



OLS Athletics Department

Sports offered at Our Lady of Sorrows

Sport	Season	Description
Cross Country	Sept – Early Nov Last day to join the team is Saturday, Sept 15, 2018 Practices have begun but it is not too late to join.	OLS Cross Country is open to grades K thru 8. Grades 3-8 practice 3 days per week. Grades K-2 practice 1 day a week. The majority of the meets are held on weekends. All practices are held at Flood Hill in South Orange on Tues & Thurs from 6:00 pm to 7:30 pm and Saturday from 10:00 am to 11:00am Our Lady of Sorrows will host the Fall Festival Cross Country Meet on Oct 6, 2018 at Flood Hill in South Orange. Approximate course distance: 2nd grade & under – Fun Run Grades 3 & 4 - ~1 mile course Grades 5 & 6 - ~1.5 miles course Grades 7 & 8 - ~2 miles course
Soccer	Sept – Mid Nov First practice TBD	The Varsity Soccer team is open to boys and girls in grades 5 thru 8. We participate in a co-ed league and play 6-8 games per season. The team's schedule includes 1 to 2 games per week. Practices are on Wednesdays from 7:00pm to 8:30 pm and Saturdays from 1:00 – 3:00pm at Cameron Field in South Orange. Home games will be on Floods Hill in South Orange.
Volleyball	Sept – Early Nov First practice TBD	Volleyball is available at the Junior Varsity and Varsity level and is open to all students in grades 5-8. Both JV and Varsity have two practices and 1 or 2 games each week. Practices are held in the OLS gym. Days and time – TBD. Our Lady of Sorrows will also host our annual Bump-Set-Spike Volleyball Tournament on October 27 & 28, 2018.
Basketball	Mid Nov - Feb	The OLS Basketball program is open to all students in Grades K-8. There is a Basketball Skills clinic [OLS Little Crusaders] for Grades K-2 on Saturday mornings from the beginning of December until mid-February. OLS has boys and girls teams at the following levels: <ul style="list-style-type: none"> • 3/4 (Grades 3-4) • JV (Grades 5-6) • Varsity (Grades 7-8) Our Lady of Sorrows School proudly hosts the OLS February Frenzy, the longest-running grammar school basketball tournament in New Jersey. The Frenzy brings together teams from all over the area, for Boys and Girls at all levels – Varsity, Junior Varsity, and 3/4 exhibition games.
Cheerleading	Mid Nov- Feb	Cheerleading is open to all students in grades K-8. Practices are usually 1-2 days per week.
Track & Field	Mid March – May	The Track & Field team is open to all students in Grades K thru 8. Events include Running [sprints, relays, and long distance], Long Jump, Shot Put, and Turbo Javelin. Grades K-2 participate in “Fun Runs” at each meet. Practices run from mid-March to late May, usually 2-3 times per week. OLS hosts an Annual Track & Field Invitational Meet on the Saturday before Mother's Day each year.
T-Ball	Mid March – May	OLS sponsors 2 teams in the South Orange Maplewood Baseball/Softball League. Registration is through the South Orange Recreation Center.

If you are interested or know someone who might be interested in coaching, please contact us at

olsathletics@gmail.com.