

# **EPTFA**

## **2008 SPRING TRACK PROGRAM**

### **A. Mission Statement**

The Eden Prairie Track and Field Association (EPTFA) is a not for profit charitable organization dedicated to the promotion, teaching and fostering of amateur track and field skills and competition. The primary audience shall be Eden Prairie youth but the Association shall be open to reaching any and all youth and adults in order to further promote or enhance the sport of track and field or to benefit the community and surrounding area. It is the intent of the program to promote physical conditioning, instruct participants on the skills, techniques and rules of track and field, and to allow participants to have fun while obtaining positive feedback. The program is made possible through a large group of dedicated volunteers and will rely heavily upon parent participation in order to make the program a rewarding experience for everyone involved.

### **B. General Information**

The six week program starts in April and runs into May and shall consist of one hour of practice each week for six weeks and a Saturday track meet for the final five weeks. Schedules are available via the web site. All practices and meets are held at the Central Middle School. Participants are grouped as follows:

- Kindergarten boys and girls
- First grade boys and girls
- Second grade boys and girls
- Third grade boys and girls
- Fourth grade boys and girls
- Fifth grade boys and girls
- Sixth grade boys and girls

The EPTFA program works closely with the Eden Prairie High School and Middle School Coaches and programs. Without the cooperative use of facilities, coaching assistance and loan of equipment, this program would not be possible.

The EPTFA strives to make track and field instruction available for all K-6 children of Eden Prairie. It is recognized that there may be families who are unable to afford the registration fee. EPTFA will provide scholarships, to cover the cost of the registration fee, for any and all children that would qualify for the free lunch program through the Eden Prairie School District.

## C. Events

All events are age appropriate and are as follows (subject to change year to year)

- a. **Kindergarten and First grade** – 50, 100, 200 and 400 meter dashes, shuttle relay, long jump and softball throw.
- b. **Second grade** – 100, 200 and 400 meter dashes, 4 x 100 meter relay, long jump and softball throw.
- c. **Third grade** – 100, 200, 400 and 800 meter runs, 4 x 100 meter relay, long jump and softball throw
- d. **Fourth grade** – 100, 200, 400 and 800 meter runs, 4 x 100 meter relay, 55 meter hurdles, long jump, shot put and high jump
- e. **Fifth and Sixth grade** – 100, 200, 400, 800 and 1600 meter runs, 4 x 100 meter relay, 4 x 200 meter relay, 55 meter hurdles, long jump, shot put and high jump.

Throughout the program, each participant is expected to learn and compete in each event offered within their age group. Each child should participate in one running and one field event per meet. The EPTFA Directors may change the scheduled events during the program in order to experiment with other races and/or field events. Information will be provided in advance of any planned event changes.

## D. Participation

Each coach will attempt to provide equal opportunity for each child to participate in each event. Missing some practices or meets may have impact on participation. It is essential for parents and coaches to communicate to ensure a high quality experience for all participants. It is the intent of the program that ALL PARTICIPANTS learn and compete in ALL EVENTS. When not competing in an event, it is important for participants to cheer on their teammates. Parents can help set an example and foster a positive environment.

Coaches and meet volunteers will do everything they can to create a positive experience for the participants. Parents can assist with keeping track of meet performance results from beginning to end of the program. We strive not to beat teammates but to improve on our personal records. Please work with your coaches to create and keep a performance chart for everyone on your team.

## E. Awards

At each meet, participation ribbons will be awarded to all finishers for grades K-2. For grades 3-6, first place (blue), second place (red) and third place (white) ribbons will be awarded. All other finishers will be awarded green participation ribbons. All of the children are winners no matter the finish.

## F. General Rules

- a. EPTFA has a zero tolerance harassment and discrimination policy. Any incident of harassment or discrimination is to be brought to the attention of a Track Director and will be grounds for immediate expulsion from the program.
- b. There will be no fighting, swearing, rude, discourteous or inappropriate behavior. A Track Director may eject any participant, coach, parent, volunteer or spectator that exhibits any such inappropriate behavior. A warning will be issued and the incident will be addressed with the parties involved. A second such incident will result in immediate expulsion from the program.
- c. Parents along with coaches are to have responsibility for watching over participants at meets and practices. There is no interference allowed on or around the track. The track grounds and equipment are to be used for EPTFA purposes only.
- d. We are fortunate enough to have the use of the Central Middle School Track. All ground rules imposed by the Central Middle School will be observed. This includes no smoking, alcoholic beverages or firearms being allowed on site.
- e. All litter is to be properly disposed of. All participants and parents are asked to assist in keeping the facilities clean.
- f. No person or pet is allowed to run with or along-side any participant.
- g. A Track Director will make the decision to cancel a meet in the case of inclement weather. Rain alone will not be cause to cancel a practice or meet. Notice of cancellation will go to coaches and then from coaches to participants.
- h. Coaches can schedule make-up practices if possible.
- i. This is not a complete list of all rules that govern practices and meets. All circumstances that lie outside the above mentioned rules, or concerning the rules above, are to be brought to the attention of and decided by a Track Director. All decisions of a Track Director are final.

## G. Participant information (please cover with your child)

- a. Listen to your coach.
- b. Be courteous of everyone in the program.
- c. Decisions of meet official are final. Please no arguing. Complaints can be directed to a Track Director.
- d. When not competing cheer for your teammates.

## H. Parent information

- a. April and May in Minnesota can bring any type of weather and the weather can change quickly. Parents have responsibility for making certain that all participants have a water bottle and appropriate clothing at each practice and each meet.
- b. Help your coach.

- c. It is anticipated that all parents will volunteer to work at least one meet. We have jobs for everybody.
- d. Snacks are not part of the program and will be at the discretion of each team. Snacks are discouraged for practice days. Snacks after meets are acceptable.

## I. Event Rules

- a. **Running Events** – There will be one call announcing each event. Coaches and parents must listen and assist runners in making it to the appropriate start line for their event(s). The Clerk of Course and Starter will line up the participants. In case of a false start, the Starter will call the runners back and the race will be restarted. There will be no disqualifications. Runners will be required to stay within their lane for the dashes (50-200). Lane violations, outside of the lane markings for three consecutive steps, will result in disqualification. Interference with another runner will result in disqualification. In relay races, the baton must be exchanged within the exchange zone.
- b. **Long Jump** – Each participant is allowed two jumps. The longest attempt will be recorded. Scratches will not be called.
- c. **Shot put/Softball throw** – Each participant is allowed two throws. The longest of the two throws will be measured and counted. Scratches will not be called.
- d. **High Jump**- Each participant is can jump until they have a total of three misses. The High Jump coordinator will start the bar at 32” unless the coach agrees to start higher. A participant need not jump every height.

[www.eptfa.org](http://www.eptfa.org)