



187 Wyckoff Avenue
Ramsey, NJ 07446
201-327-1108
FAX 201-236-1318

Dear Parents/Guardians,

We invite you to register your child for the Academy of Saint Paul Track Team. The school Track Team is open to all students in grades K-8 and is part of the North Bergen Interparochial Track Association that includes CYO and/or school teams from Our Lady of Mount Carmel (Tenafly), Sacred Heart (Lyndhurst), Academy of Our Lady (Glen Rock), Queen of Peace (North Arlington), St. Mary's (Rutherford), Our Lady of Mercy (Park Ridge), Our Lady of Grace (Fairview), St. Joseph's (Oradell), Assumption (Emerson), Our Lady of Visitation (Paramus), Academy of Saint Paul (Ramsey), and Saint Elizabeth's (Wyckoff).

The meet schedule for the upcoming season includes:

- 04/28/19: Academy of Our Lady hosts relay meet (grades 3-8) at St. Joseph Regional HS (Montvale)
- 05/05/19: Our Lady of Mount Carmel (Tenafly) hosts full meet at Tenafly MS
- 05/19/19: Assumption hosts full meet at Emerson High School
- 06/02/19: Sacred Heart hosts full meet at Lyndhurst High School (tentative)
- 06/09/19: St. Elizabeth's hosts full meet at St. Joseph Regional HS (Montvale)

Events are available to students in grades K-8 as follows:

Grades K-4 can participate in 3 events plus the relay -55m or 200m sprint, 400m (1 lap), 800m (2 laps), javelin, long jump (2 jumps), shot put (as an exhibition/non-scoring), and 4x100m relay

Grades 5-8 can participate in 4 events plus the relay – 100m, 200m or 400m, 800m, 1600m, shotput, javelin, long jump (3 jumps), and 4x200m relay

Any student opting for shot put must be approved by the coaches and parents must complete a shot put release form.

The starting time for the meets is 10 AM. Field events will close at 2 PM. The meet will end when all of the running events have concluded. This can take many hours.

The success of the program depends on the participation of the parents. Help is needed at practices and all meets. Please note that parents who are not helping as coaches are not permitted on the field during any of the meets.

Practices will be held after school. The practice schedule will be published depending upon the number of students that register for the team. Typically, we have practice one or two days per week on the field in back of the school and/or the gym, weather permitting, beginning in April. Team members wear their gym uniforms to school on practice days and for the meets.

We encourage everyone to sign up for the Track Team. There's something for everyone, even if you are not a fast runner. The children have a lot of fun and enjoy being part of a larger team and Academy of Saint Paul has historically done well (since 2004!). Many of our team members moved on to have successful athletic careers in track in high school, college, and on club teams. Once again, we would like to offer a service opportunity to our high school alumni inviting them to help coach the younger students during the practices and meets.

Please note that all health forms must be up-to-date in the nurse's office prior to the first practice in order for your child(ren) to participate.

If you have any questions, please contact Mrs. Gysin at cgysin@academyofstpaul.org.



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Track Team Registration Form

Communication will take place primarily via email. Please provide your most current email address on the registration form.

Please return this completed registration form with the registration fee of \$60 per student (checks made payable to Academy of Saint Paul).

Student Name: _____ **Grade:** _____

Student Name: _____ **Grade:** _____

Student Name: _____ **Grade:** _____

Student Name: _____ **Grade:** _____

Parents' Names: _____

Cell Phone Number(s): _____

Email address(es): _____