

REGISTRATIONS DUE BACK NO LATER THAN APRIL 21ST

2023 OLMC TRACK PROGRAM Boys and Girls Kindergarten through Eighth Grade

LEAGUE MEETS

- **Tuesday evening, May 23rd** – @ Paramus Catholic, Paramus Sponsored by Visitation Academy
- **Thursday evening, May 25th** – @ Paramus Catholic, Paramus Sponsored by Visitation Academy
- **Tuesday evening, May 30th** – @Paramus Catholic, Paramus Sponsored by Visitation Academy Championship Meet for 5/23 Events
- **Wednesday, evening, May 31st** – @Paramus Catholic, Paramus Sponsored by Visitation Academy Championship Meet for 5/25 Events

PRACTICE SCHEDULE

Practices will be held every **Monday, Wednesday and Friday from 6:00 to 7:00 p.m.** at the **Bergenfield High School Track**, beginning **Monday, April 10, 2023**. Practices will continue until Friday, May 26th. We will practice in drizzle, but not in heavy rain or thunderstorms. Meets are held rain or shine. Please make sure your child dresses appropriately for the weather. A good pair of running shoes is a must (*spikes are not allowed*). Your child should bring a water bottle to meets and practices.

*Parents who would like to help at the practices or meets are welcome.¹
Please speak with one of the coaches.*

SIGN UP INFORMATION (See Reverse for Registration Form)

We will have sign-up sessions at all the track practices beginning April 10th. Forms are also available on our websites. (www.olmc.us and www.academyolmc.org), as well as, in the School, Religious Education and Church offices.

Your child's participation fee covers his/her team membership, entry fees for all meets, and T-Shirt.

Our 2023 participation fee is \$90.00 per child. Please make check payable to "OLMC Athletic Fund" and attach it to the completed registration form.

T-Shirt Size: _____ (Youth) or (Adult)

¹ All members of the coaching staff are required to have current "*Protecting God's Children*" certifications.

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2023 OLMC TRACK

Welcome to OLMC Track!

REGISTRATION INFORMATION

Child's Name : _____ School/Grade: _____

Parent(s): _____

Address: _____

Cell No. _____ Home No. _____

E-Mail: _____

Emergency Contact: _____ Tel. No. _____

Medical Conditions: _____ Medications: _____

Allergies/Drug Reactions: _____ Other: _____

AUTHORIZATION & RELEASE

I hereby authorize my son/daughter _____ to participate in the **OLMC TRACK PROGRAM**, inclusive of practices and meets. He/she has no known medical conditions other than those listed above which would require caution or which might endanger his/her health. I acknowledge that any athletic activity poses certain inherent dangers and risks of physical injury. By granting permission for my son/daughter to participate in the **OLMC TRACK PROGRAM**, I acknowledge those risks, assume responsibility therefor, and release Our Lady of Mount Carmel Church and the coaching staff.

In the event my child is injured while attending a practice or meet, and the coaching staff is unable to reach me at any of the above-stated telephone numbers, I authorize the coaching staff, and any volunteers who may be assisting them, to contact the local EMS/Ambulance Corps to arrange for the appropriate medical care – including, if necessary, transportation to the nearest available hospital or trauma center.

(Signature of parent or legal guardian on line. Please print your name below line.)

No child can be accepted into the **OLMC TRACK PROGRAM**, or otherwise permitted to participate in its practices and meets, unless this form has been completed, signed by a parent or legal guardian and returned with the **\$90.00** registration fee (make checks payable to “**OLMC ATHLETIC FUND**”).