

## **CYO Track: Off-Season Meeting** **Thursday – November 3, 2005**

The meeting was called to order by Jim Kalla, CYO Track Commissioner, at 7:30 PM in the cafeteria of St. Bart's Consolidated School. Representatives from 18 schools/parishes attended the meeting. Mr. Bill Rice, CYO Director, and Mr. Pat Conlon, CYO Track, also were in attendance.

CYO Track will miss the leadership and coaching of two long-time coaches next year. Bill Theis, St. Mary – Hyde Park, is retiring from teaching and coaching in December, 2005 and Connie Bertsch is retiring from coaching at St. James White Oak. Thanks and good luck go out to both Bill and Connie!

CYO Runners in Jr. High Cross Country – Bob Fritz, Sacred Heart, and Dave Prenger, SMAC, shared information about their teams' participation in cross country this fall. Generally, the teams were comprised of 7<sup>th</sup> & 8<sup>th</sup> grade boys & girls but a few 6<sup>th</sup> graders were included. The teams were solely sponsored by the parish organizations with no involvement or sponsorship from the high schools so that they did not violate OHSAA guidelines. The teams participated in several open invitational junior high cross country meets but did not participate in any district or league meets. Discussion followed about the possibility of CYO starting up a CYO Cross Country program – no decisions were arrived at from these discussions. We will review the interest of CYO schools/parishes in participating in cross country at the February, 2006 CYO Track Coaches Meeting.

2005 CYO Track Surveys – Jim Kalla reviewed the results from the 2005 CYO Track Coaches surveys received at the end of the 2005 Track season (see Attachment A). Listed below is a summary of the responses and issues received at each grade level.

### Kindergarten/1<sup>st</sup>/2<sup>nd</sup> Grade Coaches Responses & Issues -

- the number of meets in 2005 at this grade level was OK
- additional events suggested for K/1/2 were shuttle run, 200M shuttle relay, 400M run, and adding another field event to take the load off the long jump
- long jump takes an inordinate amount of time to complete and the method for measuring long jump at this grade level is inconsistent from meet to meet (some measure / some use flags or cones)
- need to keep K/1/2 coaches "in the loop" concerning meet changes, season planning
- need a web-site for weather alerts, meet changes, etc.

### 3<sup>rd</sup>/4<sup>th</sup> Grade Coaches Responses & Issues -

- the number of meets in 2005 at this grade level was OK
- additional events suggested for 3<sup>rd</sup>/4<sup>th</sup> grade were 300M shuttle relay, 800M run and discus
- concern was raised about using cones/flags for measuring both the long jump and softball throw; don't diminish athletes' efforts by not measuring to just speed up the event
- high jump and long jump – alternate participation by grade (i.e. while 3<sup>rd</sup> graders are doing high jump, 4<sup>th</sup> graders do long jump and while 4<sup>th</sup> graders do high jump, 3<sup>rd</sup> graders do long jump) – this way athletes can participate in both events without conflict.
- need a better way to organize relays.

### 5<sup>th</sup>/6<sup>th</sup> Grade Coaches Responses & Issues -

- 10 out of 13 coaches who responded agreed that the rule changes implemented for the 2005 track season provided more participation opportunities for their athletes and that the elimination of team trophies was OK
- spikes were seen early in the season at this grade level
- there were inconsistencies in measuring field event distances from meet to meet
- should athletes be given a "fault" for incorrect form when throwing the shotput?
- AAU teams recruiting our athletes cannot be permitted during our season
- all meets should be run the same – same events, same running order, same starting time, etc.

### 7<sup>th</sup>/8<sup>th</sup> Grade Coaches Responses & Issues -

- 13 out of 16 coaches who responded agreed that the rule changes implemented for the 2005 track season provided more participation opportunities for their athletes and that the elimination of team trophies was OK
- consider size of school when deciding division alignment
- consider computerizing CYO Meet management
- consider seeding the 200 and 400 meter dashes at this grade level since these events do not have a final's heat
- consider letting a team enter two relay teams but only one can score
- centralize posting of complete meet results for all meets; post all athlete's times/distances – not just the top 6 finishers

### Coordinators/Administrators Responses & Issues -

- at the 5<sup>th</sup>/6<sup>th</sup> grade level, consider limiting an athlete to running either the 75M dash or the 100M dash – not both
- coaches preseason clinic should be offered at no cost
- need an up-to-date coaches e-mail list for communicating meet changes or a central web-site for posting changes
- need to review timing problems and develop plans to improve timing of races at all meets

Many of these issues and concerns captured from the coaches in these surveys were addressed throughout the remainder of our meeting. Read on!

### Analysis of 2005 Rule/Administration Changes -

In 2005 we implemented two rule changes –

- ALLOWING UP TO 4 ATHLETES PER TEAM TO PARTICIPATE IN AN EVENT (EXCLUDING RELAYS)
- REDUCING TEAM MINIMUM SIZE FROM 10 TO 8 BEFORE A TEAM CAN FORM A SECOND TEAM

As noted earlier, almost 80% of the coaches who responded at grade 5/6 and 7/8 agreed that these changes provided more participation opportunities for their athletes. A concern I had going into the season with these changes was that we would see a major shift in the number of athletes from the distance events (1600M run, 800M run, 1600M relay) to the sprints (75M, 100M and 200M dashes) because of these rule changes. A comparison of the number of athletes/teams participating in each of the events from the 2004 CYO City Meet and the 2005 CYO City Meet reduces this concern (see Attachment B). Overall, while there was a 23% increase in the athletes participating in the sprints (75M, 100M and 200M dashes), there was only an 11% decrease in the number of athletes participating in the distance events (800M and 1600M runs and the 1600M relay). I will continue to monitor these figures in the future.

In 2005 we also implemented two major administrative changes – namely the elimination of team trophies at invitational meets and the realignment of school/parish track programs into new divisions. The elimination of trophies at invitational meets was widely accepted (80% of the coaches responding). There was some concern/confusion that medals were not given for 2<sup>nd</sup> and 3<sup>rd</sup> place finishers at the 2005 CYO City Meet. At the 2005 CYO City Meet team trophies were presented and thus ribbons were presented for 2<sup>nd</sup> and 3<sup>rd</sup> place finishers. For 2005 school/parish track programs were realigned into Division I or Division II based on multiple factors instead of the Large School / Small School alignment used in previous years which was based solely on school size. This change resulted in a split for 2005 of 17 programs in Division I and 16 programs in Division II participating at the 2005 CYO City Meet. In 2004 there were 19 programs in the Large School category and 11 programs in the Small School category participating at the 2004 CYO City Meet. Mr. Bill Rice, CYO Director, talked at this meeting about the realignment of teams in CYO Track. His comments included –

- alignment of a program is based on the overall strength of the program and all teams within the school/parish track program will be aligned in the same division
- moving from the Large School / Small School alignment to the Divisional alignment will make CYO Track consistent with the other CYO Programs.
- multiple factors are considered in the alignment by division; not just school size.

CYO Track will be aligned by Division once again for the 2006 CYO Track Season. This alignment for 2006 will be forthcoming at the CYO Track Coaches meeting in February, 2006.

Several other administrative changes were implemented in 2005 –

- standard procedures for cancellation of events due to weather
- new high jump starting heights for grades 5/6 and 7/8
- use of larger, standard stickers for relay teams (requiring names of all relay team members)

These changes will continue to be in effect for the 2006 and future CYO Track season.

#### 2005 CYO Track Season Review

There were 8 scheduled meets in 2005 in 6 different locations. We had one meet rained out – St. Catharine's meet at LaSalle. All of the meets were "mega-sized" and ran way too long. The 2005 CYO City Meet was held at Northwest High School for the second year. We plan to run the 2006 CYO City Meet again at Northwest High School – at this facility all the venues are close-by within the confines of the stadium and there is ample parking.

Thanks to everybody who worked at the 2005 CYO City Meet. However there were several problems at the 2005 CYO City Meet –

- the 7<sup>th</sup>/8<sup>th</sup> grade meet on Friday night did not finish until after 11:30 PM; we may need to start this meet earlier in 2006
- the compilation of final team results took too long
- there were multiple timing problems at this meet
- the lack of experienced workers at this meet contributed to the problems experienced at this meet
- we had one incident of a spike shoe violation at the 2005 CYO 7<sup>th</sup>/8<sup>th</sup> grade meet
- there were multiple eligibility violations identified at the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade levels (these violations were identified several weeks after the meet – no athlete and/or team was disqualified for these violations at that time and the final results for the meet were not changed). While I chose not to identify the teams/athletes involved in these violations at this meeting, I now have decided to share this information to the individual coaches involved so that they are aware of what transpired and can be vigilant about these situations in the future.

#### Issues to Work for the 2006 CYO Track Season

- (1) Shot Put and Discus Measurements – need clarification about landing spot measurement for shot put and discus (I will research this with Dave Bryan, OHSA Track Official and report my findings at the February, 2006 CYO Coaches meeting).
- (2) Measure – or – Not Measure for 3<sup>rd</sup>/4<sup>th</sup> grade long jump and softball throw (measure or just use flags/cones?) This issue will be worked by a sub-committee of the various meet administrators.
- (3) Timing Problems – for the CYO City Meet at least, we need to come up with a better process to have experienced workers and set procedures in place to do the timing of races. We cannot risk repeating the problems experienced at the 2005 CYO City Meet (missed times for runners, problems with the timing device, inability to post heat times for review, etc.). I will take responsibility for this issue and report my progress at the CYO Track Coaches meeting in February, 2006.
- (4) Non-CYO Team Issues - the success of our CYO Track Program brings with it the problem of teams outside of CYO desiring to participate in our track meets. Their involvement brings with them the problems of making our meets even bigger (more mega-sized), the potential that they will take awards away from our CYO athletes, and the potential "recruiting" of our CYO athletes by these programs. Since this affects only the invitational meets, I am going to pass this issue on to the invitational meet administrators.
- (5) Internet site for reporting meet changes and possibly reporting meet results. I am working on this and I will report my progress at the CYO Track Coaches meeting in February, 2006.
- (6) Mega-Sized Meets – meets with 25-30 teams participating are the norm not the exception for CYO Track. With this mega-sizing we experience meets that take too long and are virtual impossibilities to manage on the day of the meet (it is getting increasingly difficult to do the compilations at a meet due to the sheer volume of athletes and races.) I don't know if there is a solution to this problem but we all have to be aware of its implications and learn to be more patient with all the meet administrators who have to deal with it.
- (7) CYO City Meet Workers – Relying on volunteer workers for the CYO City Meet does not work. We experienced numerous problems at the 2005 CYO City Meet – workers promised but not showing up, inexperienced workers in crucial positions not understanding or knowing what to do (e.g. timers), workers leaving early (because their child was finished for the day), etc. We need to fix this before the 2006 CYO City Meet. Mr. Pat Conlon, CYO Track, has agreed to work this issue. Please expect to hear from Pat (probably via e-mail) before the CYO Track Coaches meeting February, 2006.

Proposed 2006 CYO Track Rule/Administrative Changes –

- (1) Computerize meet management for 5<sup>th</sup>/6<sup>th</sup> & 7<sup>th</sup>/8<sup>th</sup> grade meets – this is **highly unlikely** since it would require pre-registration of all athletes in all races and require the use of “bib” numbers for all athletes.
- (2) Mandate running order consistency for boys and girls for all meets at the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade levels – after discussion it was apparent that the running order for boys and girls **will remain a decision of each meet administrator.**
- (3) Proposal – Athletes cannot move up and down in grade divisions throughout the season – once an athlete moves up he/she cannot move back down for the rest of the season. **This proposal was rejected by the coaches present.**
- (4) Proposed Event Changes –
  - 3<sup>rd</sup>/4<sup>th</sup> grade – eliminate the 50M dash
  - 5<sup>th</sup>/6<sup>th</sup> grade – eliminate the 75M dash, add the 1600M runWe will review and vote on these proposals at the CYO Track Coaches meeting in February, 2006.
- (5) NEW RULE – Entries to an event shall be closed when the runners/participants are turned over to the starter/event official. No late entries will be allowed We will review and vote on this proposal at the CYO Track Coaches meeting in February, 2006.
- (6) Establish a consistent starting time for all invitational meets and for the CYO City Meet – the following guidelines are proposed:
  - 7<sup>th</sup>/8<sup>th</sup> grade Friday Night Meet
    - o Start time = 6:30 PM
    - o Girls Discus and Shot Put Start Time is variable (dependent on each meet’s constraints)
  - Saturday Day Time Meet
    - o K/1/2 grade meet start time = 9:00 AM
    - o 3<sup>rd</sup>/4<sup>th</sup> grade meet start time = 11:30 AM
    - o 5<sup>th</sup>/6<sup>th</sup> grade meet start time = 2:00 PM
    - o 7<sup>th</sup>/8<sup>th</sup> grade meet start time = 5:30 PM

We will review and finalize these guidelines at the CYO Track Coaches meeting in February, 2006.

2006 CYO Track Schedule

March 6, 2006 = Start of CYO Track Practice Season

(as prescribed by OHSAA, conditioning before 3/6/06 is OK, no field event practicing or coaching before 3/6/06)

<u>Weekend</u>	<u>Meet Name - Sponsor</u>	<u>Location</u>
March 24.25	OPEN – no meet scheduled	
March 31/April 1	Mariemont (K-6) / IHM (7/8)	Mariemont HS
April 7/8	St. Jude/Queen of Peace	TBD
April 14/15	EASTER WEEKEND (no meets)	
April 21/22	St. Catharine	LaSalle HS
April 29/30	East-West Meet - SMAC/St. Gertrude	TBD
May 5/6	Sacred Heart	Fairfield HS
May 13	St. James White Oak	Colerain HS
May 19/20	CYO City Meet	Northwest HS

The meeting ended at 9:15 PM.

Respectfully submitted,

Jim Kalla, CYO Track Commissioner  
December 11, 2005

## **2005 Track Surveys - Summary**

## **Attachment A**

### **Track Coordinators Responses**

Surveys returned = 13 (there were 33 CYO Track programs in 2005)

- 1 - Does your parish/school want to host an invitational track mee next season?  
YES = 5                      NO = 8
- 2 - If your parish/school hosted or co-hosted an invitational track meet during the 2005 season -
  - (a) during the 5th/6th or 7th/8th grade competitions at your meet, did you experience the situation where a team placed more than two athletes in the top 6 finshers in an event or in a preliminary race?  
YES = 2                      NO = 3                      NO ANSWER = 8
  - (b) do you feel that the change allowing teams to field up to 4 athletes per event negatively affected the running of your invitational meet?  
YES = 0                      NO = 4                      NO ANSWER = 9
  - (c) did non-CYO teams attend your invitational meet?  
YES = 4                      NO ANSWER = 9
  - (d) did the presence of non-CYO teams at your invitational meet have a positive or negative effect?  
POSITIVE = 2                      NEGATIVE = 2

### **7th / 8th Grade Coaches Responses**

Surveys returned = 16 (there were 29 teams at the 7th/8th grade level at the 2005 CYO City Meet)

- 1 - Two rule changes were introduced during the 2005 season ...
  - ALLOWING UP TO 4 ATHELTES PER TEAM TO PARTICPATE IN AN EVENT (EXCLUDING RELAYS)
  - REDUCING TEAM MINIMUM SIZE FROM 10 TO 8 BEFORE A TEAM CAN FORM A SECON TEAM... do you feel that these rule changes provided more participation opportunities for your athletes?  
YES = 13                      NO = 3
- 2 - Team trophies were eliminated at all the invitational meets in 2005.  
BRING BACK TEAM TROPHIES = 3  
ELIMINATION OF TEAM TROPHIES WAS OK = 13  
IT MADE NO DIFFERENCE TO ME = 0

### **5th / 6th Grade Coaches Responses**

Surveys returned = 13 (there were 29 teams at the 5th/6th grade level at the 2005 CYO City Meet)

- 1 - Two rule changes were introduced during the 2005 season ...
  - ALLOWING UP TO 4 ATHELTES PER TEAM TO PARTICPATE IN AN EVENT (EXCLUDING RELAYS)
  - REDUCING TEAM MINIMUM SIZE FROM 10 TO 8 BEFORE A TEAM CAN FORM A SECOND TEAM... do you feel that these rule changes provided more participation opportunities for your athletes?  
YES = 10                      NO = 3
- 2 - Team trophies were eliminated at all the invitational meets in 2005.  
BRING BACK TEAM TROPHIES = 1  
ELIMINATION OF TEAM TROPHIES WAS OK = 10  
IT MADE NO DIFFERENCE TO ME = 2

### **3rd / 4th Grade Coaches Responses**

Surveys returned = 17 (there were at least 30 teams at the 3rd/4th grade level at the 2005 CYO City Meet)

- 1 - Were the number of track meets for grade 3/4 ...  
OK = 16  
TOO MANY = 1  
NOT ENOUGH = 0
- 2 - Are there any running and/or field events that you would like to see added at the 3r/4th grade level?  
NO = 14  
YES = 3 (300M Shuttle Relay, 800M Run, Discus)

### **K/1st/2nd Grade Coaches Responses**

Surveys returned = 12 (there were at least 30 teams at the K-1-2 grade level at the 2005 CYO City Meet)

- 1 - Were the number of track meets for grades K-1-2 ...  
OK = 11  
TOO MANY = 1  
NOT ENOUGH = 0
- 2 - Are there any running and/or field events that you would like to see added at the 3r/4th grade level?  
NO = 7  
YES = 5 (Shuttle Run, 200M Shuttle Relay, 400M Run, Need another field event to take the "heat off Long Jump)

**Event Participation Numbers  
CYO City Meet  
2004 vs. 2005**

**Attachment B**

	Boys 5/6 2004	Boys 5/6 2005	Boys 7/8 2004	Boys 7/8 2005	Girls 5/6 2004	Girls 5/6 2005	Girls 7/8 2004	Girls 7/8 2005
75M Dash	45	65 44.4%			62	87 40.3%		
100M Dash	42	71 69.0%	58	75 29.3%	66	79 19.7%	59	68 15.3%
200M Dash	31	31 0.0%	44	34 -22.7%	53	62 17.0%	54	60 11.1%
400M Dash	30	37 23.3%	31	40 29.0%	37	38 2.7%	41	29 -29.3%
800M Run	20	27 35.0%	32	25 -21.9%	20	16 -20.0%	31	27 -12.9%
1600M Run			24	24 0.0%			25	22 -12.0%
400M Relay (#teams)	17	16 -5.9%	20	21 5.0%	24	19 -20.8%	24	29 20.8%
800M Relay (#teams)	14	18 28.6%	21	16 -23.8%	19	16 -15.8%	22	15 -31.8%
1600M Relay (#teams)	11	10 -9.1%	15	9 -40.0%	13	12 -7.7%	15	16 6.7%
Long Jump	41	46 12.2%	25	40 60.0%	43	33 -23.3%	25	25 0.0%
High Jump	19	24 26.3%	17	20 17.6%	14	16 14.3%	20	17 -15.0%
Shot Put	34	32 -5.9%	33	41 24.2%	29	19	32	26
Discus	28	42 50.0%	29	38 31.0%	23	29 26.1%	24	24 0.0%