

Valley Catholic CYO Track & Field

Registration is now OPEN

(Register at www.cyocamphoward.org)

Coaches are needed!! Please consider volunteering to help coach. Coaches for all events are needed: sprints, distances and field events (high jump, long jump, shot put, javelin (turbo jav). With three age groups, there are different needs that have to be accommodated for each level, so the more coaches the better. Please consider helping even if you do not have a strong background in track & field. If you know a non-Valley parent, someone you work with, a former athlete, etc. who might be interested in coaching, please encourage him/her to consider this great volunteer opportunity. Contact Kelly Alfieri at kalfieri@valleycatholic.org if interested in coaching.

Registration Fee: \$110

Participants: Boys and girls in Grades 3-8. Students of Valley Catholic, St. Cecilia and other public & private schools within our community boundaries.
Encourage neighborhood friends to give track a try!

Practices: Mon. /Wed. 5:00-6:30 p.m. & Fri. 4:30-6:00 pm
(when/where) 1st practice: Monday, March 12
Valley Catholic High School track

Track Meets: April 14, 21, 28 & May 5 (regular season meets)

**Roadrunner
Championship:** May 12 at La Salle High School, 8:30 a.m. start time
(3rd & 4th Grade) Meet open to all Roadrunners

Meet of Champions: May 19-20 at Jesuit High School (Sat. and Sun. Meet)
(5th through 8th Grade) Includes Cubs and Cadets that achieve qualifying times/marks

Uniforms: Refundable \$25 deposit. This will be collected at a later date during a uniform session. Uniform must be returned in good condition to receive refund.
(Checks will be held and returned or shredded)

For more information contact Kelly Alfieri at kalfieri@valleycatholic.org or go to the [cyocamphoward.org website](http://www.cyocamphoward.org).