

2012

Young Runners Club Parent Information



It is the mission of this program to offer Christ centered character building, self-esteem, skill enhancing instruction, and spiritual nurturing to children and families of our church and

community. As a sports program we will always strive to increase skill development, game strategy, game rules, and enjoyment of sports. It is our hope that sports can be Christ-like and competitive with an emphasis on doing one's best while respecting the coaches, officials, and opponents. We as parents have a difficult job that offers great rewards. We must provide a safe, fun environment for our children to exercise and develop physical skills that will lead to a healthy and fulfilling lifestyle. We must encourage them positively with love and always remember that the most important thing to them is to have FUN.

League Positive Affirmation Rules:

This program is built by the hard work of many people who are volunteering their time. Coaches, assistant coaches, team mom's, referees and other volunteers are what make this league possible. These people work hard to insure that all of the children who participate will experience God's love, peace and understanding. Please thank them every chance you get. Please review our "campus rules" and instruct visitors you bring.

- 1) Never speak negatively toward your child or any other player.
- 2) Never speak negatively toward an adult (coach, volunteer or another parent).
- 3) Never criticize a call made by an official. *complaints may be emailed to Jon Seale – jon@christumcmobile.com
- 4) Please do not react poorly if your child does not perform well.

These rules are in place to insure that our focus is on what is best for our children. Children want to have fun and run. If you witness someone that you feel is not aware of these rules please bring it to our attention.

Age of Players:

The YRC at Christ United Methodist is designed for children who are currently in K5 through 9th grade. This league has 2 seasons in each year so each runner should have their registration form marked for the league that coincides with the school grade they are currently attending.

Registration:

When you register for the first time, the fee is \$30. There are 2 seasons for this league: Spring & Fall. If you register for YRC for other seasons in the calendar year, you only have to pay a "renewal fee" \$15. Once a new calendar year has begun, you will need to register at the full price of \$30 for the new season.

Coaches, Assistants, and Team Parents - These are needed! Please sign up on your child's registration form.

Parent Conferences:

All runners & parents **must** attend parent conference in order for your child to participate in YRC. Parent conferences will be held March 19th, at 6:00pm in the Hospitality Room at the Christ Center.

Equipment & Uniforms:

Each child should have proper running shoes. These do not have to be expensive name brand but should be an athletic shoe that will give good support & comfort during running. No flip-flops, cleats, basketball high-tops, school shoes, etc. Each player will receive – a C-Sports YRC T- shirt, participation rewards throughout the season as well as a finisher medal

at the end of the season. The recreation ministry will also furnish the head coach's award, assistant & team mom gift.

Water:

Parents should make sure plenty of fluids are available for your child during practice.

Forming Teams: Assignment of players to teams will be done by the Recreation Ministry. Children in the same age group will have the same practice night and time.

Practice:

Begins the week of March 26th, 2012 - All Practices will be at CUMC Track and times are subject to change.

K5-2nd grade: Tuesdays 5:30pm – 6:30pm

3rd-5th grade: Tuesdays & Thursdays 6:30pm-7:30pm

6th-9th grade: Tuesdays & Thursdays 6:30pm-7:30pm

Official Road Races, participation & fees involved:

We will have at least 2 official road races during the season. Races will be local. We will have a mid-range goal race of a 1 mile fun run for all age groups and a final season end goal of a 1 mile fun run for K5-2nd grade and a 5K (3.1 miles) for 3rd-9th graders with the possibility of another race in between the beginning & end of the season if the schedule allows. Parents are responsible for their children at all times at these races. These road races are not C-Sports sponsored events and are not held on CUMC property. While these races are not "required" they should be considered the "game" of this sport. We all know how important it is for all the teammates to be there for their team. Parents should make all efforts to have their child at these races as you would for any other team sport in which they play. The cost of runners club is low to accommodate the additional race fees involved so that the total cost of the YRC season including the races is no more than any of our other sports at CSports.

Picture Day:

Picture Day will be on Tuesday, April 10th, 5:30pm. Plan to be there 15-20 minutes early to meet up with the team.

Team Pictures will be taken by PPI in the Christ Center. You will receive an order form at practice for picture packages.

Inclement Weather Policy:

The Recreation Staff will monitor weather conditions for each practice day. Practice will still be held if it is only raining slightly. Practices will be cancelled if Coaches deem necessary due to severe rain or wind. All practices will be cancelled if there is any lightning or thunder. There will be no make up Practices. DECISIONS ON CANCELING PRACTICE WILL NOT BE MADE UNTIL PRACTICE TIME.

Parking:

Please do not park beside the road or by the black fence.

Celebration:

We will have an end of the season celebration immediately following the end of the season race. The time will be determined sometime during the season. Teams, Coaches and runners will be recognized and players will receive their medals.

Parent Expectations:

Parents are expected to be present at all practices and races. You must bring your child to the coach and you may not drop them off in the parking lot and leave. If you must leave campus, you must give your coach your cell phone # and return 10 minutes before practice ends.

Parents will be put to work if they are willing – see one of the rec. desk staff for more info. Parents are not allowed on the field or track for games or races. Parents may participate in the running for training the same distances on the track. Parents who want to just walk may walk outside the track or inside the track – just not on the track during practice. There must be an adult in the bench/track area at all times for children that are not participating in the YRC but are present during practices.

PLEASE SEE THAT ALL TRASH IS PUT INTO A RECEPTACLE!

You are the key to your child's development and enjoyment. Work with them at home. Be encouraging!!

General Running Club Information & Rules

Info:

- Season will run 8-10 weeks.
- K5-2nd grade runners will train for a 1 mile run.
- 3rd-9th grade runners will train for a 5k (3.1 miles) or for returning or experienced runners, a 10K (6.2 miles).
- At week 4, coaches will perform an evaluation to determine runners with similar paces. These runners will be paired up for "buddy running" for races.
- For a mid-range goal, around 4-5 week point, the running club will run in an official road race with a 1 mile fun run. This is to familiarize the runners as well as their parents with road race atmosphere.
- The season will end with a final goal of another official road race with a 1 mile run for the K5-2nd graders and a 5k or 10k for the 3rd-9th graders.
- Runners will receive weekly rewards for their running & nutrition achievements starting in the 2nd week as well as a mid-range goal reward and a final goal reward.
- Spring practices will be as follows: K5-2nd grade – Tuesdays 5:30-6:30pm, 3rd-5th grade – Tuesdays & Thursdays 6:30-7:30, 6th-9th graders – Tuesdays & Thursdays 6:30-7:30pm
- Fall practices will be as follows: K5-2nd grade – Tuesdays 5:30-6:30pm, 3rd-5th grade – Tuesdays & Thursdays 5:30-6:30, 6th-9th graders – Mondays & Thursdays 5:30-6:30pm
- Runners are encouraged to do an additional run or other athletic type event for "homework" some time during the week.
- Parents are needed to mark cards for laps at each practice to help the runners keep track of their distance.

Rules:

- Runners will keep log cards.
- There will be no sprinting type races between the runners except during sprint training days.
- Slower runners will keep to the right at all times unless passing.
- Runners must be sure to bring plenty of fluids and take needed water breaks.
- No one other than runners in the running club, coaches and participating running parents will be permitted on the track at any time. No strollers, no siblings, no pets – this will be enforced.
- Running club teams will have a service project each season.
- Runners are to wear their official race t-shirts on all official road race events.
- Runner must wear proper running footwear. There will be no running in flip flops, uniform shoes, dress shoes, cleats, etc.

Thank you again for allowing us the opportunity to work with your children. We take this responsibility very seriously and will do all we can to meet the goals detailed at the beginning of this information packet. Please call us if there is anything you need or that we can do. We welcome both compliments and criticism (constructive, of course!) – If you see something that CUMC can do better, please speak up!

May God Bless You & Your Family,
Recreation Ministry Staff

Christ United Methodist Church
706-3326 or 342-0462 ext. 226

“In all thy ways acknowledge Him & He shall direct thy path.” Prov. 3:6

www.cumc-sports.com



2012 FALL CO-ED SOCCER INFO:

Ages- K4 - 6th grade. Registration will start sometime in June.

Practice will start the 3rd week of August; the season will end with our last game at the end of October. All football players will be given notice when registration has begun. There will be one practice a week and games will be played on Saturday.

If you would like more information about our church and the many different ministries and worship opportunities please visit our website www.christumcmobile.com or call 342-0462.