

## **Coach Lou"Field Carnival" @ River Dell HS**

Dear Coaches,

We are excited to invite your boys and girls **FROSH & NOVICE Field Athletes** to the **Coach Lou "Field Carnival"**, which will take place on **Thursday, 5/7** at River Dell High School. This special event is named in honor of **Coach Lou Sirignano**, whose legacy of excellence in coaching and teaching has shaped the River Dell track and field program for over half a century.

Coach Lou has been an integral part of the River Dell community for over **59 years**, mentoring athletes across seven decades, from the 1960s to the 2020s. While he is a legend in the throwing circles, Lou was a standout three-sport athlete in high school, earning letters in Football, Wrestling, and Track. His leadership as a coach has spanned the gridiron, the wrestling mat, and the track, consistently fostering teamwork, discipline, and perseverance.

Throughout his career, Coach Lou has been recognized for his extraordinary contributions, including being named River Dell MS Teacher of the Year and County Coach of the Year. His leadership in wrestling earned him a place in the Region 2 Wrestling Hall of Fame, and his championship legacy includes State Sectional, District, and League titles.

Beyond the accolades, Coach Lou is a true family man. His devotion to his late wife, Frances, his three children, and nine grandchildren is at the heart of who he is. This meet is a tribute to his unwavering commitment to the success of student-athletes. It is the perfect opportunity to honor a River Dell icon while showcasing the rising talent of our novice throwers and jumpers.

### **Meet Details**

- **Date & Location:** Thursday, 5/7 @ River Dell High School
- **Divisions:** Boys and Girls, Frosh & Novice Shot, Disc, Jav, LJ, and TJ.
  - **Definition of Novice:** An athlete who has never won an individual varsity medal in that event.
- **Awards:** Medals to the **top 6** in each event. **Trophy** to the team that scores the most for boys and girls combined!!
- **Entry Fee:** \$6 per athlete per event.
- **Results will be sent into MileSplit**
- **Scan and email entry to** [michele.carcich@riverdell.org](mailto:michele.carcich@riverdell.org)

**Order of Events:** Divisions may be combined if numbers are low.

<b>4:15pm</b>	<b>Shot:</b> Frosh Boys, Novice Boys, Frosh Girls, Novice Girls
	<b>Disc:</b> Frosh Girls, Novice Girls, Frosh Boys, Novice Boys
<b>Open Runway 4:15 – 6:15pm</b>	<b>Javelin:</b> All divisions and genders
<b>Open Pit 4:15 - 5:15pm</b>	<b>Long Jump:</b> Frosh & Novice Boys followed by Frosh & Novice Girls
<b>Open Pit 4:15 – 5:15pm</b>	<b>Triple Jump:</b> Frosh & Novice Girls followed by Frosh & Novice Boys

We hope you can join us for this exciting event and celebrate Coach Lou's incredible impact on River Dell athletics.

Sincerely,  
RD Track & Field Program

**Entry Deadline:** Monday, 4/27 (unless it fills up before)

## Coach Lou "Field Carnival" - ENTRY FORM

School: \_\_\_\_\_ Coach's Name: \_\_\_\_\_

Coach's Cell: \_\_\_\_\_ Coach's Email: \_\_\_\_\_

### Payment Information:

1. **Entry Fee:** \$6 per athlete per event
2. Make checks payable to: **RIVER DELL TRACK & FIELD BOOSTER CLUB**

### Number of Entries

NOVICE:	GIRLS	BOYS	
Shot Put: _____	Long Jump: _____	Shot Put: _____	Long Jump: _____
Disc: _____	Triple Jump: _____	Disc: _____	Triple Jump: _____
Javelin: _____		Javelin: _____	

FROSH:	GIRLS	BOYS	
Shot Put: _____	Long Jump: _____	Shot Put: _____	Long Jump: _____
Disc: _____	Triple Jump: _____	Disc: _____	Triple Jump: _____
Javelin: _____		Javelin: _____	

**TOTAL ENTRIES:**    # individuals x \$6.00 = \_\_\_\_\_    = **Total Entry:** \_\_\_\_\_

**Mail to:** Michele Carcich  
River Dell HS  
55 Pyle Street  
Oradell, NJ 07642

**Checks payable to:** *River Dell Track & Field Booster*

**Email:** [Michele.Carcich@riverdell.org](mailto:Michele.Carcich@riverdell.org)

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