**Welcome to Chatham Gold 2023!**

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: [chathamgoldtrack@gmail.com](mailto:chathamgoldtrack@gmail.com). Updates & Cancellations - Chatham Gold Facebook Page.

**Practices: Begins Monday, April 19th, 2023**

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# About Chatham Gold

Chatham Gold is a club member of USATF, the national governing body for Track & Field.

# 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.
3. Reckless conduct that might injure others is prohibited. Conduct that disrupts practices or meets is also prohibited.
4. All participants shall be honest in their statements and actions.
5. Parents and coaches are to recognize that this organization focuses on developmental skills and will concentrate on developing athletic skills, character and experience.
6. 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 8 and above. Children who are 6-8 years old need permission from the Chatham Gold coaching staff AND will need a commitment of a parent volunteer at EVERY practice.

# Practice Information

Practices run from 6:00 – 7:30 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. Group stretches will end with the team being dismissed into age groups for the remainder of practice. Once the athletes are separated into age groups, they will follow a simple rotation during each practice. “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). Athletes will have time to practice one event during each rotation.

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 for runners/sprinters/jumpers.

## Inclement Weather

Practices may be canceled 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. An email will be sent out to all participants if practice is canceled. Cancellations and other updates will be made available on the Chatham Gold Facebook Page.

# Age Divisions

Age groups are set up by calendar year, *not* school grade. These age groups are set up nationally through USATF.

For the 2023 season, the divisions are as follows:

|  |  |
| --- | --- |
| **Age Division** | **Previously known as** |
| 8 & Under | Sub-Bantam |
| 9-10 | Bantam |
| 11-12 | Midget |
| 13-14 | Youth |
| 15-16 | Intermediate |
| 17-18 | Young |

\*\* 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 will call practice off.**

There will be a parent volunteer posted near the gate at each practice. It is your responsibility to sign your child in and out at each practice.

Exceptions:

* 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 7 and under must have an adult on site throughout every practice.

# Registration

Please return the attached registration form, include entry fee and mail to PO Box 184, Chatham, N.Y 12037 or drop off at the Morris Memorial when school is in session, Monday - Friday, 2 PM - 6 PM. [Morrismemorial12037@gmail.com](mailto:Morrismemorial12037@gmail.com), 392-4622. Director: Michael West

(Cash or Check). **SCHOLARSHIPS AVAILABLE - Contact Michael West.**

# Registration Fee

* **NEW THIS YEAR** – USATF membership is required to participate in meets. The cost for youth athletes is $25 per calendar year. Please sign your child up before the first practice and indicate the membership number on the application **if** you are planning to enter into meets this season.. USATF Memberships can be found at <https://www.usatf.org/membership/application/index.asp>.
* $40.00 registration fee for first child in family and $30 for each additional sibling. Families will be capped at $75.
* Uniforms, consisting of a track & field singlet and shorts, can be purchased for $30 for athletes planning to compete.

(Past members are welcome to wear their old uniform at meets but we are unable to accept them as trade in for a larger size).

* Scholarships are also available for registrants in need.

# 2023 MEET SCHEDULE

**\*Attendance at meets is not required; additional fees apply to each meet.\***

TBD - we do not have information yet as to a schedule of meets; there will be USATF Associations and Regionals 2023 to Qualify for USATF Junior Olympic Nationals.

*\*\* Qualifying event for USATF National competition; must have qualified at USATF Association Championships*

*\*\*\*Must have qualified at USATF Regional competition to compete*

# 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 be coached outside of Chatham Gold in order 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+)
* Pole Vault – 13 & older only

## 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 have been many 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.