

Annin Vikings Track and Field Team

WAMS-AO is offering an opportunity to all 7th and 8th grade students to participate on the WAMS Track and Field Team. The track and field season runs from mid March thru early June. The team will meet three times per week for a combination of practices and meets.

Schedule: Weekly schedules vary. Practice and meet schedules can be found at:

www.highschoolsports.net. Practices are held at WAMS in the school's oval. Meets are at Ridge High School or at away locations.

Eligibility: Any 7th and 8th grade WAMS student may participate after submitting the required documents and receiving clearance. Approximately 60 students will be rostered for the team. There are no tryouts. Registration is on a first come, first serve basis. After Feb. 10th, registration will be opened to 6th graders if there are roster spots remaining. An announcement will be made in school to this effect. Sixth graders who register for the track and field clinic will get preference. **Sixth graders should NOT submit their paperwork before Feb 10th. Final deadline is February 25th.**

Coaches: Lori Thompson lmthompson@bernardsboe.com
Sue Wargo swargo@bernardsboe.com
Frank LoCascio flocascio@bernardsboe.com

Cost: WAMS-AO is a pay to participate athletic organization. Costs are related to the team's budget including uniforms, coach salary, official fees and league fees. Approximate cost this year is \$ 150. Financial options/assistance is available for those that qualify. Please contact Rita Zarabara, Athletic Coordinator at wamsao@bernardsboe.com or 204-2610 ext. 310 for information. Applications will be confidential and can be found at www.williamanninpto.com. There will be no refunding of any participation fees.

Questions? Contact Rita Zarabara, Athletic Coordinator at wamsao@bernardsboe.com

Registration: To register for the team please submit the following starting Jan. 16 and before February 10th. Forms can be found at www.williamanninpto.com under WAMS-AO Forms. All registration materials must be sealed in an envelope marked "WAMS-AO" and deposited in the WAMS-AO mailbox in either the school's office or cafeteria.

1. Player Profile Form
2. Athletic Pre-Participation Physical Form (Part A&B) (*Make sure vision exam results are complete*)
3. Health History Update (If you already have a current Physical Form on file with WAMS-AO and it will not expire before the first tryout date, you may simply submit this form instead)
4. **Payment of \$150 payable to "WAMS-AO"**. This is NON-REFUNDABLE if you get a roster spot. This cost may change if we do not get 60 participants.

WAMS-AO Team Sportswear is now available for individual and team online ordering. Go to the WAMS-AO page on www.williamanninpto.com . Follow the link. Or Click on Apparel at www.highschoolsports.net Enter the promo code **BT445** on all orders for a WAMS-AO discount!

Please note: NJ State requires that any student intending to participate in an extracurricular activity have submitted a standard athletic physical form completed by the parent and examining physician. The exam had to have taken place within 365 days of the first practice/tryout. A school-hired physician will then review the form. Faxed or photocopied forms are NOT acceptable. The examining physician must sign the form with an original signature—**no stamped signatures will be accepted. Forms will be returned for incompleteness. Make sure vision exam results are complete.**