

# CYO Track & Field 2019



**Students and parishioners of Holy Redeemer, St. Joseph, St. Francis, and St Hugh are invited to participate in the 2019 CYO Track & Field season**

**Practices:** Will begin on or about March 1<sup>st</sup>. Time/location subject to change but likely same as last year, some practices at Blair HS, some at E. Seton HS. Please contact the coach ([JFP123@gmail.com](mailto:JFP123@gmail.com)) to get on the email list and/or for more info.

**Team website:** <https://sites.google.com/site/hrcyotrack/>

**Coaches:** James Parsons, Gerry Henry. USATF Certified, SafeSport and Virtus Trained.

**Meets:** 7 Track Meets. March 30, April 6, 13, 27, May 4, 11, 18. May 18<sup>th</sup> will be the 2019 CYO Championship Meet.

**Age Groups:** 7/8, 9/10, 11/12, and 13/14. Age group is determined by your age on May 31<sup>st</sup> 2019. Special program available for kids 6-and-under, inquire for details.

**Registration/Cost:** Forms will be circulated by electronically and will be available at early season practices. Everyone must have a signed form before practicing. Cost will be \$110 (\$40 for 6-and-under). \$20 sibling discount. Checks payable to Holy Redeemer CYO.

**Please contact me (email or text {301-641-3634} preferred) with any questions!**