

HOLY SPIRIT SCHOOL

SPORTS PROGRAMS CYO YOUTH MINISTRIES

The mission of the NVJCYO is to organize sports programs for parish youth from various grades throughout the Catholic Diocese of Arlington. The NVJCYO is an important component of the comprehensive approach to youth ministry in the diocese. The programs administered by NVJCYO are meant to encourage healthy physical activity but also to play a significant role in the development of Catholic values in the youth of the Diocese. These activities should foster cooperation, respect, sportsmanship, responsibility, leadership, competitiveness, fairness, and courtesy.

Holy Spirit offers a variety of sports programs throughout the year.

FALL PROGRAM

Basketball - October - March, Grades 3-8, Boys and Girls Teams

Cheerleading - October-April, Grades 3-8, Girls Varsity and Jr. Varsity Teams

Tennis - September - Early November, Grades 1-8, Skill Level Teams, Coed

Cross Country - 2 Meets - Oct 18 @ Fort Hunt Park & Nov 8 @ Burke Lake Park

SPRING PROGRAM

Volleyball (Indoor) - April - June, Grades 3-8, Girls Only

Tennis - April - May, Grades 1-8, Outdoor Lessons Only (no weekend matches)

Track - May (One Weekend Meet Only), Grades 3-8, Coed

Please check details on the CYO Sports Web Page located on the **PARISH** web site (there is a hyperlink on the School web page). The URL is:

<http://holyspiritchurch.us/ministries/community/cyo-sports/>

If you have any questions please contact Dennis Smolak at (703)503-5397