

TRACK and FIELD

INFORMATION SHEET SPRING 2017

Thank you for participating in our youth sports programs! Salt Lake County Parks & Recreation youth sports programs are provided to give all kids the opportunity to participate in recreational sports and serve an important role in addressing the diverse health challenges facing youth today.

Our 2017 Track & Field program is for girls and boys 6-18 years old. This program is designed to introduce and/or encourage youth to continue to participate in Track & Field events. The following information will provide you with a more in-depth look at how the program will be organized and facilitated to give your participation a quality experience. Thank you again and welcome to Salt Lake County youth sports!

Practices: Practices will be held on Monday and Wednesday evenings at Hillcrest High School.

7350 South 900 East, Midvale, UT 84047

Schedules: Additional copies can be found on Copperview's website: www.recreational.slco.org/copperview

<u>Birth Year</u>	<u>Age</u>	<u>Color</u>	<u>Practice Times</u>
2009-2011	6-8	White	6-7 pm
2007-2008	9-10	Red	6-7 pm
2005-2006	11-12	Yellow	7-8 pm
2003-2004	13-14	Green	7-8 pm
1999-2002	15-16	Blue	7-8 pm

PARENT MEETING
Wednesday, May 17th at 6:00 pm
At Copperview Recreation Center

Equipment: Participants should wear weather appropriate athletic clothing such as: shorts, t-shirts, tank tops, sweats or light sweatshirts. Please do not send your child in jeans. Spikes are not allowed but you may wear track shoes with rubber nubs. Please remember to send your child with water to each practice and meet. It can get really hot on the field and track and we want to make sure everyone stays hydrated. Please remember to put sunscreen on your child before each practices and meet; hats and sunglasses may be worn.

Track Meet Info: Only track participants are allowed on the track or infield areas. Please listen to the announcements to hear when and where your child needs to be at the start of their event. There will be a first, second and a third call for each event. There are pre-assigned heats, so please make sure your child is there on time, or early. If they miss their heat they may not get to participate in that race. White and Red will be allowed to compete in 3 events. Yellow, Green and Blue will be allowed to compete in 3 events and 1 relay.

Pre-Registration for Track Meets: (IS REQUIRED THIS YEAR) Pre-Registration is DUE the Wednesday evening by 10pm previous to the meet. (ex: Pre-Registration due June 7th for meet on June 14th) Pre-Registration will be done online at DSLAFASLRAS-BERBISEBRI Results will be posted online no later than one week after the scheduled meet. There will not be day of results posted.

Competitors Wristbands: Also known as competitors number. This is how you will register your child for meets, and how results will be posted online. Please remember this wristband every meet. This number is associated with your child in their age group. These will be handed out at practice.

Sportsmanship: Parents please remember that the program is for the children participating. Any person (player, spectator, parents, etc.) behaving in an inappropriate manner will be asked to leave the meet or practice. The decision of the meet officials and site supervisors are final. A coach or parents seeking to resolve a conflict or issue should attempt to do so by speaking with personnel responsible for the programs in the following order: 1. Team coach 2. Program Coordinator (responsible for program development, management and overall supervision).

Rain Outs: Please follow Copperview on Facebook for rainout information. Meets are Rain-outs/cancelled games are rescheduled after the end of the regular season games. Final rainout decisions are made by 5:30 pm on practice days. Information is also sent out via text messaging, if you signed up for text updates.

For more questions please email Jen Carpenter at jcarpenter@slco.org or call 385-468-1515

Head Injury & Concussion Policy and Procedures

Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries and in order to help protect participants in Salt Lake County sporting events, effective July 1st 2011, Salt Lake County Parks and Recreation requires that athletes, parents/guardians and coaches follow Salt Lake County Head Injury Policy and Procedures.



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. 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/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. For more information on symptoms and signs observed by teammates, parents and coaches visit our webpage www.slco.org/recreation/taylorsville.youthSports

What can happen if my athlete keeps on playing with a concussion or returns too 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 a young athlete's safety.

If you think your child/player has suffered a concussion

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must 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 written medical clearance; Written medical clearance must state that the athlete has been evaluated by a qualified health care provider, licensed under Utah Code Ann, Title 58, who is trained in the evaluation and management of concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the County sporting program or event.

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