

CYO BOYS & GIRLS CROSS COUNTRY RUNNING FALL 2010 – GRADES K-8

Come join the Holy Spirit cross country team! Run for fun. Run for your health, mind and spirit! Practice begins on Tuesday, Aug. 31st, and will be held once per week as a team. Five meets will be held on Fridays - Sept.17th through Oct.15th. Kids can run 1 Mile or a ¼ Mile Fun Run. Running experience is not required. Kids will run at their comfort level and develop at their own pace. Sign-ups will be on Thursday, Aug. 26th (6:00pm-7:30pm) and on Friday, Aug. 27th (3:00pm – 4:30pm) at the Holy Spirit gym. A “2010-2011 Holy Spirit Player Application Form” can also be printed out from the CYO website at “www.holyspiritcyo.com” and dropped off at the rectory (Attn: CYO Cross Country). Registration forms must be filled out by parents before a child can practice. Please contact Valerie at track@holyspiritcyo.com if you have questions. Season Fee: \$45.00 (includes team shirt) payable to “Holy Spirit CYO.” **Go Spartans!**