



Dear Parent/Guardian:

The annual Valley Catholic sports League Track & Field Meet is scheduled for **Saturday, May 6th, 2017 from 11am-4pm**. **Please submit all forms to Terese Crow by Wednesday, April 26th, 2017 to register your child.** The Meet will take place at Notre Dame High School. Only Grades 3rd-8th can participate.

Our S.J.E. girls and boys will compete against other girls and boys, at their grade level in the Valley. Each student is allowed to run in one short race **and one** long race. Participants in the shot-put throw, long jump, and javelin throw (3 students per grade in event) will be selected during practices/evaluations by coaches. All participants will receive a school ribbon and some students may earn ribbons and medals in the qualifying and final heats. Participants must wear tennis shoes, no track shoes (with or without spikes). Shoes must be able to be worn on a gym floor. **Only coaches, officials, and adult volunteers are allowed on the field. Parents and spectators must remain in the bleachers.** We ask all parents to show their school spirit by wearing red and white Eagle apparel. **Students must wear their Track and Field Team T-shirt** and be supervised by a parent.

Please note that the Track Training program is to help our students prepare for the meet. You may participate in Track Training only if you are competing in the meet. You must sign up for the Track Meet using this form in addition to signing up for the Track Training Program. Students are to wear P.E. uniforms/sprit shirt/old track shirt to all track practices.

3rd and 4th Grades

Short Race: 50 and 100 meters Long Race: 200, 400 or 800 meters. Field Event: Long Jump or Javelin throw

5th and 6th Grades

Short Race: 100 and 200 meters Long Race: 400, 800 or 1600 meters. Field Event: Long Jump or Javelin or Shot-put

7th and 8th Grades

Short Race: 100 and 200 meters Long Race: 400, 800 or 1600 meters. Field Event: Long Jump or Javelin or Shot-Put

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*Please **COMPLETE** and **Fill in** this portion with the event interested in. **RETURN** it to the School Office.*

_____	_____	Distance_____	Field Event_____
Name of Student (please print)	Grade	Sprint_____	
_____	_____	Distance_____	Field Event_____
Name of Student (please print)	Grade	Sprint_____	
_____	_____	Distance_____	Field Event_____
Name of Student (please print)	Grade	Sprint_____	
_____	_____	Distance_____	Field Event_____
Name of Student (please print)	Grade	Sprint_____	

I hereby release the Valley Catholic Sports League, Notre Dame High School, and St. John Eudes School of any responsibility for injury incurred by my child (Entrant) at the Annual K of C Track Meet. I also give permission to treat my son/daughter in the event of an emergency.

Parent/ Guardian Signature

Date



Archdiocese of Los Angeles

ST. JOHN EUDES SCHOOL
2016-2017 AFTER SCHOOL SPORTS
STUDENT AND YOUTH ACTIVITY PERMISSION FORM

CHILD'S NAME: _____ GRADE: _____

Activity: 2017 Valley Catholic League Track and Field Meet

Date: 2017 Sports Season **Cost: \$15 for new participants (Did not do Knights of Columbus or Chaminade 2017)**
Mode of Transportation: Parents **\$0 for old participant (Competed in Knights of Columbus or Chaminade 2017)**

I request that my child be permitted to participate in the above activity. My child has no medical condition that would render it inappropriate for him/her to participate in this activity. I agree to direct my child to cooperate and conform to directions and instructions of the parish, school or Archdiocesan personnel responsible for this activity.

As a condition of participating in this activity, I hereby release and discharge The Roman Catholic Archbishop of Los Angeles, a corporation sole, Archdiocese of Los Angeles Education & Welfare Corporation and the school and parish, their respective employees and any parent/volunteer/ chaperone, from any and all claims for personal injuries, wrongful death or property damage that my child may suffer as a result of participation in the activity described above, whether or not such injuries or damage are caused by the negligence (active or passive) of the Archdiocese, the parish, the school or their employees or chaperones.

Should it be necessary for my child to have medical treatment while participating in this activity, I hereby give the responsible personnel or chaperones permission to use their judgment in obtaining medical service, and I give permission to the physician selected by the school personnel or chaperone to render medical treatment deemed necessary and appropriate by the physician. I agree to relieve the school and other participating adults from any liability in connection with this request.

I understand that the insurance benefits through the school or parish, if any, may have limited application, and that I am entirely responsible for the cost of all medical treatment provided to my child. I agree to indemnify and hold the school harmless from the cost of any medical treatment and related expense and cost incurred.

Parent/Guardian Date

Home Phone Cell Phone Work Phone

Email: _____

Person to Notify in case of Emergency if Parent or Guardian is unavailable:

Name: _____

Day phone: _____ Cell: _____

Health Insurance Company: _____ Policy No.: _____

Track Meet Training

All students must have a signed permission slip on file. This program is meant to help students prepare for the track meet tentatively scheduled for **Saturday, May 6th, 2017 from 11am-4pm, at Notre Dame High School.** Students may participate in the training **only if** they are competing in the meet. Students may still participate in the track meet even if they choose not to do track training.

Practice will be cancelled due to rain or a wet field.

All children are asked to eat lunch at recess/snack time so there's plenty of time to digest your meal before running. Students may eat a light snack and change into PE clothes before practice start.

Practice will be on Friday May 5th, 2017 from 1-3pm.

We will be working on stretching and warm-up for the first 10 -15 min of practice. After stretching, we will break into groups by age. Coaches will try their best to rotate through four training stations, including: Sprints, Distance, Long Jump, and shot-put throw.

*All students are asked to wear PE clothes/any SJE apparel for practice. **ALL participants must wear their SJE Team T-shirts for all Track and Field Meets.** Proper running shoes are a good idea. A water bottle with name is recommended for hot days. Remember, we only take small sips of water to prevent stomach aches when running.*

Some tips for helping kids practice at home

- Stretching, push-ups and crunches are great exercises when watching TV.
- Get out and run as a family. Pace yourselves and have fun.
- Play catch with a soft ball and reinforce the proper throwing technique.
- Jumping from a squatting position will help build strength for the long jump.
- Sprint repeats with 20 sec. rest intervals really help to build speed.

We are looking for parent volunteers from each grade to be the team representative at the meet. Please sign up on the list provided.

Volunteer service hours can be earned by helping with the practices and at the Valley Catholic Sports League Meet scheduled for **Saturday, May 6th, 2017 from 11-4pm.** If you would like to volunteer, please fill out and return the bottom portion to the School Office as soon as possible.

***You must be Virtus trained and fingerprinted to volunteer.**

Any questions, please call Mr. Castro or the school office at (818) 341-1454 or email at Lcastro@stjohnneudes.org.

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RETURN this portion to the School Office as soon as possible

- _____ I would like to volunteer to help during Track Practice.
- _____ I would like to help at the Track Meet on **Saturday, May 6th, 2017 (11am- 4pm).**
- _____ I would like to volunteer as a Team Representative at the Meet for Grade _____

Name of Volunteer: _____ Phone No.: _____
Email: _____