

Our Lady of Mercy 2017 Track and Field Team

The OLM Track and Field Team is open to OLMA and OLM/OLGC Religious Education students in grades K-8. Races and field events are competed by grade level and gender.

Practices are scheduled to be held from **April 1, 2017- May 24, 2017 at the Park Ridge High School Track.**

The practice schedule (**weather permitting**) is

Wednesdays – 6-8:30pm (Upper softball field (6-7) - warm-up period; Track – 7-8:30).

Saturdays 2-3:30 pm

There will be three track meets held on *Sunday 4/30/17, Saturday 5/6/17, and Sunday 5/21/2017* at local schools sponsored by other parochial schools in the North Bergen County Interparochial Track Association.

The season registration fee is **\$45.00 per child if you DO NOT need a T-shirt** (like the NY Yankees our uniform will not change!). If you require a T-shirt, the fee is \$50.00 per child. There are no additional costs for track team participants. There are admission charges for parents and other family members who attend the track meets.

Please make checks payable to OLM Athletic Association. The registration fee and attached sign-up sheet (both pages) should be sent to: Lisa Ring 18 Linda Terrace, Woodcliff Lake, NJ 07677. OLMA students can also send via backpack to Lisa Ring c/o Parish Office. Please call Lisa Ring with any questions at 201-679-7411 or email lisa.ring@bluetie.com

PLEASE RETURN FORMS NO LATER THAN APRIL 5TH.

We encourage parents to participate in our track program in various capacities. Volunteers for both Track Practices and Track Meets are ALWAYS NEEDED, community service available for teens. If you would like to volunteer, please contact Lisa Ring.

REGISTRATION INFORMATION (One Registration per Child)

Child Name: _____ Grade: _____

Address: _____

Home Phone: _____

*Email Address _____

(Communication is done through email, especially practice/meet information)

T-Shirt Needed (circle): YES NO

Please circle the shirt size for your child below: If your child falls “in between” sizes, or in doubt, please order the next larger size.

SHIRT SIZES: Youth – Small (6-8) Adult – Small (34-36)
 Youth – Medium (10-12) Adult – Medium (38-40)
 Youth – Large (14-16) Adult – Large (42-44)
 Youth – XL (18-20) Adult – XL (46-48)

MEDICAL & RELEASE FORM

I hereby give approval for my child listed below to engage in any and all track and field activities during the current season. I assume all risks and hazards incidental to such participation, including transportation to and from said activities, and do hereby waive, release, absolve, indemnify, and agree to hold harmless OLM, OLMA, the organizers, sponsors, supervisors, coaches, other participants and persons coaching or transporting my child to and from said activities, for any claim arising out of any injury.

Child's Name: _____
Parent Signature: _____ Date _____
Parent Name (Print): _____

Please indicate specific allergies, chronic illnesses, or other medical conditions that coaches and medical personnel should be aware of:

Family Physician: _____ Phone: _____
Prescriptions/Medications: _____
Other person to contact in case of emergency: _____
Phone: _____

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I give my permission for my child's picture related to track and field activities to appear in school videos, print publications, news stories, and/or advertising for the school.
Yes _____ No _____

Events that your child will be able to participate in:

Individual events: 50M (Grades K-4) 100M (5-8) 200M (K-8) 400M (K-8) 800M (K-8) 1600 (5-8)
Relays: 4x200M (1-8)
Softball Throw (K-4) Turbo Javelin (5-8) Shot Put (5-8) Broad Jump (K-4) Long Jump (5-8)