



# 2010 Cross Country Handbook and Registration Forms



Revised: August 2010



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# Club Contacts

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## Officers

Co-Presidents	Debbie Phillips (Cross Country) and Linda Sullivan (Track)	<b>president@cascadestridders.com</b>
Vice President	Anita Manns	vicepresident@cascadestridders.com
Registrar		registrar@cascadestridders.com
Treasurer	Leo Ahearn	treasurer@cascadestridders.com

## Support Staff

Uniform Manager	Naomi Panian	
Meet Director	Debbie Phillips	
Web Site	Dave Laidler	
Awards Banquet	OPEN	This is a great opportunity to help out!
Trainer	Vicky Donnell	trainer@cascadestridders.com

**Website: [www.cascadestridders.com](http://www.cascadestridders.com)**



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# Cascade Striders Program

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## Communications

We strive to keep our club members informed.

1. **Email**-We will primarily communicate with team members via email. Announcements about practices, meets, changes in schedules, and important information will be sent via an email distribution list. When you complete your registration forms, please include an email address. This will be the primary method of communication throughout the season. If you want information sent to more than one email address, that is fine, too, include as many email addresses as you need. The sooner you register, the sooner you will be added to the email distribution list and receive team announcements.
2. **Website** –[www.cascadestriders.com](http://www.cascadestriders.com) –Important information about practices, forms for meets, announcements of upcoming events, etc, will always be displayed on the team website. Please check the website often so you are up-to-date on upcoming events and any changes as the season progresses.
3. **In Person**: We will make announcements of upcoming practices and events at the end of practice. But, all of this information will be repeated and presented in greater detail via email and the website. Please rely on the email and website for the most current and up-to-date information.

## Volunteers

The Cascade Striders is a non-profit club run entirely by volunteers. Without parent volunteers, the club would not exist. If you are interested and willing to help with the club, please contact the club President or Head Coach and let them know. We can always use an extra hand!

**\*\*\*\*Please Note: We are currently looking for a new President for Cross Country – The current President has served for 3 years and is ready to move on to other things. If you would like to help our team by volunteering as President for Cross Country, please let Debbie Phillips know at 425-345-5505 or [president@cascadestriders.com](mailto:president@cascadestriders.com). \*\*\*\***

## Cascade Striders Meet

The Cascade Striders Meet is the club's one fund-raiser. We don't ask you to sell candy, but it is mandatory for all families to help in this event in some way. This year our meet will be held on Saturday, September 25, 2010.

## Weather

Practices will rarely be cancelled. The only time we would cancel practice is if the weather is such that it is dangerous (e.g. lightening storms). Please be prepared for the weather. Wear sweats (top and bottoms) to all practices and add hats, gloves, coats, and head lamps as needed. Any changes in the practice schedule will be distributed via email and will be posted on the website. Always check the website and your email for the most current information.



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# Club History

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## A Long Track Record

Cliff Nixon started the running club which was to become the Cascade Striders in 1972. It was the first local club to allow opportunities for both boys and girls to compete in age group Track & Field and Cross Country. In its 30+ years of existence, it has helped thousands of kids achieve more of their potential in running and probably in life. We have developed into one of the Northwest's finest running programs. The Cascade Striders have trained numerous young All Americans in both Track and Cross Country over the years. Additionally, many of Western Washington's top prep runners started their running careers with the Striders.

## Cascade Striders Program

The Cascade Striders is a USA Track and Field affiliated youth running club. USATF is the organization which ultimately trains and sponsors the US National and Olympic Track and Field Teams. The goals of youth cross country are many. The main goal is to provide an opportunity for young athletes (ages 8-18) to be exposed to an organized running program and given an opportunity to train and compete with other athletes of similar ages and abilities in a supportive, fun environment. Our club operates under the supervision of USATF certified coaches and under the training and competition guidelines of USATF. We, however receive no external funding or support of any kind. We are entirely self-supporting and volunteer operated. Whether your athlete is highly competitive with his or her sights on a national title or just out to stay in shape, we have a place for anyone who truly wants to run.

## Club Philosophy

First and foremost, we place the emotional and physical well being of the athletes ahead of all other considerations. We are here to help the individual athlete enjoy our sport rather than simply promote the club. We want a fun and enjoyable experience for all our kids, no matter what level they achieve. We encourage athletes to set goals for themselves so they can experience success when they achieve those goals. And, we challenge them to be their best. But we let the athletes participate at the level they choose. We don't push them beyond where they are ready to perform. When they want to work hard, we are ready to work with them.

## Club Goals and Mission

The objectives of the CASCADE STRIDERS RUNNING CLUB are to encourage and help young people develop:

- **Physically** by learning skills related to the sport of cross country running and track and field; improving their physical conditioning and developing good training and health habits.
- **Emotionally** by building their feelings of self-esteem by recognizing their individual achievements.
- **Socially** by having fun, forming bonds of friendship, and learning good sportsmanship.



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# Practice Schedule

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## Practices

Practices are on Mondays, Wednesdays, and Saturdays of non-meet weekends. Check the website calendar and e-mail announcements for up-to-date information. The season will begin on Wednesday, September 8<sup>th</sup> at 5:30pm at Wilburton Hill Park. There will be a parent meeting at the beginning of practice. As we begin to lose daylight, we may move practices to 5pm near the end of October to ensure safe running conditions for our athletes. Beginning on Nov. 8 and through the last practice of the season on Dec. 8, practices will be Monday and Wednesday 5:30-7:00pm at Grass Lawn Park, Softball Field #1, in Redmond. Saturday practices will continue to be at Wilburton Hill Park from 10am-12pm on non-meet Saturdays.

Addresses of Practice Locations:

Wilburton Hill Park: Main St and 124<sup>th</sup> Ave NE, Bellevue, WA

Grass Lawn Park: 7031 148th Ave NE, Redmond, WA (park in the lot off of 148<sup>th</sup>)

Watch for the Cascade Striders sandwich-board sign to know you are in the right location!

## Practice and Meet Schedule as of August 2010:

(watch the website and email for any changes throughout the season):

Wednesday, September 8, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA

**\*\*\*Parent Meeting during practice, Sept. 8, 5:30pm-6:15pm\*\*\***

Saturday, September 11, 10am-12pm, Wilburton Hill Park, Bellevue, WA

Monday, September 13, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA

Wednesday, September 15, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA

Saturday, September 18, 10am-12pm, Wilburton Hill Park, Bellevue, WA

Monday, September 20, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA

Wednesday, September 22, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA

**Meet:** Saturday, September 25, Cascade Striders Home Meet, Wilburton Hill Park, Bellevue, WA

Monday, September 27, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA

Wednesday, September 29, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA

**Meet:** Saturday, October 2, FWTC, 5 Mile Lake Park, Federal Way, WA

Monday, October 4, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA

Wednesday, October 6, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA

**Meet:** Saturday, October 9, Whidbey Island Track Club, Whidbey Island, WA

Monday, October 11, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA

Wednesday, October 13, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA

**Meet:** SUNDAY, October 17, Issaquah Gliders, Lake Sammamish State Park, Issaquah, WA

**\*\*\*\*Please note, practices may change to 5pm -6:30pm from the middle to the end of October depending on the available daylight\*\*\*\***

Monday, October 18, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA  
Wednesday, October 20, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA  
**Meet:** Saturday, October 23, SCAA, Genessee Park, Seattle, WA

Monday, October 25, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA  
Wednesday, October 27, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA  
**Meet:** Saturday, October 30, Rain City Flyers, Upper Lower Woodland Park, Seattle, WA

Monday, November 1, 5:30-7:0pm, Wilburton Hill Park, Bellevue, WA  
Wednesday, November 3, 5:30-7:00pm, Wilburton Hill Park, Bellevue, WA  
Saturday, November 6, 10am-12pm, Wilburton Hill Park, Bellevue, WA

Monday, November 8, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
Wednesday, November 10, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
**Junior Olympic Association Meet:** Saturday, November 13, 2010, Woodland Park, Seattle, WA

Monday, November 15, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
Wednesday, November 17, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
**Junior Olympic Regional Meet:** Saturday, November 20, 2010, Oregon

Monday, November 22, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
Wednesday, November 24, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
**CS Turkey Trot practice:** Saturday, November 27, 10am-12pm, Wilburton Hill Park, Bellevue, WA

Monday, November 29, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
Wednesday, December 1, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
Saturday, December 4, 10am-12pm, Wilburton Hill Park, Bellevue, WA

Monday, December 6, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
Wednesday, December 8, 5:30-7:0pm, Grass Lawn Park, Softball Field #1, Redmond, WA  
**Junior Olympic National Meet:** Saturday, December 11, 2010, Veterans Park, Hoover, Alabama



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# What to Bring to Practice

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## Every athlete should bring the following to every practice:

1. Sweats: Every athlete should wear sweats (top and bottom) to every practice. These will be worn through our dynamic stretching routine and warm-up run. The coaches will instruct the athletes when to remove their sweats. Our coaches believe that this is very important for proper muscle care for all of our athletes. If it is a hot day, please wear light-weight sweats.
2. Running apparel: When it's warm, this will consist of shorts and a t-shirt. When it is cooler, this can be "under armour" type long sleeve top and full length bottoms. It is helpful if the bottoms are the kind that have zippers or snaps up the legs. This makes it easier for kids to remove the sweats without removing their shoes. When it is raining, athletes should have a waterproof coat and pants. When it is cold, athletes should plan on running the entire workout in their sweats and should also have hats and gloves. When it is dark, athletes should bring a headlamp that will stay on their heads when they run. Between Nov. 8 and Dec. 8, we will be practicing on a lighted field, so headlamps will not be necessary.
3. Water: Each athlete should bring a water bottle to every practice. It is helpful if the water bottle is labeled with their name
4. Running Shoes: Athletes wear running training shoes during practice. Spikes are only worn for meets, NOT for practices. Local running stores, such as Super Jock and Jill (Seattle), Foot Zone (Redmond), and Everyday Athlete (Kirkland), have employees who are well skilled in finding the right shoe for your child. Tell them that your child will be running cross country this fall and have them find the right shoe and fit for your child. Also, many of these stores will offer a price discount (up to 10%!) for athletes on the Cascade Striders team, just ask!
5. Athletes aged 9 and under: If the athlete is **8 or younger**, a parent must either run with their child's group or walk the course so they are always available if needed. If the athlete is **9 or younger**, a parent must remain at the park for the entire practice. This is VERY important and will be strictly enforced to ensure the safety of all athletes.



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# What to expect at practice

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Our typical practice is ½ hrs long on Mondays and Wednesday evenings and 2 hrs long on non-meet Saturdays.

Each practice is run in a similar way. Here's what to expect:

We begin by running a warm-up run. Sometimes this will be a certain number of laps around a field, other times it will be a group run through the trails.

Following the warm-up, the team will gather together to do dynamic stretching exercises. This is a type of stretching that is done while jogging slowly back and forth across the field. Each stretch is demonstrated by the coaches, then the group jogs across the field doing the stretch together. This portion of the practice takes about 20 mins. (longer at the beginning of the season as new athletes are learning the exercises).

All athletes and coaches will wear their sweats (top and bottom) during the warm-up and dynamic stretches. Depending on the weather, the head coach will instruct the athletes to either remove their sweats after dynamics or to leave them on for the duration of the workout.

After dynamics, the team gathers together to listen to the head coach describe the workout for the day. The head coach will divide the team into smaller groups, each of which will be led by a coach and/or parent volunteer. The groups are based on ability of the runners and are designed so that each athlete gets the workout he/she needs. The groups will have different distances, lengths, or speed of the workouts depending on age and ability of the runners. Each group will then run the trails with his/her coach doing the workout.

When the groups complete their workout, they will put their sweats back on. Then they will do a cool-down jog. Sometimes this will be laps around a field, other times it will be on the trails.

After the cool-down, the entire team will do static stretches together. If any announcements need to be made, this will occur during the stretching.



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# Age Groups

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## **AGE GROUPS**

The USA Track & Field Youth Athletics program is divided into five two-year age divisions for boys and for girls to help insure that young athletes generally compete against others of comparable physical maturity. In addition to the USATF divisions, local teams typically offer a Mini-Bantam and Sub-Bantam division at most meets.

Athletes compete in age groups with their "age" being the age they will be at the year-end (December 31). For example, a child that is 12 years old during the cross country season, but has their 13th birthday on November 22nd will compete all year in the 13-14 age bracket. It is allowable for a child to "run up", which is to compete in an age group older than the child's own group, with coach approval only. It is not allowable for a child to compete in a younger age group.

<u>Group Name</u>	<u>Abbrev.</u>	<u>Ages</u>
Mini-Bantam	MB	6 & Under
Sub-Bantam	SB	7-8
Bantam*	B	9-10
Midget*	M	11-12
Youth*	Y	13-14
Intermediate*	I	15-16
Young Men/Women*	YM/W	17-18

\*USATF Divisions

## **COURSE DISTANCES**

Mini-Bantam	800 m
Sub-Bantam	1500 m
Bantam	3000 m
Midget	3000 m
Youth	4000 m
Intermediate	5000 m
Young M/W	5000 m



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# Nutrition

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## Nutrition

### **SNACK HINTS**

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices
- Fruit yogurt
- Frozen yogurt
- Cereal and milk

### **PRE-COMPETITION MEALS SHOULD BE:**

- Eaten 3-4 hours before the event.
- High in complex carbohydrates like whole grain breads, vegetables and fruit
- Low in simple sugars like soda pop, sugar and candy bars.
- Moderate in protein
- Low in fat
- Adequate in fluids

### **ALL-DAY EVENTS**

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events.

Suggested pre-event foods include the following:

#### **One hour before competition:**

- fruit and vegetable juices such as orange or tomato juices, and/or
- fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

#### **Two to three hours before competition:**

- fruit juices and fresh fruit, and/or
- breads, bagels or muffins, with a small amount of cream cheese

#### **Three to four hours before competition:**

- fruit juices and fresh fruit, and
- breads, bagels or muffins and
- a light spread of peanut butter or 1 slice of cheese for breads, or a light
- spread of cream cheese for bagels, and or
- a bowl of cereal, with milk or yogurt

#### **Four hours or more before competition:**

- sandwich with 2 slices of bread and 2 ounces of lean meat, and
- fresh fruit, and
- fresh vegetables, and
- milk or yogurt

DON'T FORGET WATER-Try to stay away from pop or carbonated beverages



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# Coaching Staff

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All of the Cascade Striders coaches volunteer their time to the Cascade Striders athletes. Please show them your respect and appreciation.

## Head Coach:

**Joe Johnson:** Joe has maintained a completely irrational enjoyment of running since he starting competitive running at the age of twelve. He has run on two state championship teams, raced at the Division 1 level, and has survived a pair of super fun marathons.

## Assistant Coaches:

**Kirk Devine:** Kirk began coaching when his children joined the club in 2001. His skills for working with young athletes were recognized by the coaching staff and he was asked to become the lead sprinting coach in 2006. He continues to improve his own running skills in both the 400m and 4000m races. He is also an avid bicyclist, touring both Europe and the Pacific Coast.

**Maria Laidler:** Maria has been running cross-country and track since the 6th grade. Through the years, she has successfully completed 5K's, 10K's, and, in 2002, the Seattle Half Marathon. She has been with the club since 2001 when her oldest daughter first joined the track team. Her youngest daughter began running with the team at a young age and continues to run both track and cross country. In December 2007 Maria earned her USATF level 1 Track and Field Coaching certification.

**Paul Melrose:** Paul has been a track and field coach with Cascade Striders since 2002 and a cross country coach since 2004. He has been an avid runner for ten years, beginning as a varsity runner in both track and cross-country at Hazen High School.

**Scott Phillips:** Scott began running track and field in junior high focusing first on sprints, hurdles and jumping events. His senior year in high school, he switched to distance and also started running cross-country and continued both through college. Since college, he has run many races of all distances including a number of marathons and triathlons. He has been coaching with the Cascade Striders since 2006.

**Anita Manns:** Anita began participating with the club when her 11 year old daughter, Alexis, joined cross-country in 2007. Anita's 7 year old daughter, Erica, joined cross-country in 2008. Anita ran Jr. High and High School Track. In the last few years, Anita has participated in several 5k races, half-marathons, and a few triathlons. One of Anita's greatest joys is watching Alexis' love for running blossom and the friendships she has made in the club.

## Trainer:

**Vicky Donnel:** The Donnel family joined the club in the fall of 2008 where her children fell in love with distance trail running. Vicky works as a physical therapist and has many years of experience as an athletic trainer. Her willingness to evaluate injuries and make treatment suggestions helps keep our athletes healthy & running! She enjoys cheering and encouraging all the Cascade Striders to run their personal bests.



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# Uniforms & Equipment

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## Uniforms

Uniforms are required for competition. The Cascade Striders uniform consists of a:

- Royal Blue Cascade Striders Singlet
- Black Running Shorts

Uniforms are ordered from the Uniform Manager (Naomi Panian) and should be ordered 2-4 weeks in advance of the first meet. Please see the Uniform Order Form at the back of the handbook for additional details and costs

## Equipment

Fortunately, not a lot of other equipment is required. The most important piece of equipment needed is a good pair of training shoes. These shoes need to have good support, be relatively lightweight, and be comfortable. We recommend that you purchase these shoes at a store that specializes in running shoes.

The Foot Zone in Redmond and Issaquah offers a 10% discount to all members of the Cascade Striders. Super Jock 'N Jill in Seattle offers a 10% discount to members of our club. Everyday Athlete in Kirkland offers a 10% discount to members of the Cascade Striders.

Racing flats or spikes are recommended for races for those athletes, 10 and up. In addition to being much lighter and providing good traction on slippery or muddy surfaces, there is a psychological advantage to wearing dedicated racing shoes for racing. **Be aware to buy the appropriate spikes for the running surface.** Ask your coach and the skilled personal in the above mentioned running stores for guidance. Racing flats or spikes should never be worn to practice!

Sweats (tops and bottoms) are required for each practice. It is helpful if the sweatpants are the kind that have snaps or a zipper down the leg so that they can be put on and taken off without the athlete needing to take his/her shoes off. Waterproof running coat and pants are needed during rainy practices. Hat and gloves are needed when the weather gets cold. A headlamp is needed when the time changes and it gets dark early.

A water bottle is needed for every practice and meet.

Please label all equipment, shoes, sweats, water bottles, etc, with your child's name – every year we have several items of clothing that go unclaimed.



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# Your First Meet

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- **Registration fees are handled by the club.** You DO NOT need to be at the meet at 8:00am for registration nor do you need to pay any meet entry fees. The Cascade Striders handles paying fees for all registered members (and parents who want to run in the meets) who have paid their season fees in full. But you do need to register at each meet. Complete the registration information on the meet flyer (see below). Bring the completed registration form to the registration table at the meet one hour before your event. Tell them that your athlete is on the Cascade Striders team (they will keep track of all Cascade Striders athletes and the team will pay with one big check at the end). All parents and coaches who want to run in the “Open” race, the last race of the day, are welcome and encouraged to do so. Simply fill out a registration form for each parent who wants to run and tell them that you are part of the Cascade Striders. The team will pay for any parents who regularly help at practices to run any of the meets they want. Parents who are running in the meet: Don’t forget to wear your Cascade Striders t-shirt to show our team support!
- **Check your event time on the Meet Flyer.** The meet flyers can be found on the appropriate date on the calendar on the team website ([www.cascadestridders.com](http://www.cascadestridders.com)). You need to be there 1 hour before the scheduled time. Check in with your coach 45 minutes before your event. Events may run up to 30 minutes early and you need time to warm-up, check- in, and get to the starting line.
- **Bring food.** Concession food is available, but the selection is limited and not as healthy as we'd like for our athletes.
- **Bring a stopwatch and notebook.** You will want to record your child's performances over the course of the season, so bring a notebook and stopwatch.
- **Wear your Cascade Striders warm-up clothes and your singlet** Often we will have cold, wet, and windy weather. You need to stay warm.
- **Don't eat 1 to 2 hours before your event.** Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. (See Handbook for nutrition suggestions)
- **Bring a water bottle.** You need to stay well hydrated to enable your body to work at its highest potential.
- **Be patient with the officials and meet organizers.** They are parent volunteers and are doing their best. (You'll be in the their position at our meet) If you have a major problem with the officials, contact one of the Cascade Striders coaches for help.



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# Meet Schedule and Locations

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## 2010 PNTF Youth Cross Country Schedule

(subject to change – watch our website ([www.cascadestridders.com](http://www.cascadestridders.com)) for the most up-to-date information)

**Sept. 25 Cascade Striders Home Meet – ALL FAMILIES REQUIRED TO VOLUNTEER – Wilburton Hill Park, Bellevue, WA**

**Oct 2 Federal Way Track Club, 5 Mile Lake Park, Federal Way, WA**

**Oct 9 Whidbey Island Track Club, Whidbey Island, WA**

**Oct 17 (NOTE: This is a SUNDAY) Issaquah Gliders, Lk Sammamish State Park, Issaquah, WA**

**Oct 23 SCAA, Genessee Park, Seattle, WA**

**Oct 30 Rain City Flyers, Upper Lower Woodland Park, Seattle, WA**

**Nov 13 Junior Olympics (JO) Association Meet, Upper Lower Woodland Park, Seattle, WA**

**Nov 20 Junior Olympics (JO) Regionals , Oregon**

**Dec 11 Junior Olympics (JO) Nationals, Hoover, Alabama**



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## Wanted: New Cross Country President

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# Attention:

## The Cascade Striders team is currently looking for a new Cross Country President!

We ask that you please consider helping our team by signing up to be the Cross Country President.

Our current Cross Country President has served for 3 years. She's ready to do something new. In addition, her children have moved on to try different sports and she'd like to be able to support them in their new endeavors.

Would you like to be the Cross Country President?

Here is the outline of the duties you would fulfill throughout the year:

**May :** Reserve fields for practices and the home meet

**July :** Plan the season with the head coach, ask uniform manager to order new uniforms if needed, order awards for the home meet

**August :** Prepare registration materials, have webmaster post the meet and practice schedule and registration materials to website, hold a coaches planning meeting

**September –December:**

Hold practices, help organize coaches, assist at meets, keep members informed via Email, assist with Junior Olympics registrations

If you think this is the volunteer role for you, contact our current Cross Country President, Debbie Phillips, at 425-345-5505 or [president@cascastridestriders.com](mailto:president@cascastridestriders.com).



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# 2010 Registration

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## Registration Checklist:

Please complete all of the following and turn in this checklist with your completed registration paperwork to our President at practice.

**\*\*\* All athletes must be registered no later than the end of practice on September 20, 2010\*\*\***

- Obtain a 2010 USATF number at [www.usatf.org](http://www.usatf.org). A current membership number is required for our liability insurance and sanctioning. The Cascade Striders USATF Club Number is 36-0108. You will be required to verify your child's age by sending a copy of his/her birth certificate to the USATF. Please do this right away as it will be required for some of our meets.
- Complete the registration form. Please make sure to include cell phone numbers for emergencies and an email address for distribution of team information. If you do not include a valid email address, you will not receive important team announcements which are distributed by email.
- Sign the release.
- Write a check payable to "Cascade Striders"
- Both parent and athlete(s) sign the membership contract.
- Understand that parents of athletes aged 9 and younger **MUST** stay at the park for the entire practice. Parents of athletes aged 8 and under must run with their child or walk the course so they are available if the child or coach needs them.
- Both parent and athlete(s) sign the responsibilities list.
- Both parent and athlete(s) sign the code of conduct.
- Both parent and athlete(s) sign the concussion information sheet.
- Fill out meet volunteer form.
- Fill out practice volunteer form.
- Complete the uniform order form.

# Registration Form

Please complete all forms and return, along with your check and the above checklist, to the Cascade Striders President at practice. The last day to register is September 20, 2010.

## Athlete/Family Information

Name (1) \_\_\_\_\_ Gender \_\_\_\_\_ Birth date \_\_\_\_\_

USATF Number (Required) \_\_\_\_\_

- I have sent in my child's birth certificate to the USATF to verify his/her age.

Name (2) \_\_\_\_\_ Gender \_\_\_\_\_ Birth date \_\_\_\_\_

USATF Number (Required) \_\_\_\_\_

- I have sent in my child's birth certificate to the USATF to verify his/her age.

Name (3) \_\_\_\_\_ Gender \_\_\_\_\_ Birth date \_\_\_\_\_

USATF Number (Required) \_\_\_\_\_

- I have sent in my child's birth certificate to the USATF to verify his/her age.

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Cell Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Cell Phone \_\_\_\_\_

## Email address(es) for team communication.

This is the primary method of communication for our team. Feel free to include more than one email address:

\_\_\_\_\_

## Medical Information

Physician \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Preferred Hospital or Clinic \_\_\_\_\_

Medical Conditions (e.g. asthma, diabetes, etc.) \_\_\_\_\_

## Emergency Contacts (other than parent/guardian listed above):

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

**Note: It is a requirement that all athletes age 9 and under have a parent or guardian at practice at all times. All athletes aged 8 and under must have a parent run with them or walk the course so they are available if the child or coach needs them. Unaccompanied children may not be allowed to participate in practice.**

**Release** - All participants are required to sign the following release. Parents or guardian must sign for minors.

I/We assume all risks and hazards incidental to such participation, including transportation to and from the activities, and do hereby waive, release, absolve, indemnify and agree to hold harmless the Cascade Striders, coaches, club officers, assistants and persons transporting myself or my/our child, the City of Bellevue, and the City of Redmond, from any claim arising out of any injury to myself or my/our child. I agree to permit photographs taken during club activities to be posted on the club website (no last names posted)

\_\_\_\_\_  
Signature (Parent or Guardian if under 18)

\_\_\_\_\_  
Date

**Fees** (*Make Check Payable to Cascade Striders*)

Season Membership	\$90 - bantam & older	_____ # athletes = \$ _____
	\$80 - subbantam & minibantams	_____ # athletes = \$ _____

**TOTAL = \$ \_\_\_\_\_**

**Membership Contract**

I, the undersigned, understand that I am committing to Cascade Striders, a USA Track & Field registered club. I understand that I may not run, jump, walk or throw with or for another USA Track & Field registered club for a period of 120 days following the last competition wearing this club's jersey, without the written permission from the president of this club and my parents.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

I, \_\_\_\_\_ understand that as a parent/guardian of a member of the Cascade Striders Cross Country team, I will be required to volunteer my time on behalf of the club. The volunteer opportunities include assisting at practice, working at the Cascade Striders meet, team planning and administration.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I, \_\_\_\_\_ understand that a parent or guardian must remain at practice if my child is 9 years old or younger. If my child is 8 or younger, I agree to run with my child or walk the course so that I am available if my child or a coach needs me.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Responsibilities of Athletes and Parents

## Athletes

- Do your best to make every practice on time.
- Arrive at practice ready to listen, work hard and learn.
- Be supportive of ALL athletes on your team.
- Show respect for coaches, officials, teammates and opponents.
- Learn the rules, and always compete by them.
- Remember, your opponents are necessary friends. Without them, you cannot compete.
- Use only appropriate language around the club events.
- No matter the outcome of the meet, you will always be a winner if you do your best.
- Have FUN!

## Parents

- Encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches and officials at every practice and meet.
- Place the emotional and physical well-being of your child(ren) above any personal desire that they win.
- Support coaches and officials working with your child(ren) in order to provide an enjoyable and fun experience. REMEMBER . . . coaches and officials are volunteers giving of their personal time and money.
- Demand a drug, alcohol and tobacco free environment for your child and assist by refraining from their use at all youth sporting events.
- Remember children are involved in organized sports for their enjoyment, not ours, and children need models, not criticism.
- Support the team by volunteering to help with practice, helping at a meet, with transportation or wherever else it would be helpful.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Cascade Striders Code of Conduct

Youth running clubs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship.

**I therefore pledge to be responsible for my words and actions while attending, coaching, officiating or participating in the Cascade Striders running program and shall conform to the following code of conduct:**

1. I will not engage in unsportsmanlike conduct with any coach, parent, participant, official or attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, participant, or attendee.
3. I will not use drugs or alcohol while at a practice or meet and will not attend, coach, or participate in a youth event while under the influence of drugs or alcohol.
4. I will not engage in the use of profanity.
5. I will treat any coach, parent, participant, official or any attendee with respect.
6. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, participant, official or any other attendee.
7. I will not initiate a fight or scuffle with any coach, parent, participant, official, or any other attendee.
8. I will remember that we are guests at meets. We will treat each track, field and public buildings with respect.
9. I will follow the rental guidelines for any track, field or public building in which we practice or compete.
10. I will not drop off any child age 9 and under for practices or meets.
11. I will remember to put the emotional and physical well-being of my child ahead of my personal desire to win.

**Anyone who fails to conform their conduct to the preceding code of conduct while attending, coaching, officiating, or participating in the Cascade Striders program will be subject to disciplinary action, including but not limited to the following:**

- 1) Verbal warning issued by coaching staff or board of directors.
- 2) Written warning issued by coaching staff or board of directors.
- 3) Suspension or immediate ejection issued by the organization or official who is authorized to issue such suspension by the youth running organization.
- 4) Season suspension or multiple season suspension issued by organization or by an official who is authorized to issue such suspension by the youth running organization.

Parent Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

**AND**

Athlete Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

**Cascade Striders  
Concussion Information Sheet  
(Required by the USATF)**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
|--|---|

**Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

**What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed                      Student-athlete Signature                      Date

\_\_\_\_\_  
Student-athlete Name Printed                      Student-athlete Signature                      Date

\_\_\_\_\_  
Student-athlete Name Printed                      Student-athlete Signature                      Date

\_\_\_\_\_  
Parent or Legal Guardian Printed                      Parent or Legal Guardian Signature                      Date

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport  
Document created 6/15/2009

# **Cascade Striders Cross Country Meet Volunteer Sign-up** **(Required by all families)** **Saturday, September 25, 2010**

Cascade Striders depends on the participation and commitment of our families. Each family is required to volunteer during our meet. Please indicate your volunteer preference. If no job is indicated, we will assign you to a position based on need. Thank you.

**Course Set Up: 8:00 – 10:00 am**

**Point Person –**

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*\*Set up tents, tables, signs, course, start line, finish chute, etc.*

**Registration: 9:00 am – 2:00 pm**

**Point Person:**

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- Entry form must be completed and signed by athlete, parent or coach for each athlete
- *Enter name, club, age group, and gender on label tag*
- *Give scoring sheet to staging crew*
- *Tally money at the end of meet*

**Staging: 10:30 am 2:30 pm**

**Point Person:**

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- *Get scoring sheets from registration crew*
- *Check in athletes*
- *Strike runners who don't show*
- *Inform Head Course Monitor of # of athletes for that event*
- *Lead runners to starting line prior to event*
- *Give scoring sheets to scoring crew right after start of race*

**Course Monitor and course walk thru 10:30 am 2:30 pm**

**Point Person:**

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- *During each event, provide direction for runners to stay on official course*
- *Monitor athlete safety*
- *Observe & report violations (athletes off course) to Head Course Monitor*
- *Head Course Monitor report violations to scoring staff promptly at end of race*

**Starting Line**

**Point Person:**

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- Confirm with Head Course Monitor that course is clear and monitors are in place
- Confirm that timing, placing, and scoring crews are ready
- Remind runners of course obstacles (tree roots, rocks, slippery surfaces, etc.)
- Remind runners of course to follow, course markings, and point out finish line
- Remind runners to double know shoelaces
- Use starting pistol to start race

**Finish Line**

**Point Person:**

- \_\_\_\_\_ (back up timer)
- \_\_\_\_\_ (placer)
- \_\_\_\_\_ (Scorer)

- 
- 
- Timers will record time for each athlete
  - Placers will line up runners in finish order for scoring crew (by gender)
  - Placers will pull label tags from athlete uniforms and adhere to tag board (by gender)
  - Timers will give timing printouts to scoring crew

**Scoring and Awards**

**Point Person:**

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- Scoring crew will record times on score sheets and tape timing printout to scoring sheet
  - Scoring crew will calculate team awards for clubs with three person teams or larger
  - Award crew will present awards near the finish line area prior to the start of the next race
  - Individual awards:
  - 1<sup>st</sup> - 3<sup>rd</sup> medals
  - 4-8<sup>th</sup> ribbons
  - Scoring sheets will be posted after awards have been presented

**Concessions**

**Point Person:**

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- 
- 
- Set up table and post price sheets. Sell concessions. Tally money at end of meet.

**Rabbit: 10:30- 11:30 am**

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- 
- 
- Lead runners on course for mini bantam and sub bantam race

**Tear down/Clean up**

**Everyone**

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*Break down tents, pick up garbage, remove equipment from course, etc.*



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# Practice Volunteer Form

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The Cascade Striders team is run entirely by volunteers. All of the coaches, the administrators, and other people involved are volunteers. In order to help the practices run smoothly, we need parent volunteers.

Please sign up to help at practices. Here is the help we need:

## 1. I want to run!

We need parents to run with the athletes during practice. You will run the same workout as the athletes – a great way to get an extra workout for yourself!

Your name: \_\_\_\_\_ Approx. per mile pace: \_\_\_\_\_

## 2. I want to walk!

We need parents to walk the course we will be running for the workout. These parents help any kids who need to walk, walk with any young kids who have stopped running, help make sure all the kids are off the course at the end of the workout, and help any kids with injuries.

Your name: \_\_\_\_\_

## 3. I want to be a timer!

About once a week, we'll run a workout in which Coach Joe would like to record all the times for all the kids. We will need a volunteer who is comfortable using several different stopwatches, who can write times down quickly, and who can familiarize themselves with all the athletes so we'll know whose time belongs to whom.

Your name: \_\_\_\_\_

## 4. I want to sit in one place!

We need parents to stay at the field and help organize kids who are done running. Many times these will be younger kids who have a shorter workout. We will have ideas for you to organize relays, obstacle courses, and fun games. Your job is to make sure the kids have something active to do and that they remain in the field while they wait for the rest of the team to return.

Your name: \_\_\_\_\_

## 5. I want to help with bathroom trips!

We need parents to take athletes to the bathroom, particularly the younger kids. This involves walking them to the bathroom, waiting until they are finished, and then getting them back to their coach. This job may require that you have a background check performed by the USATF.

Your name: \_\_\_\_\_

## 6. I want to be the Cross Country President!

Our current President has already served for 3 years is ready to move on to new things. We need a parent who loves the team and is ready to do the behind-the-scenes duties that keep the team running smoothly and effectively.

Your name: \_\_\_\_\_



# Uniform Order Form

Dear Parents and Team Members:

Cascade Striders is excited to have you on the 2010 Cross Country team. Bantams and older are required to have a singlet (royal blue/white trim with our logo) and black shorts. The singlet has not changed since last season so if you are a returning runner, you do not need to purchase a new singlet. Sub-bantams and younger can wear the black Cascade Striders t-shirt.

**SINGLET and SHORTS \$35**

*Singlet Only \$20*

*Shorts Only \$15*

**Hooded Black Sweatshirt \$20**

**T-shirts \$10**

Please make check payable to "Cascade Striders".

Uniforms will be available at designated practices. Dates/times for uniform pick-up will be posted on our website in the future.

Athlete's Name(s): \_\_\_\_\_

Item	(circle one)	(circle one)	Quantity	Cost
<b>Singlet</b>	Youth Women's Men's	Small Medium Large		
<b>Shorts</b>	Youth Women's Men's	Small Medium Large XL(men's only)		
<b>T shirt</b>	Youth Adult	Small Medium Large XL(adult only)		
<b>Sweatshirt</b>	Youth Adult	Small Medium Large XL(adult only)		
				<b>TOTAL:</b>