

# Join Holy Spirit School's

## Track Team!!

Holy Spirit's Track team is a great way for students to stay healthy and active! During the Spring season, we participate in CYO Track and Field. Open to students in grades 3-8, the team focuses on challenging students to excel in running at their age-appropriate level, building camaraderie among the team, and of course having fun in the process!

Practice is held every Tuesday from 3:30-4:30 at Holy Spirit School. The season will begin on March 7th and run through May 9th. We will also have a 2-day meet the weekend of May 6th and 7th.

Registration and payment can be found online. The participant agreement form and medical form should be handed in to Coach Menapace on or before the first practice attended.

FLAMES

### What to bring to practice:

- Gym clothes
- Running shoes
- Water bottle with your name on it
- Medical Participant Combined Form
- Participation Agreement Form

### PARENTS

Looking to fill your volunteering hours? We are still in need of parent volunteers for practice! No need to commit to the entire season. Feel free to only sign up for a few practices.

For more information, contact:

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