

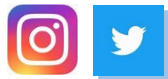


**Diocese of Cleveland CYO**

**Cross Country  
Coach's Meeting  
2023**

# DIOCESE OF CLEVELAND CYO CROSS COUNTRY COACHES MEETING

1. Welcome & Introductions
2. Program Planner
3. Points of Emphasis
4. NFHS Rule Review
5. Chip Timing
6. Sanctioned Events
7. Scheduling Process
8. Coaching Articles



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## DIOCESE OF CLEVELAND CYO CROSS COUNTRY PROGRAM PLANNER - 2023



July	19	In-person mandatory fall sports season coaches meetings, 6 p.m. Location: Walsh Jesuit H.S.
	24	Fall sports season opens, practices may begin Fall sports season early registration closes; regular registration begins, 9:00am
	27	Coaches Development Program – Gesu (McAuley Room), 6:00pm 2470 Miramar Blvd, University Heights, OH 44118
	31	Fall sports season regular registration ends, 9:00am
August	1	In-person mandatory fall sports season coaches meetings, 6 p.m. Location: Notre Dame Cathedral Latin Team fee payments and fee summary due; LAST DAY to enter team’ blackouts
	3	In-person mandatory fall sports season coaches meetings, 6 p.m. Location: Magnificat H.S.
	7	Deadline to add athletes and coaches to rosters, 9:00am
	18	Fall sports season schedules available on CYO website
	19	Coaches Development Program at St. Ambrose (Hilkert Hall/Gym), 6:00pm 929 Pearl Rd. Brunswick, 44212
	21	Last day to drop athletes for refund
	22	Coaches Development Program – St. Jude, 6:00pm 590 Poplar Rd., Elyria, 44035
	26	Fall sports regular season competitions begin
September	16-17	Parent’s Day at the games
	24	Team Mass Sunday
October	15	Diocese of Cleveland CYO Cross Country Championship
	29	Fall sports season ends

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# DIOCESE OF CLEVELAND CYO

## CROSS COUNTRY

### POINTS OF EMPHASIS

**Participation** - Grades 1-3 - Individuals in grade 3, 2, 1; ages 6-8; No I Pre-K. Athletes in 1<sup>st</sup> or 2<sup>nd</sup>, 3<sup>rd</sup> grade cannot move up to races in grades 4 and above.

**Uniforms** - Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. Compression shorts or tights are permissible when part of the uniform but must match the uniform top. Visible garment(s) worn underneath the uniform bottom and extending below the knee must be unadorned and of a single solid color. There are no restrictions for garments worn underneath the uniform bottom and terminate above the knee.

Tights, leggings, etc., are considered undergarments and always must be covered by team-issued uniform shorts. These undergarments must be worn under the official team-issued uniform short.

**CYO Credentials** - If a coach has lost or forgotten their credential, they must inform the Meet Director and show proof of certification with a photo ID and either the photo of the credential or the coach's name on the certification list.

**Course Length** - The 8<sup>th</sup> Grade Division will run a course of a distance of approximately two (2.0) miles. The 5<sup>th</sup> Grade Divisions will run a course of a distance of approximately one and one-half (1.5) miles. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Grade (1.0) miles.

**Meet Format** - Each week the running format will be as follows: 6-8 Girls, 6-8 Boys, 4-5 Girls and 4-5 Boys. 1<sup>st</sup>-3<sup>rd</sup> grade order will be 1<sup>st</sup>-3<sup>rd</sup> girls followed 1<sup>st</sup>-3<sup>rd</sup> boys.

**Official Team** - Teams may not merge with teams that have 10 or more athletes on their roster from the same division and same gender. Teams may practice together at the same course and with the same coach but teams must register and compete under their own parish/school name.

**Participation** - An athlete on a CYO team may participate on any other cross country team during the CYO season. In 7<sup>th</sup> and 8<sup>th</sup> grade, an athlete may not participate on his/her Junior High School team and CYO team at the same time for purposes of eligibility.

**Athletic.net** - Meet results and championship registration will be handled through [www.athletic.net](http://www.athletic.net). For questions about athletic.net contact the CYO recorder at [STCHARLESSPORTS@GMAIL.COM](mailto:STCHARLESSPORTS@GMAIL.COM).

#### **Caution and Disqualification**

1. Athletes, coaches, parents, or fans who are removed from an athletic event are automatically barred from attending the next scheduled competition for that team. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator requesting CYO diocesan administration to permit the individual to attend future competitions.
2. Athletes, coaches, parents, or fans that are removed from an event for a second time will not be permitted to attend any competitions for the remainder of the season. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator asking the diocesan administration to permit the individual to attend events in the subsequent season.

# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS



## THE COURSE

The Cross Country course shall be 1.0, 1.5 or 2.0 miles in length as determined by the meet director. Measurement shall be along the shortest possible route a runner may take. The course shall be clearly marked. This may be by a wide line marked with a material, which is not injurious to the eyes or skin, cones or by signposts with large directional arrows wherever the course turns, or by flags about 1 foot square and mounted on stakes, which hold them 6 feet, or more above the ground.

- Flag Designations (or some other designated marker) - A red flag indicates a turn to the left. A yellow flag indicates a turn to the right. A blue flag indicates a course straight ahead. In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.
- At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well padded. See diagrams of chutes

## START/CONCLUSION

- A cross country race begins when the competitors are called to the starting line for final instructions and is considered official and concluded when places have been determined and the results have been recorded.
- A competitor finishes a Cross Country race when the torso of the runner breaks the plane of the finish line when using hand- or picture-based timing systems.

## MEET OFFICIALS/STAFFING

- Official - The official shall make final decisions concerning questions, which are not specifically placed under the jurisdiction of other officials, other irregularities and shall disqualify any runner for violation of the rules.
  - Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:
    - All team members are expected to exhibit good sporting conduct.
    - The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped and in compliance with these rules.
    - Any special circumstances, procedures and information pertaining to the meet.
- Starter - Once the teams have been called to the starting line by the official for final instructions, no further run-outs shall be permitted.

- Audio/Visual start: The starter will use whistle/flag commands along with the starting device. Because this technique is used with a large number of competitors, it is recommended that the starter take a position well in front of the runners so the competitors can see and to be able to move to the side.
- Starting Process:
  - Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the start.
  - The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch the starting line and become motionless.
  - The starter slowly raises both arms overhead. When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race. The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start.



**Figure 18—Starters' Signals**

- **Hosts** – The host team/s should provide 6-8 volunteers that assist in the set up/tear down of the course, monitor races, take down, act as course marshals (explained at the meet) and assist the meet director.
- **Grades 1-3** – A Meet Director and timer will be used.

#### **DISQUALIFICATIONS - SEE BYLAW 9**

- It is an unfair act when a competitor receives any assistance. Assistance includes:
  - Interference with another competitor.
  - Pacing by a teammate, not in the race or persons not participating in the event.
  - Competitors joining or grasping hands with each other during a race.
  - Communicating with a competitor through the use of any device, including electronically, during a race or trial.
  - Coaching a competitor from a restricted area.
  - Competitor using an aid during the race or trial.
- **Penalty:** Disqualification from the event.



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## DIOCESE OF CLEVELAND CYO CHIP TIMING

### 4<sup>th</sup>- 8<sup>th</sup> Grade Runners will be issued disposable chips instead of tags.

- Give each runner their assigned race bib (Information on back of bib).
- Pin assigned bib to front of each runner using 4 safety pins provided.
- Race for each runner starts with the race starter.
- Everything is done electronically.
- Runners are to keep moving and return to team area.
- Bibs and chips are not disposable – coaches collect them after each race/weekend.
- Finish times will be uploaded into Atheltic.net
- Results will also be emailed to CYO.

### 1<sup>st</sup>-3<sup>rd</sup> Grade Runners will be issued labels instead of disposable chips.

- Runners will receive labels for each athletes registered before the race
- The runner will receive a card as they exit,
- Coaches place labels on cards and return to meet director.
- Meet director will add times to the cards and return to the CYO Recorder
- CYO Recorder will load into [athletic.net](http://athletic.net). .....



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## FAQ's about Sanctioned Events

Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition. Refer to the "Sanctioned Events" tab on the CYO website.

1. When can I register for a sanctioned event?  
**Whenever the event is listed on the CYO website.**
2. Is it okay to register a team for a tournament under the assistant coach's name, since the head coach will not be at most of the games?  
**No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach's name. However, an assistant coach can certainly be in charge at the games.**
3. May I write a personal check for a Sanctioned Event entry?  
**No - team entry fees must be paid with an official check from the member's account.**
4. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?  
**No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. At the start of the season, your AD must provide each coach with a copy of their roster.**
5. We have (3) 6<sup>th</sup> gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?  
**No - each athlete can only play for the CYO team for which he/she is officially rostered.**
6. How many Guest Players may I use during Sanctioned Event Tournaments?  
**ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2-C-1**
7. Can we enter a community-sponsored event if we use our nickname rather than the parish name?  
**No - CYO teams are only eligible to participate in CYO sanctioned events. Bylaw 4-3-1-G**
8. In how many sanctioned tournaments can my team play?  
**Game and tournament limit rules are published in the CYO sport specific rules and vary according to grade level.**
9. If an athlete or coach is ejected from a sanctioned event, do they **sit out** the next scheduled CYO game **or** the next SE game?  
**The athlete(s) or coach must sit out the next scheduled game whether it is a SE game or a CYO game. Bylaw 9-1-5-B**
10. A Sanctioned Event Tournament shows it has 'A' and 'B' levels for 7<sup>th</sup> grade. Which one do I enter?  
**The format of the tournament is at the option of the Sanctioned Event Director, We encourage you to enter tournament that best fit your level of competitive balance.**
11. We are scheduled for an 8:15 pm game. I thought we couldn't play after 8 pm. What should I do?  
**Contact the Event Director and your AD Director immediately. Inform the CYO Administration as well. Please refer to Bylaw 4-3-1 and sports specific rules for clarification/exception.**
12. Due to bad weather, our SE games got postponed. Can a SE be extended after the CYO season closes?  
**No, events need to be concluded by the published CYO end of the season date for that sport.** Does CYO supply scoresheets for Sanctioned Events?  
**No, due to high printing costs, CYO is unable to provide score sheets for SE. A template is included in the Sanctioned Event approval packet to make copies. Consider purchasing a scorebook, along with other tournament supplies from Dick's, one of our partners.**



# DIOCESE OF CLEVELAND CYO CROSS COUNTRY SCHEDULING PROCESS

## Regular Season Meet Schedule

Meets will be run at Brookside, Edgewater Park, Medina Buckeye, Lorain Community College, Silver Creek Metro Park, Walsh Jesuit, Wallace Lake, Forest Hills, Brecksville, Forest Hills, NDCL, Gilmour Academy, Lake Catholic, St. Bartholomew, CPL, Schneider Park, Other.

The CYO Administration will select placement of the teams in the meets for the 2022 Season. This allows CYO to better handle parking and course related items at this season's venues. If you would like to be considered for a different meet in each week of the season, you will have the opportunity to make that request at the coaches meetings.

**POST SEASON CHAMPIONSHIPS – INFORMATION ABOUT THE POST SEASON CHAMPIONSHIPS WILL BE AVAILABLE MID-SEASON.**



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# RESOURCES

[HTTPS://WWW.VERYWELLFIT.COM/HOW-TO-START-RUNNING-THE-ABSOLUTE-BEGINNERS-GUIDE-2911191](https://www.verywellfit.com/how-to-start-running-the-absolute-beginners-guide-2911191)

[HTTPS://TRACKANDFIELDTOOLBOX.NET/CROSS-COUNTRY/TRAINING-MIDDLE-SCHOOL-CROSS-COUNTRY-RUNNERS](https://trackandfieldtoolbox.net/cross-country/training-middle-school-cross-country-runners)

[HTTPS://WWW.USATF.ORG/RESOURCES](https://www.usatf.org/resources)

[HTTP://WWW.DRNICKSRUNNINGBLOG.COM/WP-CONTENT/UPLOADS/2015/08/TRAINING-1ST-AND-2ND-GRADE.PDF](http://www.drnicksrunningblog.com/wp-content/uploads/2015/08/training-1st-and-2nd-grade.pdf)

[HTTP://WWW.DRNICKSRUNNINGBLOG.COM/WP-CONTENT/UPLOADS/2015/08/RUNNING-GAMES.PDF](http://www.drnicksrunningblog.com/wp-content/uploads/2015/08/running-games.pdf)

[HTTPS://BLOG.NASM.ORG/RUNNING-FOR-KIDS](https://blog.nasm.org/running-for-kids)



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## THE LONG TERM APPROACH TO COACHING YOUNG DISTANCE RUNNERS

PATIENCE! Ah what a virtue. We all strive to be more patient in our daily lives. Patience with our coworkers, ourselves our spouses and with all those around us. However when we don the sacred mantle of coach and couple this with parental expectations patience quickly gets flushed down the commode. The temptation to focus on short-term results is great. With weekly meets and end of season championship meets coaches often get drug into the euphoria of weekly team results, runner's personal bests and rankings. There is no question as a coach that you want to find a way to motivate your kids by showing improvement, keeping parents engaged by their child's success and keeping your team focused towards helping each other. Unfortunately for most distance runner's success does not happen overnight and keeping your distance runners sights on the future is much better in the long run than having them and you be too concerned with what happens week to week. Here is what I have come to know in over 28 years of working with young distance runners.

- 45% of your team will not be able to chew gum and walk at the same time every new season you start. Moreover with current obesity rates and the concurrent lack of physical readiness of many Elementary and Middle School students' newcomers to your team will not likely be able to complete 400-600m of running without stopping.
- Of the remaining 55% most will not be consistent with their running throughout the year. Some will have participated in other sports throughout the year, which is great. Others may have just turned into couch potatoes. In other words you cannot take for granted that your kids will be ready to tackle a season or even finish the first race when pre-season practice starts.
- Most young runner's first experience with running in our society has unfortunately been punitive. Running suicides in Basketball practice. Drop a pass – make a fumble – incomplete a pass > “take a lap”. Penalty laps, extra sprints for being late or missing practice. The list goes on and on. One of the most fundamental human locomotive activities outside of walking has been turned into drudgery by sports coaches near and far. Make any sense to you?
- Solid aerobic development is not something achieved in a summer or fall but something that is built over years of consistent, measured training.
- Young North African distance stars are not overnight sensations. They have grown up in high altitude environments using their legs as the predominant mode of transportation in their daily lives. They have done so at a very early age. By the time they have reached mid to late teens they have cobbled together an aerobic training base that takes most Western runners till their mid-twenties to obtain. They are most often not burdened with the luxuries of Western life such as computers, iPad's, smartphones, TV's, comfy couches, personal trainers and the Internet.
- One cannot be personally contacted by a college coach until after July 1st of the summer prior to one's senior year in HIGH SCHOOL – they are not looking at elementary and middle school runners! An elementary or middle school champion does not guarantee high school, college or post collegiate success. There is plenty of time to reach for these lofty goals –for now enjoy the ride and hidden benefits that come with being a healthy, well rounded distance runner.
- Local road races are NOT the proper environments to teach young runners the joys of running, much less the rigors of competing against one's peers. Leave your local 5K's to those who run them most often – moms, dads and other adults seeking self-satisfaction and fitness. Most kids do not need to be running road races till their athletic careers are over. Sure one 5K in the summer to see how your summer base training is progressing is fine – but entering your child into numerous local road races will

only lead to the long term demise of their ability to compete against their peers while taking away the fun they might have in later years as adults in entering these events.

- Stop worrying about the clock and the distance of the course in cross-country races. There is no athletics governing body that certifies the distance of a cross-country course – EVEN THE IAAF WORLD CHAMPIONSHIPS! Courses distances are estimates at best. Course difficulty varies greatly from one course to the next thus making judgments about improvement based on time meaningless. Take down the clock in a cross-country race and you can still score the meet. Place of finish is of paramount importance and allows you to make judgments on improvement from race to race more effectively. The clock is only relevant when you get to the track – certified distance, reproducible surface and accurate timing. Knowing the above to be true I have found it much better to nurture younger runners so that they first and foremost love the activity. Remember, many already are pre-conditioned to think running as both painful and devoid of fun. Running is an activity that can benefit each and every one of your athletes for decades. It may not lead to athletic success and reward, but it will set them on path of healthy living that will endure far beyond a tarnished medal or trophy. Each day of running is a small building block placed upon a foundation of your distance running “house” that will take 10-15 years to build. During this 10-15 year period your athlete will undergo profound physical and emotional changes. Just navigating through the changes encountered by most during their adolescent years is daunting at best – throw athletic expectations on top of this and for some it can be too much. Some respond to these physical and emotional changes better and quicker than others. This further underscores the need for patience and balance when dealing with young runners. Give them the proper perspective about their running early (as well as their parents) so that you can better equip them to navigate the changes that lie ahead for them in the years to come. I have been fortunate to have both of my children “grow up” with running. With two parents who ran competitively in college and after it would have been easy to spoon-feed our kids running to the point of nausea. Yet we took a “hands off” approach to exposing them to a sport we dearly loved and continue with today 44 years after taking our first running steps. They both ran middle school cross-country with our youngest taking part in the first KYA elementary school cross-country races. They both ran summer track and field, elementary – middle school track and field. They also had separate dreams of playing in the NFL and the NBA. They gradually played their way out of those two sports to come to realize that this running thing might be something they were good at. No pushing – no shoving just an exploration of the sport by dipping their toes in the water and letting them choose. Were there times when running mom and dad could have been sent to “proud parents time out”? – YOU BET!! Yet through it all we wanted them to enjoy their running, knowing that there were benefits they could enjoy long after the crowds had disappeared and individual – team honors faded into obscurity. How has this approach worked out? Well the verdict is not in yet and only time will tell – so far so good.

***I say all this to save both coaches and parents sleepless nights worrying about things that in the end amount to little when looking at the long road that is the life of a distance runner.***

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