



# ST. PAT'S CYO CROSS COUNTRY

2009 Team Kick-Off Night  
B.Y.O.P. (Bring Your Own Picnic)  
Garfield Park - Wednesday, August 19 at 6 p.m.

**Sign-ups:** Pre-register for the 2009 season by returning the form below no later than June 1. Registration fee of \$30 may be paid in advance or at Kick-Off Night. Grades 3-8 will begin practice in mid-August (dates to be announced).

**Parent Meeting:** A brief parent meeting will be held discussing required forms, practice schedule, meet schedule and team policies.

**Fun Runs:** ½ mi. for participants in grades K-2, 1 mile for grades 3-5 and 1.5 mile for grades 6-8. Prizes will be awarded for the first male and female finishers in each group. *Please bring a stopwatch (parents will time their own runners).*

**Singlets:** All runners will receive a cross country team singlet this year to be worn at all meets. A team photo will be taken immediately before the first meet.

**Practice:** In order to hold after school practices, we must have 9 additional running coaches who can commit **no later than June 1** and complete Archdiocesan volunteer training before August 19. Please contact Diana Johnson for details by email (djohnson98332@gmail.com ) or by phone (253-509-0460).

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## 2009 ST. PAT'S CYO CROSS COUNTRY TEAM PRE-REGISTRATION FORM (DUE 6/1)

Participant Name: \_\_\_\_\_ Entering Grade: \_\_\_\_\_ Male  Female

Contact Parent: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_ Shirt Size: Youth  S  M  L  XL

Please keep my email address private

Adult  S  M  L  XL

Emergency only, will be kept private

- I'm interested in coaching runners in grades 3-8 beginning in mid-August*
- I'm interested in coaching runners in grades K-2 beginning September*