

# Central Jersey Catholic Track Conference



## Our Lady of Victories Spring Track

**Practices will begin Thurs March 15<sup>th</sup>**

**Submit paperwork ASAP in order to practice**

Monday 5-6 pm Grade K-8 field behind borough hall

Thursday 5:30-6:30pm K-8 field behind borough hall

**Meets: (1<sup>st</sup> meet most likely to be Wed March 28<sup>th</sup>)**

Dual/Tri meets Friday 5:45pm till ~ 8:00pm

Relay championships – All schools compete on a Sat **May 12** ~8:00am till ?

Individual Championship – All schools compete on a Sat **May 26** ~8:00am till ?

Visit [www.leaguelineup.com/welcome.asp?url=cjctc](http://www.leaguelineup.com/welcome.asp?url=cjctc) for directions to meets

**Fee:** \$45 first child and \$25 for additional per family – pays for t-shirt (if you have shirt from last year it will be the same so no new shirt – no credit if you still have shirt it helps off-set costs), conference fee that is assessed to each school, end of season pizza party and participation trophy or medal to ALL. Children receive participation ribbons at the Relay and Individual Championships. The top 7 or so winners at the championships (relay/individual) are awarded medals. Our tradition is to provide an end of the season pizza party awards banquet at which we distribute medals to winners and all participants. Please make checks payable to **OLV HSA**.

**Coaches and Administrators:** ☺ Natalie Arthur (732-501-9295), Yuviza Manchola (732-213-1004) & Michele Brennan (732-762-1011) Parent volunteers for meets and practices. Duties to be explained and no running required. All emails will be sent from [trackolvnj@gmail.com](mailto:trackolvnj@gmail.com) and text messages will be sent from one of the above numbers. All individuals are VIRTUS & CPR certified.

# OUR LADY OF VICTORIES SPRING TRACK

## RULES AND REGULATIONS

1. The Coaching Staff's first and most important priority is to ensure a safe and fun experience for your child. The following rules will help us meet this goal:
2. We strongly encourage appropriate running sneakers for the athletes. Appropriate running shoes give support, comfort and help prevent injuries.
3. On cooler days, layer and take off layers after warming up.
4. Please arrive on time so that the athletes warm up and, very importantly, stretch before we begin more rigorous practice. Warming up and stretching are important for preventing injury.
5. Please bring water and/or sport drinks (no soda or juice) for hydration. Older athletes, especially middle school female athletes should pay particular attention to this rule. Remember to drink water before practices and meets as well as during and after. **DON'T WAIT UNTIL THE DAY OF A MEET, PARTICULARLY ON HUMID, HOT DAYS, TO START DRINKING.**
6. We understand that many of our athletes are also competing in other spring sports and we encourage this. Therefore, we do not penalize athletes for missing practices on occasion due to scheduling conflicts. We ask parents to be mindful of the commitment to track, however, and ask that you encourage your child/ren to run on days we do not practice. It is difficult to build endurance for the longer distances when practicing only 1 to 2 days. We will ask for a definite commitment if your child competes in the Relay Championships. As part of a relay team, the athletes must get used to passing the baton in their (legs) positions and cuing each other and this will only happen as they get used to running in their designated teams. Teams will be formed after the first couple of weeks and we will seek parent confirmation that the child can it. It is very difficult and, most importantly, disappointing to other teammates if a committed athlete does not show up the day of the Relay Championship or during practices. Please give advance notice if your child will miss a practice.
7. Parents are responsible for transporting or arranging transportation for their child/ren for meets.

## Our Lady of Victories Track Team

If interested, please fill out the following pages, initial, sign and return to:

**Natalie Arthur, C/O Emily, 8th Grade or  
Michele Brennan, C/O Morgan, 8<sup>th</sup> Grade**

Family Name: \_\_\_\_\_  
Student/ Grade: \_\_\_\_\_ M/F T-Shirt Size \_\_\_\_\_  
Student/Grade: \_\_\_\_\_ M/F T-Shirt Size \_\_\_\_\_  
Student/Grade: \_\_\_\_\_ M/F T-Shirt Size \_\_\_\_\_

\*\*\* Please indicate if you have the t-shirt and it still fits \*\*\*\*\*

Information below is needed to communicate notifications of meets, cancellations or changes to existing schedule. This information will ONLY be used for this purpose. We are also able to use the HONEYWELL alert system. REMEMBER to inform us if any information changes during the season. (Please PRINT)

Parent #1 Cell Number \_\_\_\_\_

Parent Email #1 \_\_\_\_\_

Parent #2 Cell Number \_\_\_\_\_

Parent Email #2 \_\_\_\_\_

Please indicate what event/s your child/ren is interested in running.....  
(If more than 1 child indicate grade next to it...)

**Grade K-2** competes in both the 100 and 400 meters **Grade 7<sup>th</sup>-8<sup>th</sup>** Shot Put \_\_\_\_\_

**Grade 3<sup>rd</sup> - 8<sup>th</sup>**

200 meters \_\_\_\_\_ 400 meters \_\_\_\_\_  
800 meters \_\_\_\_\_ 1600 meters \_\_\_\_\_

I am interested in volunteering at (check all that apply)

\_\_\_\_\_ Practice  
\_\_\_\_\_ Dual/Tri meets (Fri night) \_\_\_\_\_ Championship meets

**Parent's Signature of Approval:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

Please read and initial each area.....

I, the undersigned, understand that the school and coaches assume no responsibility for any accident or injury that might occur either at the school, during a practice or meet. The undersigned waives any rights or claims for damages which the undersigned or child/ren may have or hereafter accrue against Our Lady of Victories, Coaches, approved volunteers, CJCTC and its organizers and host teams for injuries or damages that may be sustained or suffered by the child/ren in connection and/or association with, and/or participation in the OLV Spring Track Team. \_\_\_\_\_

Further, I understand that I am responsible for providing and/or arranging transportation to meets and practices. \_\_\_\_\_

Further, I agree to the OLV Spring Track Rules and Regulations. \_\_\_\_\_

Further, I agree to keep OLV Spring Track up to date with telephone numbers and email addresses so I can be aware of important information. \_\_\_\_\_

Parent's Signature of Approval: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

The following forms MUST be completed/reviewed in their entirety before the child can participate in the sport. These rules and regulations are from the state of NJ or from the diocese of Metuchen.

These forms can be found on the school website. On top click “our school”. On the left hand side scroll down to “Nurses Forms” Scroll to the bottom to see below. Here you can click on the items and fill them out. ALL participants need to have these items filled out. The concussion fact sheet is just an FYI.

## **SPORTS PHYSICAL FORMS**

**[Athletic Physicals Form](#)**  
**[Sudden Cardiac Death Information](#)**  
**[Sudden Cardiac Death Sign-Off Sheet](#)**

**[Heads Up Concussion Fact Sheet](#)**

This form can be found on the school website. On top click “backpack” Scroll through to find the form below. Here you can click on the items and fill them out. ALL participants need to have these items filled out.

**[Child Walking Waiver Form](#)**

There may be an additional form “Opioid Use and Misuse Fact sheet” that will be handed out and we just need signed that you received it.