

# 2018 Holy Spirit CYO Track Team

It's that time of year, and we are really looking forward to the start of 2018 Spring CYO Track. For those of you who have run with our team before, we really hope you will be back again this year. For those considering the program, we welcome you ! Here is some important information:

**WHO:** Open to all Kindergarten to 8th Grade Boys and Girls.

**WHEN:** Practice is Mondays and Wednesdays @ 6:30 to 7:30, starting on Monday, March 26th, and finishing on Monday, June 25th, (meet dates to be announced).

**WHERE:** At New Hyde Park Memorial High School track.

**MEETS:** There are about 8 track meets a season, mostly on weekends. The events are relays, dashes, with some longer distance events. **Everybody runs, wins medals, and has FUN !**

**Registration cost:** The first child is \$50, and then \$40 per child for more than one.

**Uniform cost** (for those who need it): \$20 per child.

Make checks payable to: **Holy Spirit Athletic Association. Either send to the address below or bring with you to the first practice.**

If you are unsure about whether you want to run or not, come down to the first practice and try it first!

**COACH, (Call if you have questions):**

Peter Williams (516) 741-4533 40 Second Street, Garden City Park, New York 11040  
(WILLIAMSP@CONED.COM)

Your child will learn about track & field, experience healthy competition, make some new and lasting friendships, hopefully develop a love of running and above all, have FUN !

**NOTE: We are looking for volunteers, so please help if you can !  
No experience needed. If interested, you will need to be  
Virtus trained. Call me for more information.**

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Child's Name: \_\_\_\_\_ Tel #: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
**(MANDATORY):** \_\_\_\_\_  
School: \_\_\_\_\_ Grade: \_\_\_\_ Sex (M/F): \_\_\_\_ Birth date: \_\_\_\_\_  
Parents' Name(s): \_\_\_\_\_

Do you have a uniform ? : \_\_\_\_\_ If you **NEED** a uniform, the sizes are:

SHIRT: YS (6/8) \_\_\_\_\_ YM (10/12) \_\_\_\_\_ YL (14/16) \_\_\_\_\_ Adult S \_\_\_\_\_ Adult M \_\_\_\_\_ Adult L \_\_\_\_\_  
SHORT: YS (6/8) \_\_\_\_\_ YM (10/12) \_\_\_\_\_ YL (14/16) \_\_\_\_\_ Adult S \_\_\_\_\_ Adult M \_\_\_\_\_ Adult L \_\_\_\_\_