

Welcome to Chatham Gold!

Please read the enclosed materials about the upcoming season with Chatham Gold as some things may have changed. We look forward to working with many great young athletes this year!

Questions/Contact:

Michael West Morris Memorial: 518-392-4622

Chatham Gold Facebook Page

chathamgoldtrack@gmail.com

Texts to: 518-424-9821 with name of guardian and athlete in text along with question.

Coaching Staff: Molly, Elise, Amanda, Kris, David, Amanda, and Cindy.

Practices are held at the Chatham High School Track: Practices will be regularly Mondays and Wednesdays 5:30 -7 beginning on Monday, April 15th.

MODIFIED AND VARSITY ATHLETES ARE WELCOME TO JOIN! OUR SEASON EXTENDS PAST YOURS !!! PRACTICES ARE WAIVED FOR YOUR MEET ENTRIES DURING YOUR SCHOOL SEASON!

About Chatham Gold Chatham Gold is a club member of USATF, the national governing body for Track & Field, and of the Road Runners Club of America, a national running organization. Mission Statement Chatham Gold exists for the purpose of providing a developmental, competitive, and enjoyable atmosphere in which young athletes can learn the skills necessary to participate in all aspects of Track and Field. This is a fun opportunity to improve physical condition, increase self-confidence and try new skills through the sport of track & field.

Code of Conduct:

1. All participants shall treat each other with respect and dignity. Any conduct that demeans or harasses any person is prohibited.
2. All participants are prohibited from swearing or using vulgar gestures, including making insulting comments to other participants based upon race, religion, gender, national origin, disability or sexual orientation. Reckless conduct that might injure others is prohibited. Conduct that disrupts practices or meets is also prohibited.
3. All participants shall be honest in their statements and actions.
4. Parents and coaches are to recognize that this organization focuses on developmental skills and will concentrate on developing athletic skills, character and experience.
5. All participants will treat the facilities of Chatham Central Schools, and any other facility at which they compete, with respect.

Participant Information Chatham Gold is designed for children age 10 and above. Children who are 9 years old or younger need permission from the Chatham Gold coaching staff AND will need a commitment of a guardian to remain at EVERY practice.

Practice Information: Practices run from 5:30 – 7:00 pm on Mondays and Wednesdays at the Chatham High School track, located at the back of the school. Athletes will run a warm up together and then participate in organized stretching activities on the infield.

As the season progresses, additional days may be added or times adjusted “Track events” include all running events (sprints, distance, hurdles and relays). “Field events” include all throwing and jumping events (discus, javelin*, shot put, long jump and high jump).

All athletes, and especially new athletes, are encouraged to try all the events for at least two to three weeks before limiting themselves to a few events. Athletes should compete in varied events during the early season meets as well.

As older athletes become more comfortable and/or proficient with certain areas, they may want to become more focused, concentrating on a few events during their practice.

We run outside and it can be very cold at the start of the season. Dress in layers! Hats and gloves are necessary. In addition, (running) sneakers and a water bottle are needed at every practice. Spikes are optional, but may not be worn on the infield during warm up exercises. Inclement Weather Practices may be cancelled or cut short for inclement weather. It is important that there is an adult readily available to pick up the athletes in the case of early dismissal. It will be posted on Chatham Gold Facebook if practice is cancelled.

Age Divisions Age groups are set up by calendar year, not school grade. These age groups are set up nationally through USATF. Divisions are as follows: Age Division 8 & Under 9-10, 11-12, 13-14, 15-16, 17-18

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet.

Parent Drop-Off & Pick-up Policy

We understand that many parents drop their children off at practice and return later to pick them up. It is the parent's responsibility to walk your child(ren) into the fenced practice area and stay with them until the coach arrives and brings all the athletes together for practice.

It is also the parent's responsibility to ensure that Chatham Gold has updated emergency contact information and is aware of any special medical needs that your child(ren) may have.

In addition, if the weather looks uncertain, please do not drop your children and leave. If we even hear thunder, we must call practice off.

It is your responsibility to sign your child in and out at each practice.

- Athletes, ages 13 and older do not need to be signed in/out by an adult as long as there is written parental permission. These athletes will need to sign themselves in and out at each practice.
- Athletes 9 and under must have an adult on site throughout every practice.

Registration

Please return the attached registration form, include entry fee to Molly Goodrich at Practice.

Morris Memorial office phone: 392-4622. Director: Michael West

Registration Fee • \$10.00 registration fee/child

Additional Fees Per Meet

Chatham Gold is in the midst of fund raising to keep the costs of our Jersey's and Registration minimal.

Jersey cost will depend on the total funds raised. Watch for ways to support and assist in the fund-raising process. Pasta Night/Auction to be announced, Online Apparel Store (see coaches for information) – More to come!!!

- Scholarships are also available for registrants in need.

*****Meet Schedule Coming Soon!*****

About the meets PATIENCE, PATIENCE, PATIENCE.

Understand that many of the meets operate with volunteers and there is little control over how many athletes will show up. The more athletes that come to participate, the longer the meet will be. Expect to be at the meet for around 4 hours (longer if it is a large meet). You may leave the meet once you complete all of your events though we encourage you to stay and cheer on some of your teammates if you have time. Below is a list of the track and field events offered and more information about the meets.

Track Events • 100 meter dash • 200 meter dash • 400 meter dash • 800 meter run • 1500 meter run • 3000 meter run • Hurdles • 4x100 meter relay • 4x400 meter relay • 4x800 meter relay • 1500 meter racewalk • 3000 meter racewalk Field Events • Shot put • Discus • Turbo javelin/ javelin • Long jump • Triple jump • High jump • Pole vault (must have permission of coaches to participate) Intermittently offered • 5000m run • Steeplechase Age restrictions - Not all ages compete in all events • 3000m – 9 & older only • Discus – 11 & older only • Triple jump – 11 & older only • Hurdles – 80 meters (11-12), 200 meter (13-14), 100 meter (15+), 400 meter (15+)

Relay teams If part of a relay team, please be aware of the commitment made to others on the relay team and make certain to stay for the relay. There has been much disappointments when one athlete backs out of a relay, while three others have saved one of their events for that relay. We strongly recommend that athletes who participate in another spring sport (soccer, baseball, etc.) do not commit to a relay team.

Track and Field Event being called at the same time In the event that you are called for both a track (running) event and a field event at the same time, running events always supersede field events. Notify the field official that you are being called for your running event and return to the field event immediately after the conclusion of your race.

Notification of event By far the biggest challenge at a track meet is recognizing when your event is called. Track meets are confusing and loud. There will be an order of events posted at the Chatham Gold tent but it is your responsibility to keep track of what event is currently being contested and when you are to report. A coach will NOT tell you to go report for your race. Pay close attention to the meet and make sure you can hear the events being called over the loudspeaker.

What to bring Please remember to bring plenty of water, food, and sunscreen! Many families pack a picnic and enjoy the social atmosphere! Food and drinks are sometimes available to purchase, but we recommend you bring your own. Bring chairs, blankets, umbrellas, or tents so you will be comfortable regardless of the weather conditions. Track meets are long, but exciting days!

CHATHAM GOLD 2019 Registration Form

Section I.

Athlete Information

Child Name: _____ Date of Birth: _____ Age: _____

Child Name: _____ Date of Birth: _____ Age: _____

Child Name: _____ Date of Birth: _____ Age: _____

Address: _____

Phone#1: _____ name: _____

cell home work other Phone

Phone#2 _____ name: _____

cell home work other Phone

Phone#3 _____ name: _____

cell home work other

Email address #1:

Email address #2:

Athlete(s) live with (provide name, relationship):

Emergency #'s (if diff from above): _____

Health issues we should be made of aware of:

Athlete's Accident/Medical Insurance Provider: _____

UNIFORM

Does your child have a uniform (top)? YES NO Size _____

What size Jersey does your child need? Youth Small Youth Med Youth Large Men's

Small Men's Med Men's Large Men's XL Ladies XS Ladies Small Ladies Med

Ladies Large Ladies XL Athletes must wear BLACK shorts to meets.

Comments:

Section III.

Permission, Release of Liability and Medical Treatment Authorization

I, the undersigned, give permission for the above named athlete to participate in all activities of Chatham Gold Track & Field. I acknowledge in signing this form that I am familiar with this program and I acknowledge that I am unaware of any injury, illness or condition which would prevent the above-named athlete from participating in this program. If there is any condition or problem, which I believe the Morris Memorial Association should be aware of, I have attached an additional sheet to this form to describe the condition. I hereby acknowledge that there are certain risks associated with the sport of Track & Field. In the event the above-named athlete is involved in an accident, or becomes ill and I am not present, I authorize the Morris Memorial Association, its agents, and/or volunteers to obtain emergency medical care as deemed necessary by them to provide for the individual safety and well-being of my child. I understand that individual Health and Accident Insurance covering the above named athlete is my responsibility. Furthermore, I waive and release all officers, agents and volunteers of Chatham Gold, the Morris Memorial Association and the Chatham School District from all claims and liabilities arising out of the above named athlete's participation in Chatham Gold, even though that liability may arise out of the negligence or carelessness on part of the persons and parties named in this Release.

Signed _____ Date: _____

(Parent/Guardian) Please attach registration fee payable to: Morris Memorial Association, drop off at Practice to Molly.

The Municipality you reside in: (check one)

Village of Chatham (Town of Chatham)

Town of Austerlitz

Village of Chatham (Town of Ghent)

Town of Canaan

Town of Chatham

Town of Kinderhook

Town of Ghent

Other _____