

2009 CYO Track Organizational Meeting

Thursday – February 5, 2009

St. Ignatius Hilvert Center

Time – 7:00 PM

The meeting was called to order at 7:15PM by Jim Waters.

Seven of the nine Board Members were in attendance, and Jim Waters introduced them in the following order:

- **CYO Track Advisory Board**
 - Pat Conlon, CYO Track
 - Joe Coors – CYO Track Program Coordinator/Technology Coordinator
 - Maureen Scheiner – St. Catharine
 - Len Carraher – Our Lady of Grace
 - Joe Stelzer – Mariemont
 - Steve Ruwe—Mother Teresa
 - Jim Waters – St. Ignatius
 - Jim Kalla, former CYO Track Commissioner, was away on vacation.
 - Beth Juszczuk, St. Susannah, was sick.

The group was given the purpose of the CYO Track Advisory Board, and the following statement was read: The leadership for CYO Track will now come from the CYO Track Advisory Board. The purpose of the CYO Track Advisory Board will be to set the direction for CYO Track, to review and approve the CYO Track Meet schedule, to review and administer any rule changes or major administrative changes for CYO Track, to act on any protests and disciplinary issues, to provide visible leadership for CYO Track, and to liaison with CYO. **The group works in an advisory capacity only and no one is compensated for their work.** Since the CYO Track Board is operating as an Advisory Board, the ultimate responsibility for any decisions made by the CYO Track Advisory Board will belong to CYO. Simply said, CYO will own and be responsible for our decisions and our liability will be minimized. This means that the CYO Track Board will need to keep Bill Rice informed of our decisions and procedures. Bill would also like us to develop procedures for replenishing/electing new board members and also for identifying what should happen if no one chooses to be nominated for the CYO Track Board and what would happen to CYO Track under those circumstances.

A set of bylaws will be created and in place by the start of the 2010 season. We want this Advisory Board to have turn-over that is consistent with the desire and willingness of others to help. We anticipate at least three openings in the 2010 season.

- **The Neighboring Parish Athletes Rule was Reviewed**

- **Reviewed Rule:** Over the last four years, the number of teams/schools sponsoring CYO Track teams has decreased. What we are now seeing are more teams comprised of athletes from multiple parishes. In 2008, 14 of the 34 teams/schools had athletes from neighboring parishes. In order for a member of a neighboring parish to participate on a CYO parish-sponsored track team, the following conditions must be met: (1) the athlete must be a registered member of a Catholic parish, (2) the athlete's parish must not be sponsoring a CYO team in the respective sport, and (3) the neighboring parish wanting to accept the athlete on their CYO sponsored team must apply in writing and get approval from CYO each year to

allow the athlete to be on their Track team. For the 2009 Track Season, all requests for athletes to participate on a CYO Track team under the neighboring parish policy must be submitted by March 20, 2009 – prior to the start of the 2009 CYO Track Meet season.

- Again--written requests for inclusion of athletes from neighboring parishes is due to CYO by March 20, 2009. Take a CYO Roster Form, and write at the top of the form --NEIGHBORING PARISH ATHLETES.

- **CYO Forms**

- A CYO Track Team Roster Form is available on the CYO Track Bulletin Board.

- A CYO Liability Release Form is available on the CYO Track Bulletin Board.

- Every Coordinator was asked to complete a parish roster (and a neighboring parish roster—if applicable) and then complete individual liability release forms for each of their athletes. The Board agreed that to simplify matters for the CYO, all coordinators should submit a release form for every athlete on their team even if they have already submitted a release form for another CYO sport earlier in the school year. The deadline for returning these forms to the CYO Office is March 20, 2009.

The group was reminded that this is a month earlier than past years.

It was highly recommended that the group submit their neighboring parish roster, their parish roster, their liability release forms for all runners on both rosters, and their fees by March 20th. This will minimize administrative work for them and the CYO.

- **CYO Coaches Information Collection**

- The group was told that there's one more form due by March 20th. This is the Coaches Form that can be found on the CYO Web site. This form should be mailed to Beth Juszczuk, faxed to her, or emailed to her.

- **2009 CYO Track Meet Schedule**

- The 2009 meet schedule was discussed. There were no changes requested to the spreadsheet. Jim Waters offered to email the spreadsheet the following day, so that Coordinators could hand it out at Parish Sign-Up sessions.

- **CYO City Championship Meet**

- Venue(s) & Location(s): The Advisory Board was happy to report that LaSalle and Elder agreed to host our CYO Championship Meets this season. LaSalle will host the Division I school meet, and Elder will host the Division II meet. The plan is to alternate every other year, letting Elder host Division I and LaSalle host Division II in 2010.

- Trophies / Medals / Championship T-Shirts: The Advisory Board discussed trophies, medals, and championship tee-shirts for the CYO City Meets. The group was told that trophies will be awarded to the top three teams in each Division and medals will be awarded to the top three individuals in each event.

The Advisory Board informed the group that CYO Track Championship tee-shirts will be printed for the top two finishing schools (e.g. Champion and Runner-Up) in each Division at the CYO City Meets. The tee-shirts would then be purchased from the CYO by the winning schools for their respective team members. Jim Kalla contacted Josie Rice at CYO Sports, and she confirmed that these T-Shirts will be available to be ordered via the CYO Sports web-site. This is how it's done for other CYO Sports.

- **CYO Track Rule Changes (if any)**

- **Raise High Jump Starting Heights (Grades 5 thru 8):** Dan Jester, St. James White Oak, suggested that the opening height for the high jump for grades 5 thru 8 be increased by 2 inches to help speed up this event. This suggested rule change was reviewed by the CYO Track Advisory Board, and it was determined that a vote should be taken on the issue at tonight's meeting.

After a lot of analysis on the part of Jim Kalla, former CYO Track Commissioner, it was determined that a 2 inch increase in the starting height would improve the efficiency of the event. The Advisory Board is recommending the following rule change:

- Raise the starting height for Girls in grades 5-6 to 3'2"
- Raise the starting height for Boys in grades 5-6 to 3'8"
- Raise the starting height for Girls in grades 7-8 to 3'8"
- Raise the starting height for Boys in grades 7-8 to 4'2"
- The Advisory Board further recommended that the bar be raised in increments of 2 inches thereafter—until there are 8-10 jumpers remaining. The bar may then be raised in increments of 1 inch.
- The Advisory Board also recommended that coaches encourage their jumpers to pass at the lower heights. It was suggested that each Meet Director should promote passing at lower heights in their Meet Flyer.

-**Vote on Rule Change:** The new rule was read, the floor was opened for discussion, and a vote was taken. Twenty-four FOR votes were recorded and one ABSTAIN. Majority won.

- **Allow spiked shoes at 7th / 8th Grade Levels:** Lesley Marsh, St. Gertrude, asked for a review of the NO SPIKES rule for CYO Track. She and others are requesting that spiked shoes be allowed at the 7th and 8th grade level. This suggested rule change was reviewed by the CYO Track Advisory Board and the Advisory Board voted unanimously to make no changes to the rule at this time. The Advisory Board listed many reasons for their decision to keep spiked shoes off the feet of these young athletes. The most notable of these reasons was that coaches are not equipped to train young athletes on the proper use of spiked running shoes and that, subsequently, foot injuries and heel bruises will occur from wearing them. This information was also confirmed by a leading Podiatrist and Runner in the City. It was also decided that spiked shoes worn by athletes who don't know how to run in them will cause damage to the track surface. There was no vote taken on this issue at the meeting.

- **CYO Track Technology**

- **Phone Network:** Lesley Marsh, St. Gertrude, suggested that an automated phone service be established for use in situations where last-minute cancellations/postponements could be quickly "pushed out" to all the parents of the 1,200-1,400 athletes who attend the weekly parish invitationals. This suggestion was reviewed by the CYO Advisory Board and the cost for such a service (provided by PENN Alert My Coaches Call) was \$1 per athlete. The Advisory Board felt that \$1,400 to \$1,600 was a lot of money for an eight week season, and we agreed to investigate a multiple phone line, hotline service that would allow parents to call in. Joe Coors volunteered to contact Cincinnati Bell and to take the lead on this initiative. Joe reported that the service was \$20 per month and that his father-in-law (Joe's employer) would allow the CYO to add that additional phone at his place of business.

Joe Coors also told the group that the Advisory Board approved the purchase of an Internet card for the CYO laptop computer. This would enable the meet director to quickly access the CYO Track Bulletin Board and quickly update a meet's status. The group agreed to let the Board use money from the Technology Fund to make this purchase.

- **Cincinnati CYO Track Bulletin Board Web-Site:** The group was told that Jim Kalla was in the process of turning over the web-master responsibilities for our web-site to Joe Coors. After this season, the CYO Track Board will also

assume responsibility to fund this web-site. The cost to fund it is minimal. Jim Kalla has been paying about \$50 for the domain name and the yearly operating expenses for this web-site. He will transfer the financial responsibilities for this web-site later this year over to Joe Coors. Next year, when the fees for the domain name and operating expenses come due (in March), they be paid from the CYO Track Technology Fund. Jim Kalla will also work with Josie Rice at the CYO Offices to make sure that the web-site and the Track Sections on the CYO Sports web-site are “in-synch”.

- **Meet Management Software: Training & Documentation:** The Advisory Board told that group that we were committed to the continued use of the meet management software for our meets. The software provides consistent and accurate results and helps us enforce eligibility guidelines at our meets. A survey of the seven meet directors from 2008 resulted in two major issues:

- meet directors did not know how to operate the meet management software
- coaches did not know how to fill-out and submit pre-meet team registrations.

In reply to these issues, the Advisory Board came up with the following recommendations:

- The CYO Track Advisory Board will commit a trained person—if requested—to help the meet director enter his or her data before and during the meet. Joe Coors will be at every meet with the CYO laptop and printer.
- The CYO Track Advisory Board will attempt to find a better method of collecting the data. There were too many problems with coaches entering bad data into the Excel spreadsheets and then not knowing where to send them week-over-week. Joe Stelzer suggested that we create a central collection point for the entire season (e.g. same email address, same web site, etc.). The Board is still working on this web-based solution.
- A training session for coaches was offered to the group. It will be included as an agenda item at the Coaches Clinic scheduled for March 15, 2009 (see details below).
- Other matters that were discussed include meeting the Wednesday 9PM Deadline, registering athletes who may not come to the meet, patching holes in heats, and placing substitutions in heats at the end of the event.

CYO Track Coaches Clinic will be held on Sunday, March 15, 2009 2:00 to 5:00 PM

Location: **LaSalle High School Music Room** (new building behind the school, near the football stadium— use the ramp or stairs to the side door). This clinic is intended for any coach (new or old) that wants to share their ideas, learn new things, and support the greater good of CYO Track in Cincinnati. We hope to accomplish the following agenda items:

- **How to use the *Easy Ware Meet Management Software***—Watch a live demonstration of how to enter data and use the same spreadsheet week-over-week
- **Sprinters** (50 to 200 meter events)—Specific workouts and practice techniques for sprinters, including relay events
- **Middle and distance runners**—(400 meter + longer distances)
- **Field events**—Watch live video coverage of practice techniques for high jump, long jump, shot put, and discus as taught by former Olympians
- **Kindergarten to 4th grade practice /chaos**
- **First year basics you gotta know**—How to prepare for the weekly meets, rules, traditions, procedures, etc.

There is no cost or pre-registration. Please encourage all coaches to attend. If you have questions, contact Patrick Conlon at 513.470.1166 or pconlon@cinci.rr.com.

The meeting was concluded at 8:30PM.

Respectfully submitted by Jim Waters.