

# Track and Field

## INFORMATION SHEET 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 and Field program is for girls and boys 6—18 years old. Program is designed to introduce and/or encourage youth to continue to participate in Track and Field and its 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 participant a quality experience. Thank you again and welcome to Salt Lake County youth sports!

Practices: Practices will be held on Monday, Wednesday and Friday evenings at Alta High School 11055 South 1000 East

| Classification        | Birth Year | Practice Time |
|-----------------------|------------|---------------|
| White (Instructional) | 2010—2011  | 5—6 p.m.      |
| Red                   | 2007—2009  | 5—6 p.m.      |
| Yellow                | 2005—2006  | 6—7 p.m.      |
| Green                 | 2003—2004  | 7—8 p.m.      |
| Blue                  | 1999—2002  | 7—8 p.m.      |

Parent Meeting:

May 11, 2017 @ 6:00 pm

At Dimple Dell Outside by the picnic tables.

Equipment: Participants are required to purchase a jersey from the front desk. If you have a yellow track and field shirt from a previous year, you do not have to purchase another one. 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 out on the field and track and we want to make sure everyone stays hydrated. Please remember to put sunscreen on your child before each practice and meet; hats and sunglasses may be worn.

Track Meet Info: Only track participants are allowed on the track or the infield areas. Please listen to the announcements to hear when and where your child needs to be at the start of their events. There will be a first, second, and third call for each event. There are pre-assigned heats, so please make sure your child is there on time, or earlier. **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. White age group will be classified as Developmental/Instructional Group to help develop knowledge, skills, and technique for future years. They will still be able to run and compete in the meets, however, their time/distances will not be recorded during regular County Meets.

Pre—Registration for Track Meets: (IS REQUIRED THIS YEAR) Register online here: <http://slco.org/track-field/> Pre—Registration is DUE the **Thursday night by 11:59 p.m.** Pre—Registration will be done online at 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 the competitors number. This is how you will register your child for meets, and how results will be posted online. Please remember this wristband to every meet. This number is associated with your child in their age group. These will be handed out at the first practice.

End of Year Party: The end of season party will be held on Saturday, July 8th at Draper Outdoor Pool (657 East Vestry Rd.). The party will be held from 1—3 p.m. All track participants will get in for free; family members will be: \$3 for youth, \$3.50 for Adults and \$2.50 for Seniors.

Sportsmanship: Parents please remember that the program is for the children participating. Any person (players, spectators, parents, etc.) behaving in an inappropriate manner will be asked to leave the meet or practice. The decisions 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 program in the following order: (1) Volunteer Coach, (2) Program Coordinator (responsible for program development, management and overall supervision).

For more questions please email Allison at [albarr@slco.org](mailto:albarr@slco.org) or call 385-468-3355. Please see the reverse side for Upcoming Programs and Head Concussion Policy and Procedures

Rainouts: Please follow our Dimple Dell Facebook page on for rainouts, or call the rainout hotline at 385-468-1894. Meets are typically played in all weather conditions. In the case of severe or forecasted severe weather it will be at the discretion of Dimple Dell Staff.



### UPCOMING DIMPLE DELL PROGRAMS

#### Summer Programs:

*3 on 3 Basketball: June 2017*

*Tennis Lessons: June 2017*

*Outdoor Volleyball: June 2017*

*Arts & Games in the Park: June through Aug 2017*

*Super Sport: June through Aug 2017*

*Aqua Sport (Draper Pool): June through July 2017*

*Swimming Lessons: Year Round*

#### **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](http://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.

# Now Hiring

|                       |                          |                        |
|-----------------------|--------------------------|------------------------|
| Lifeguards            | Lacrosse                 | Front Desk             |
| Aqua Sport Counselors | Rec Basketball           | Flag Football          |
| Soccer                | Rock Wall                | Super Sport Counselors |
| Swim Instructors      | Track and Field          | Pre—Comp Swim Coaches  |
| Tennis                | Arts & Games in the park | Draper Outdoor Pool    |

- Must be 16 at time of hire.
- Work Hours: Weeknight evenings and Saturdays.
- Bring your friends and work together!
- Earn some fun spending money while having fun!
- Free center membership for all staff.