

COACH LOU INVITATIONAL @ River Dell HS

Dear Coaches

We are excited to invite your boys and girls NOVICE SHOT and DISC throwers to the first annual *Coach Lou Invitational*, which will take place on **Monday, May 19th 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 decades.

Coach Lou has been an integral part of the River Dell community for over 59 years, coaching and mentoring athletes across multiple generations. His dedication to the development of student-athletes extends across parts of seven decades, from the 1960s to the 2020s (1966 – Present). During his tenure, he coached not only track and field but also wrestling and football, consistently fostering teamwork, discipline, and perseverance in every athlete.

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 for Indoor Girls Track** in 1973 as an assistant coach. His leadership in wrestling earned him a place in the **Region 2 Wrestling Hall of Fame**, and his teams in the early 1970s were champions, winning **State Sectional, District, and League titles** in 1972 and 1973.

As a coach, Lou has touched countless lives, leading both boys and girls to excel in various sports. His remarkable coaching career is complemented by his own accomplishments as a **three-sport athlete** in high school, where he earned letters in **Football, Wrestling, and Track**. Lou continued his athletic career at **Montclair State**, where he played football for a year and wrestled for two before a knee injury ended his competitive career.

Beyond the field and track, Coach Lou is a true family man. His love and devotion to his late wife, Frances, his 3 children, and 9 grandchildren are at the heart of who he is. He speaks of them often and with great pride, and his commitment to family mirrors the care and dedication he's shown to his athletes throughout the years.

This meet is a tribute to Coach Lou's exceptional contributions to River Dell athletics and his unwavering commitment to the success of our student athletes. It is a perfect opportunity to honor him while showcasing the talent of our novice throwers.

Meet Details:

- **Events:** FROSH & NOVICE Shot Put and Discus
 - *Definition of Novice – An athlete who has never won an individual medal in a varsity event*
- **Awards:** Medals for the top 5 in each event
- **Officials:** 2 officials at Shot Put and 2 at Discus
- **Date:** Monday, May 19th
- **Location:** River Dell High School
- **Entries must be received by:** Thursday, 5/16 – Any questions, email michele.carcich@riverdell.org

Order of Events:

4:00 – SHOT – Nov. Boys, Fr. Boys, Fr. Girls, Nov. Girls
DISC – Fr. Girls, Nov. Girls, Fr. Boys, Nov. 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

COACH LOU INVITATIONAL - ENTRY FORM

School: _____ Coach's Name: _____

Coach's Cell: _____ Coach's Email: _____

Payment Information:

1. **Entry Fee:** \$5 per athlete per event
2. Checks payable to **RIVER DELL TRACK & FIELD BOOSTER CLUB** should accompany this entry.

Number of Entries

<u>GIRLS NOVICE</u>	<u>BOYS NOVICE</u>
Shot Put: # _____	Shot Put: # _____
Discus: # _____	Discus: # _____

<u>GIRLS FROSH</u>	<u>BOYS FROSH</u>
Shot Put: # _____	Shot Put: # _____
Discus: # _____	Discus: # _____

TOTAL ENTRIES: Total Individuals: # _____ x \$5.00 = \$ _____

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

ENTRIES MUST BE RECEIVED BY 5/16