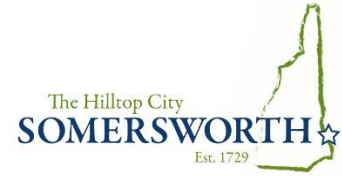


Somersworth Recreation

Granite State Track and Field Volunteer Overview



Thank you for your interest in volunteering for the Somersworth Recreation Granite State Track and Field Program. We rely on several volunteers to help us facilitate our programs. We appreciate your support and look forward to working with you this season!

Steps to becoming a volunteer:

- Let the Rec Office know if you're interested in the head coach/instructor role, assistant coach, or field attendant. Review the duties of this position and ensure you can commit to the full duration of the program.
- Complete the background check form and return to the Rec Office (you will only be notified if your unable to coach due to background check restrictions).
- Complete the Volunteer Service Agreement form and return to the Rec Office.
- Meet with the Rec Supervisor and/or phone meeting to discuss your role and responsibilities.
- Confirm your role and commitment with the Rec Supervisor 2 weeks prior to program starting.

Granite State Track and Field Volunteer Descriptions/duties:

Head Coach:

- Instruct athletes by developing an age-appropriate practice plan that builds on skills each week. Be prepared prior to each session and allow flexibility in your plans to accommodate our diverse athletic abilities in the program.
- Work with all coaches and program volunteers to ensure maximum efficiency. Good communication between all volunteers and Rec Supervisor is important.
- Keep each session instructional, fun, fair, and safe for all players. Incorporate fun games and drills to teach running, jumping, and throwing skills.
- Report any issues to the Rec Supervisor immediately. If first aid is administered you must let the Rec Supervisor know. Emphasize sportsmanship throughout the season and praise players for demonstrating hard work and sportsmanship. Lead by example!!
- Help us keep track of our program equipment. Inform the Rec Supervisor of any items needed such as replacement soccer balls, first aid kit items, pennies, clipboards, whistles, etc. We will do our best to accommodate requests for items.
- Your role is very important and our Rec Dept. could not run programs like this without your help. Thank you for your time and dedication.

Assistant Coach:

- Assist the head coach with age-appropriate practice plans for the duration of the program.
- Assist the head coach on the floor with drills, exercises, games, etc. Assist in keeping each session fun, educational, and safe for all.
- Fill-in for the head coach if they're unable to make it to a session.
- Help us keep track of our equipment.
- Report any issues to the Rec Supervisor.\
- Assist the head coach during the District Meet.

Field Attendant:

- Assist with the field set up and break down each session.
- Help keep track of program inventory (cones, softballs, first aid items, etc.)
- Assist with check-in each week, distributing program information to parents
- Assist with bringing children into Idlehurst Elementary School to use restrooms as needed throughout the program.
- Assist at running and field event stations
- Assist with timing runs, recording information, registering team for GST Regional Meet, etc.

Schedule:

- Please note times/dates are subject to change based on participation numbers, weather, and other factors. If there is a change affecting the group you are coaching, we will reach out as soon as possible.
- **Location:** Idlehurst Elementary School (school track out back) 46 Stackpole Road
- **Program dates:** May 10th - June 7th
- **Program days/time:** Monday & Wednesday; 3:45-4:45 p.m. (Coaches please arrive 15 minutes early)
- **District Meet:** TBD
- **State Meet:** TBD (only if athletes on our team qualify)

District Track Meet:

- Coaches and participants should expect to be at the track between 8:30-4:00 p.m. We will not receive a final schedule of events until the week before and there is no set time for starting events as they just follow an order of events.
- The regional track meet is open to any athletes who are interested in participating. It is not required but we do encourage all athletes to participate as it's a fun way for our team to end the season and also provides a more competitive aspect to the program.
- There will be a deadline for participants to register for the District Meet. The cost to participate is included in the registration.
- Parents will be required to verify their child's date of birth to ensure we register them to participate in the correct age division.
- **Pre-Meet Registration-** this will be handled by staff in the Recreation Office. We will go over athletes age divisions, events, and date of birth prior to registering. It's imperative we have correct information for each athlete to avoid mistakes. We will send out instructions to parents who will also need to separately register their child and complete the waiver. This is required by the association and no athletes are permitted to participate in the meets without completing the registration online.
- **Day of Meet-**
 - Arrive early to set up the team spot. We suggest bringing pop-up tents to provide shade for the team.
 - Attend the coaches meeting prior to the parade of athletes beginning.
 - Check-in athletes as they arrive. Go over schedule with them. Let the association know if an athlete does not show up before the meet starts. They may need to adjust athletes in lanes.
 - Walk in the parade with your team.
 - Go over rules with your team.
 - Throughout the day ensure athletes are listening for announcements to head to the field or track for their event. Cheer your team on.
 - Hand out participation certificates.
 - If any athletes finish top 4 in their event/age division let them know you will be in touch to go over details for the State Meet. Parents will be required to verify if their child can attend

the meet or not. You will then need to let the association know if any athletes can't make it so they can try to fill the spot.

State Track Meet

- 2023 TBD. The meet typically starts at 4:00 p.m. sharp and generally lasts a few hours
- The State Track Meet is only open to athletes who qualify from the District Track Meet. The top 4 finishers from each age division and event will be invited to the State Meet. Parents will be required to confirm whether or not their child can participate. It is possible for an athlete who places in 5th, 6th, 7th place to be invited to the State Meet if other athletes can't attend. The goal of the association is to fill every lane and event.

Correspondence:

- The Rec Supervisor will handle any program cancellations. An email will go out to coaches and parents as soon as possible (sometimes morning of so be sure to check email before coming). Coaches in the Rec program do not need to worry about email correspondence with parents.
- The best way to reach the Rec Supervisor is by email M-F 8-4:30 p.m.
- Inform the Rec Supervisor of any issues that may arise with players, parents, volunteers, or spectators throughout the season. We will talk over the issue and find the best solution to handle.

Program/General Rules:

- This program is designed to be inclusive so that children of ALL athletic/running abilities can participate. Our goal is to make this introductory program fun and instructional.
- Program participants will remain in the fenced-in track area at Idlehurst Elementary School (unless authorized to use restrooms in the school or coaches allow running outside the track area)
- Restrooms are located inside the school (enter through the café door where the SYC program takes place)
- There is a separate packet of GST Meet rules that will be emailed to coaches. Please let Recreation staff know if you have any questions.
- Athletes can only participate in 3 individual events (2 running events & 1 field event **OR** 1 running event and 2 field events). Additionally, if we have enough team members in age divisions, we will try to put together a 4x100 relay team.
 - Athlete's will choose their own events to participate in (or just practice if they are not participating in the meet). Coaches will offer suggestions/advice based on their performance at practice. Ultimately, it will be the individual athlete and their parent/guardian who will decide the events to compete in. There will be a deadline to finalize events as Recreation Staff will need to submit this information online and register our team.

Age Divisions/Events-

- The Granite State Track and Field program is broken into 3 age divisions and athletes will compete based on their gender and age as of December 31, 2020. There are no exceptions to these divisions and athletes competing in the regional meet will compete in these divisions.
 - **9-10 year- old boys and girls**
Event options: 50 M Dash, 100 M Dash, 200 M, 400 M, Softball Throw, Standing Long Jump
 - **11-12 year-old boys and girls**
Event options: 100 M Dash, 200 M Dash, 400 M, 800 M, Softball Throw, Running Long Jump
 - 13-14 year-old boys and girls

Event Options: 100 M Dash, 200 M Dash, 400 M, 800 M, 1600 M, Softball Throw, Running Long Jump

- **400x100 relay**- If we have enough athletes for each age division we can put together a relay team. Relay teams will need 4 athletes to participate. It's a good idea to have an alternate on the team as well.