zone judges responsibilities for distribution to all invitational meet directors.

□ EXPANDING THE NUMBER OF SCHOOLS/TEAMS HOSTING AN INVITATIONAL MEET - With the expansion of number of teams in CYO track it is inevitable that more teams will want to host an invitational meet. However the reality is that there are only 7 or 8 weekends available for these meets. We are currently "pushing the limit" this year in that we have 10 teams hosting or co-hosting the seven invitational meets for the 2005 CYO Track season. In an effort to try to accommodate as many teams as possible in hosting a meet for the 2006 CYO Track season and in the future, we will set up the following procedures:

- Step 1: At the end of every Track Season, a survey will be distributed to each CYO Track Coach. On this survey will be a section asking if your school / team is interested in hosting an invitational track meet during the next CYO Track season. Teams will have a deadline for returning this survey and identifying their desire to host an invitational meet during the next CYO Track Season.

- Step 2: Sometime in October following the CYO Track Season, only those schools/teams who have identified their desire to host an invitational meet by returning their survey with the appropriate section completed will be invited to a meeting to discuss the upcoming CYO Track season schedule. The specifics in how we will determine who can/will host these future invitational meets have not been thought out to completion. Concepts such as more combined hosting of meets between teams (e.g. East/West meet by SMAC and St. Gertrude) or the possibility of two meets on the same weekend or smaller dual or quad meets during the week are under consideration.

- Step 3: Final determination of the CYO Track Season schedule should be completed by the end of November (before the holidays).

□ TELEVISIONING THE 7TH/8TH GRADE CITY CHAMPIONSHIP MEET IN 2005 ON COMMUNITY CABLE - After further consideration, it was decided that the effort that would be required of CYO and its coaches to prepare for and participate in the televising of this meet would be prohibitive and thus we have decided to not pursue this idea.

□ INCREMENTAL MEASURES FOR THE SHOT PUT, DISCUS AND LONG JUMP FIELD EVENTS - It was decided that the incremental measure for Shot Put, Discus and Long Jump would be in 1/4 inches. All measures for these 3 events at all meets (invitational meets and the City Championship meet) should be made to the nearest 1/4".

□ STARTING HEIGHTS FOR HIGH JUMP - It was decided that the following starting heights for high jump be adopted and put into effect for the 2005 CYO Track Season and in the future.

5th/6th Grade - Girls = 3 feet 0 inches

5th/6th Grade - Boys = 3 feet 6 inches

7th/8th Grade - Girls = 3 feet 6 inches

7th/8th Grade - Boys = 4 feet 0 inches

□ STANDARD STICKERS FOR RELAY TEAMS - It was decided that a larger sticker was needed to provide room for the names of all the runners on a relay team. Starting in 2005, at all Invitational Meets and at the CYO City Championship Meets for 5th/6th and 7th/8th grade teams, the last runner on a relay team MUST have a label like the one depicted below completed with the SCHOOL NAME, TEAM NAME, BOYS GIRLS, 5/6 7/8, AND THE NAMES OF ALL THE RUNNERS (LAST NAME MINIMUM) on their person at the completion of the relay race or that team will be disqualified. CYO will be responsible to create and distribute these relay event labels at the start of the season and make them available at all meets.

_____ RELAY - 5/6 7/8 - BOYS GIRLS			
TEAM _____ - _____			
1. _____	2. _____		
3. _____	4. _____		

□ ELIMINATION OF TEAM TROPHIES AT INVITATIONAL MEETS - By unanimous vote, the meet administrators/directors agreed to eliminate the awarding of team trophies at all invitational meets. Team trophies from invitational meets are more and more not being displayed at team schools and are ending up in coaches' basements. It was felt that the monies used for team trophies could be better used in upgrading the individual awards (medals, pins, ribbons) presented at the invitational meets. Team trophies will continue to be awarded at the CYO City Championship Meets.

□ "COACHES AND PARENTS ON THE TRACK" - We all agreed to emphasize and enforce at all of our meets the directive that only meet personnel are allowed on the track during the course of a track meet. While being well intentioned, the presence of parents and coaches in staging areas and finish line areas and on the infield of the track is detrimental to the process of coordinating the successful completion of an event. Considerations for viewing the field events held on the infield will be the exception to this rule - but parents and coaches will need to be better managed in these situations.

CYO RULE CHANGES

From the approximately 20 concerns identified from the coach's surveys, there were three concerns whose resolution if enforced would require a change to the official CYO Track rules. Each of these three concerns and their suggested resolution was discussed further at this meeting.

A vote on two of these changes by the coaches/administrators present was then taken and the results are as follows:

□ INCREASE THE NUMBER OF ATHLETES PER EVENT PER TEAM TO FOUR (4), HOWEVER ONLY THE FIRST TWO (2) MEMBERS OF A TEAM IN AN EVENT ARE ELIGIBLE TO QUALIFY FOR FINALS IN A SPRINT EVENT, TO WIN AWARDS FOR AN EVENT AND/OR TO BE INCLUDED IN TEAM SCORING FOR THAT EVENT. This rule change passed with 16 YES and 6 NO votes being recorded. Note - this does not apply to relay teams - only one relay event team per team is allowed.

□ ALLOW A SCHOOL/CLUB TO FORM A SECOND TEAM WHEN IT HAS EIGHT (8) OR MORE ATHLETES ON A FIRST TEAM. FURTHER, A SCHOOL/CLUB IS ELIGIBLE TO FORM A THIRD TEAM WHEN THE FIRST AND SECOND TEAMS CONSIST OF AT LEAST EIGHT (8) ATHLETES. This rule change passed with 18 YES and 1 NO votes being recorded.

The intent of both of these rule changes is to promote athlete participation at a meet - these rule changes will allow coaches to better align the athletes on a team to events that they are capable to compete in rather than being forced to put athletes in events in which they cannot expect to successfully compete. Both of these rule changes will be in effect for the 2005 CYO Track Season.

A third potential rule change concerned the merging of athletes from two or more teams with less than four (4) athletes to create a combined relay team at a track meet. Since procedures are currently in place to allow teams to merge and create combined teams, this potential rule change was deemed unnecessary and thus not put into consideration for voting.

2005 CYO CITY MEET - May 20-21, 2005

- Northwest High School
- Friday (Grades 7/8), Saturday (Grades K-6)
- Traditional Order of Boys/Girls Events - all age levels
- DIVISION I / DIVISION II Team Breakdown

**CYO TRACK REALIGNMENT
FOR THE 2005 CYO CITY MEET**

Division I

All Saints
Guardian Angels
Immaculate Heart of Mary
Little Flower
Our Lady of Lourdes
Our Lady of Visitation
Queen of Peace
Sacred Heart Fairfield
St. Bartholomew
St. Catharine
St. Gertrude
St. Ignatius
St. James White Oak
St. John Harrison
St. Jude/St. Aloysius
SMAC - SMOY/St. Columban
St. Veronica

Division II

Annunciation
Bethany
Christian Hills Academy
Mercy Montessori
Mother Teresa
Our Lady of the Rosary
Prince of Peace
Seven Hills
Springer School
St. Ann
St. Clement
St. James of the Valley
St. John Dry Ridge
St. Margaret Mary/Assumption
St. Martin
Sts. Peter & Paul
St. Vivian

- CYO Track Programs have been broken down into Division I & II based on the historical strength of their programs over the last 3 years.
- Division I represents the teams with stronger/more competitive programs.
- A team may appeal only its own divisional designation. This written appeal, stating the reasons for the change in divisional designation, must be received by the CYO Track Commissioner by April 1, 2005. The CYO Track Commissioner and the CYO Director will review the appeal and render a judgement on the appeal by May 1, 2005.
- The Division I / Division II designation of CYO Track Teams as of May 1, 2005 will be used for the alignment of teams in the CYO City Track Meet on May 20-21, 2005.

A survey will again be sent to all CYO Track Coaches at the end of the season and the results of the surveys will be used to review the changes put in place for this season and any other suggestions received.

The meeting ended at 8:15 PM.

Respectfully submitted,

Jim Kalla, CYO Track Commissioner
February 3, 2005