



Our Lady of Victories
Spring Track 2017

Dear Parents,

Hope all is well and welcome. We just wanted to send out a notice that we are excited to once again offer Spring Track at OLV. We know it is early but we wanted to welcome our new families and get the information out regarding this exciting program. The program is open to all students in Grade K – 8th. There is no “workbond” requirement however; we encourage you to volunteer time.

Fee- There is a minimal fee to participate in this program. The fee covers the cost to enter the league, a t-shirt, medal and end of year party. The fee is to be determined at a later date.

Forms- A registration form is the first to complete. This form is being revised. Last year we were informed there is a new state mandate for athletes in grade 6-8. Our league requests that ALL participants fill out all the appropriate paperwork. These forms can be found on the school website under the “Nurses Forms” The following forms need to be filled out or reviewed 1) Sports physicals form – all 4 pages (if you fill this out now prior to beginning of practice all that needs to be completed by the parent/guardian is the Health History Updated Questionnaire), 2) read over the Sudden Death Cardiac Information, and 3) Complete the Sudden Cardiac Death Sign-Off sheet.

Practice- We will continue to offer one day of practice for distance runners- ½ mile and mile (Grade 3-8) and one for all events (Grade K-8). To date we are unsure if this will take place after school, in the early evening or Saturday am. We understand many children do various activities and can’t make all practices. The goal is to keep our children as active as they can be.

Meet- All K, 1, 2 run the 100 and 400 meter, Grade 3-8 runs the 200, 400, 800 and/or mile, and Grade 7/8 shot put. We hope to begin distance runners in middle to end of January 2017 and everyone else will begin in early March 2017. Dual/Tri track meets tend to begin in early April on Friday nights from ~5:45pm – 8:00pm (participation is not mandatory). Two Saturday’s in May are championship meets, all schools that participate in the league are here so it is a longer day. The relay championship meet is a team made up of 4 runners. We will ask for a specific commitment for this meet as time gets closer. We make every effort to have a child run if they want to. The top 8 teams are awarded medals but EVERYONE receives a participation ribbon. The individual championship is just that. They race against others but in the end they are trying to run their personal best. The top 10 runners are awarded a medal but again EVERYONE receives a participation ribbon.

Party- In early June we host a party to celebrate our accomplishments for the year.

We look forward to an exciting year. If you are interested in joining, have questions or suggestions please send an email to trackolvnj@gmail.com.

Sincerely,

Michele Brennan & Natalie Arthur
Morgan and Emily Grade 7