



Join St Joseph's Track and Field for Spring 2017

CYO Track & Field is a developmental league, supporting all skill levels. The season runs from mid-March to early May. The sport is open to 3rd through 8th grade students in St Joseph school, religious education (CCD), or home school. Come to a practice to try it out before signing up, and invite others to come.

Practice Schedule

- Weekly practices at Herndon Middle School (Locust St) starting the weekend of March 11, Saturdays & Sundays from 4 to 5:15 pm.
- Mid-week W&OD runs starting the week of March 13, schedule TBD based on interest.
- Try to attend one practice per week, to fit your schedule.

Meet Schedule

- Unlike other sports, we have a single competitive event (track meet) at the conclusion of the season.
- Diocese-wide meet (15-20 parishes) is the weekend of May 6-7, at O'Connell HS.

Some families come to practices but can't make the meet, others come to the meet but cannot make many practices. We welcome your child to whatever extent they can participate. Participating in track and field is fun on its own and will also help develop speed, skills, and stamina for other sports.

Registration and Fees

- Sign up by April 1
- \$30 child / \$50 family (checks payable to "St Joseph Church")
- Register using attached form and return at a practice, backpack mail, or e-mail
- \$10 t-shirt needed for the meet

Contact: John Vierow, 703-435-0985, jvierow@gmail.com

