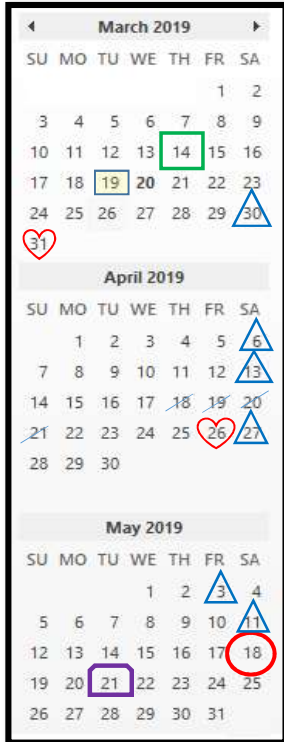


OUR LADY OF MOUNT CARMEL

2019 Track & Field Registrations

ONE CEDAR AVENUE, BERLIN, NJ 08009 856-767-1751



OLMC TRACK & FIELD REGISTRATION PERIOD: 3/4 - 3/14/19

Registration Form: [www.olmc-school.org/athletics/athletic forms](http://www.olmc-school.org/athletics/athletic%20forms)

Select "Athletics registration and certification form". Fee=\$95.

Sports Physicals are required for 6-8th graders.

On form, indicate shirt size: YM, YL, AS, AM, AL, AXL and send in forms and fee into the OLMC school office, Attn: Coach Theo Zulueta; Physicals send to School Nurse.

Lastly, please email theo.zulueta@verizon.net to be added to team email distribution.

PROGRAM SUMMARY: Boys and girls grades 3-8 from OLMC, St. Simon Stock CCD and registered parishioners band together to learn, develop, and excel in distance running, sprinting, and field events - shot put and long jump. We teach proper form, efficient running techniques, safety and sportsmanship, goal setting, confidence with humility, mental stamina, and teamwork.

CADETS: 10 and below*, **JUNIORS:** 11-12yrs old, **SENIORS:** 13-14yrs old as of 9/1/18

**Cadets are 3-5th graders. 2nd graders may participate, but only at a development-team level, please email Coach Theo for details.*

IMPORTANT DATES:

- Required team meeting on 3/14/19, 7pm in OLMC Gym
- Practices: Tuesdays 6-7pm @ Winslow HS track (start 3/19)
- △ Minimum 3 of 6 regular season meets to qualify for 5/18, 9-11:30am
- 5/18 Championship Meet @ Winslow HS track, 8:30-12n
- 5/21 Meet of Champions @ PVI HS, 5-8pm
- OLMC Athletic Association Awards Night, early June



STAMINA, SPEED, STRENGTH,
SKILL, AND SPIRIT - BUT THE
GREATEST OF THESE IS SPIRIT.



ATTENTION 8TH GRADERS:

The 125th running of the Penn Relays are on the early morning of 4/26/19 in Philadelphia. Our Catholic Track League will qualify the top 3 relay teams who have the fastest 4x100m relay sprinters in the boys and girls Senior division. The Qualifier meet will be held on Sunday, 3/31/19 at PVI HS at 1:00pm.

