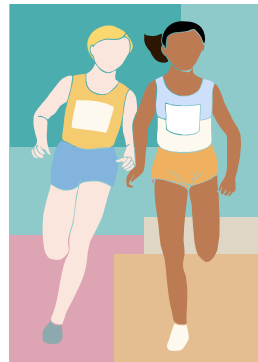


2009 CYO CROSS COUNTRY



The 2009 CYO Cross Country Program for girls and boys will be underway at the end of summer! The following is information regarding the CYO Cross Country Program including the Parish Coordinators meeting date, the Coaches Certification Workshop and the dates of the meets for this season.

COORDINATORS MEETING: Tuesday, August 25
(One representative per parish/school) 2121 Harrison St., Oakland (New Chancery Offices)
7:00 p.m.

COACHES' CERTIFICATION WORKSHOP: Thursday, September 10
Corpus Christi Parish Hall,
322 St. James Dr. (at Park Blvd.), Piedmont
6:30 p.m. Registration \$5. Per coach

IMPORTANT DATES

Saturday, August 15	Practice for CYO Cross Country may begin
Tuesday, August 25	Parish/School Coordinators Meeting
Thursday, September 10	Coaches Certification Workshop
Friday, September 18	First Meet
Friday, September 25	Second Meet
Friday, October 2	Third Meet - Relay Meet
Friday, October 9	Fourth Meet
Friday, October 16	Diocesan Cross Country Championship Meet

Sites for meets will be finalized and announced at the Certification Workshop on Tuesday, September 8. With the exception of the Diocesan Meet and the Relay Meet, all meets will begin at 5:30 p.m. sharp, with the Coaches Meeting at 5:00 p.m. The Diocesan Meet and the Relay Meet will begin at 5:00 p.m., with the Coaches Meeting at 4:30 p.m.

RULES AND EVENTS

Rules, Grade Divisions and Scoring: are published in the 2009 CYO Cross Country Guidelines. Standards of eligibility are found in the CYO Athletic Manual. Copies of the Manual, the Guidelines and a complete schedule will be available at the Coaches Certification Workshop. *Please be certain that all of your runners meet the age and eligibility requirements. Runners must compete for their own parish!*

Parental Permission Form: Before beginning practice, **all** of your participants must have completed and returned a "Parental Permission, Health Authorization and Release" form. These forms are to be kept with the coaches at all meets and practices! A copy of the form is enclosed.

Fun Run: In addition to the competitive races, there will be a 1/2-mile (or shorter) "fun run" for all children who do not wish to compete in the regular races!

Safety Issues: Safety is of major concern for all coaches working with children. ***Be certain that children are in physical condition to run.*** Be sure that children are supervised at all times at practices and meets. When supervising events, provide clear directions and maintain safety procedures. Caution is especially important since cross-country meets and practices are usually in public parks!

SAFE ENVIRONMENT TRAINING

This season, it is required that ALL volunteers working with youth in the diocese complete safe environment training. Previously certified coaches (who were certified by CYO last season) also have to complete the Safe Environment Training again this year and must have taken the course after July 1, 2009.

Coaches may complete the safe environment training "ON LINE!" The process for completing the training on-line is on the coaches' workshop flyer (enclosed).

If a coach does not want to complete the training online, contact your parish or the Diocesan Safe Environment Office at 510-267-8354 to attend a live training.

The cost for each training is \$5.00 per coach. The Safe Environment Office will bill your parish.

SCREENING AND SELECTING COACHES / MEGAN'S LAW CHECKS

* Volunteer Application: Prior to coaching, it is required that each coach complete a "CYO Volunteer Application". The application allows for screening and approval of coaches by the parish program. New coaches are required to complete an application. The athletic director should check application information. A copy of the application is to be on file with the parish or Catholic school.

* Megan's Law checks: It is suggested that you check all volunteers. Megan's Law checks can be easily done "online" through the State of California sponsored website: <http://www.meganslaw.ca.gov>. The diocese through "Megan's Law" will check all coaches registering at coaches' workshops this year.

TRANSPORTATION POLICY

Diocesan policy suggests that whenever possible, coaches should have the parents arrange for the transportation of their own children.

In the event that a volunteer coach is transporting children or another adult is assigned to transport children, the following procedures MUST be followed:

- * Drivers must be over 21 (preferably over 25) years of age. All drivers must be screened carefully. Age and health as well as physical and mental condition should be considered.
- * Drivers must provide to the athletic director evidence of a valid, unrestricted drivers license.
- * The driver must produce evidence of liability insurance on the vehicle to be used. A 100,000 per person / \$300,000 per accident limit of liability is to be a minimum.
- * One seat belt must be provided for and used by each vehicle occupant.
- * No more than nine persons, including the driver may be transported in any private vehicle.
- * No one may ride in the bed of pickup trucks nor may motorcycles be used.

It is important that athletic directors keep information on coaches who are driving youth or on any volunteer who may be enlisted to transport. The information required is evidence of a valid, unrestricted drivers license and a copy of the drivers "Declaration of Insurance" currently in force. These insurance regulations are similar to those in effect for transportation in the Catholic schools.

QUESTIONS?

Call John Randazzo, CYO Cross Country Coordinator at 510-796-3090 / fran03@sbcglobal.net
Or call the CYO Office at 510-893-5154 / ghouse@oakdiocese.org
Or check the CYO Website (www.oaklandcyo.org).