

2015 3rd Place Champions



Holy Rosary Catholic Youth Organization **Track and Field 2016** For girls and boys, grades 4 through 8



REGISTRATION DEADLINE: APRIL 1

*Please contact the undersigned if your 3rd grader is interested in joining.
There may be availability depending on registration numbers.

REGISTRATION FEE: \$65.00 per child

REGISTER ONLINE: at <http://holyrosaryedmonds.org/online-registration-for-cyo/>

REGISTER BY PAPER: Please fill out the form on the backside of this flyer and return it to the parish office with your registration fee.

2014 IMPORTANT DATES

Friday, April 1, 3:30-4:30 – **First Practice** @ at Edmonds Civic Track

April Practices every Tuesday (5:30) and Friday (3:30) @ Edmonds Civic Track

May Practices every Tuesday only 5:30 @ Edmonds Civic Track

Saturday, April 30, 2:30 – Preliminary Meet 2:30 pm (Location TBD)

Saturday, May 7, 10:00 – Qualifying Meet 10:00 am (Location TBD)

Sunday, May 8, 12:00 – 8th Grade Pentathlon 12:30 pm @ West Seattle Stadium

Saturday, May 14, 12:00 – Individual Championship (Location TBD)

Saturday, May 21 – Team Championship (Time/Location TBD)

Events (athletes participate in one running event, one field event and at least one relay)

Running Events

50, 60, 75, 100m sprints
200, 400, 800, 1600m

Relay Events

400m relay; Sprint Medley Relay;
1800 co-ed Relay

Field Events

Long Jump; Shot Put; Softball ,
High Jump, Throw; Turbo Jav

CYO Track and Field is designed to:

- introduce youth to different events that are available to them as a track and field athlete
- for the athlete of any other sport to improve their speed and agility
- for the individual who would like to get out one day a week for exercise and socialization
- give participants the basics, and for those with that ability the chance to try new events and improve

Coaches and Volunteers Needed: Our track program is in need of coaches, assistant coaches, practice volunteers and track meet volunteers. **Please contact the undersigned if you can assist the team this season.** Even if you can commit to only one night per week or one or two meets, that would be appreciated. Former experience is not necessary. For Holy Rosary School Parents: Head coaches are given 20 hours towards their mandatory volunteer hours.

Please contact us with questions:

cyodirector@holyrosaryedmonds.org

Sarah Lacy (206) 200-5095

Regan Hupf (206) 229-7384



**2014
2nd Place
Champions**



HOLY ROSARY CYO REGISTRATION: Track 2016

Grades 4 – 8 (and 3rd grade if registration numbers allow)



Return form and fee to Holy Rosary Parish Office, or by mail P.O. Box 206, Edmonds, WA 98020
Athletic Fee per player: \$65.00 (checks payable to Holy Rosary)

Player Name: _____ Gender (M/F) ____ Birth Date: _____ Catholic? (Yes/No): _____

Parish: _____ School: _____ Grade: _____ Race: _____

Home Address: _____
(Street) (City) (Zip)

PARENT: _____ Home/Work/Cell#: _____

PARENT: _____ Home/Work/Cell#: _____

E-Mail(s): _____

Emergency Contact: _____ Contact #: _____

UNIFORM: Adult or Youth Size? ____ S, M, L or XL? ____

Health Conditions/Physical Restrictions: _____

Medications/Allergies: _____

Family Physician: _____ Contact #: _____

Medical Insurance Carrier: _____ Policy #: _____

Permission Liability Waiver: I give my child: _____ permission to play on the Holy Rosary Edmonds CYO team. I understand that I take full responsibility for my child's welfare and will not hold Holy Rosary Edmonds Parish or School, Catholic Youth Organization of the Archdiocese of Seattle, the current coaching staff, or the schools, practice fields and of gym at which my child will participate, responsible for accident or injury sustained by my child.

In case of emergency, I hereby authorize the Adult in charge to seek any emergency care, transportation and procedure deemed necessary by a physician, due to injuries sustained while participating in the Holy Rosary Edmonds Athletic Program.

Photograph/Video/Sound Release Waiver: I hereby ____ GIVE PERMISSION ____ DO NOT GIVE PERMISSION to Holy Rosary to use the photograph/video/sound of my child named above for their publicity, promotion, news releases, videos, and web use. This may also apply to the written composition or visual art of the minor if it is published. Holy Rosary agrees that the child's name, picture, art, written work, voice, photograph, video or verbal statements shall only be used for public relations, public information, publicity and/or instruction. The school further agrees that students will not be identified by personal details other than first name. These details include email or postal addresses, telephone or fax numbers. Pictures of one to three children are permitted as long as an appropriate release form has been signed by the parent/guardian of each individual shown in the picture. Pictures of four or more students are permitted without a release form and will be printed without first and last names. No monetary consideration shall be paid. Consent and release have been given without coercion or duress. The photo, video or student statements may be used in subsequent years. If the child or Parent/Guardian wish to rescind this agreement they may do so at any time with written notice. Holy Rosary has no control of media use of pictures/statements which are taken without our permission.

Parent/Guardian: _____ Effective Date: _____
(Print) (Signature)

HOLY ROSARY ATHLETIC DIRECTORS

Sarah Lacy (206) 200-5095

Regan Hupf (206) 229-7384

cyodirector@holyrosaryedmonds.org

Scholarships available upon request.

(Official use only) Jersey Number _____ Payment Received _____
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