



TRACK & FIELD 101

Now is the time to start your CYO track & field program. You have the opportunity to make a difference in the lives of young people now and for years to come. You can use your talents serve young people and families in ways that will give you more joy than you ever imagined. ***At CYO we will walk with you every step of the way!***

1. **Build Interest** - Create a buzz through as many direct and virtual channels as possible. ADVERTISE and MARKET your program! Get the word out and get others to help you get the word out through fliers, social media, email lists, parish bulletins and website, phone calls, school announcements, and posters in high traffic places. Having fun and being with friends are the top two reasons children say yes to participating. ***Promise them both and then deliver on those promises.***
2. **Invite Coaches** - There are parents, brothers, sisters and parishoners who know and love running and are waiting for an invitation to be asked to help. Be flexible and let them know that they too can build a great program and opportunity for children by using their gifts and talents in the service of others. ASK and INVITE many times over and organize your volunteers well to respect everyone's time and contributions.
3. **Practice** - Find a practice facility or determine what nearby property can work. Consider public parks, parish property with or without a track, Catholic high schools and other private or public schools with tracks. Contact nearby CYO programs to share practice facilities and parish properties can work. Call school board members and work with our vast Catholic network to see who is willing to help.
4. **Equipment:** Focus on what is essential for your first year with options to add later in future years. Include stopwatches, discus', shot puts, batons, measuring tapes, starting blocks, rakes, brooms, high jump mat, high jump bar, and hurdles.
5. **Uniforms** - T-shirts and shorts are fine or fancier singlets if affordable. Coaches have mentioned that athletes getting their uniform is a motivator for participating. Uniforms from other sports are fine (basketball or volleyball) as long as they all match. Training shoes and spikes are not essential and are individual purchases.
6. **Season** – Prepare a season calendar from the first day to the championships and highlight days for practice, competitions, competition events and format, meet requirements, and the volunteers that you will need to make it work.
7. **Cost** – Set your fees and build a Track and Field budget based on CYO team charges, uniforms, equipment purchases, many parishes charge \$100/child.
8. **Next Steps** - CYO and the CYO Track and Field community is filled with gifted persons who are eager and ready to help. They will answer your questions and know where to turn for resources and help when needed. Contact Kevin Leigh at erikleigh@gmail.com and we will walk with you to start and build a great CYO Track and Field program. ***Pray - Hope - Work*** and watch what God will do through you!