



## **ST. ALOYSIUS CYO 2022 TRACK & FIELD** **BETTER, FASTER, STRONGER**

The Lions Track and Field Registration for 2022 is now open!

All children in the 4th through 8th grade who are parishioners at St. Aloysius, St. Thomas More, St. Louis, St. John XXII Parishes, St. Aloysius School and St. Aloysius Religious Education Classes are welcome and encouraged to participate!

All Training sessions and meets are totally voluntary and there are no strict time commitments.

This program is specifically designed to work with all other sports to improve each child's athletic abilities and provide physical fitness and conditioning to anyone interested in improving their overall health. Even if your child is playing baseball, softball, soccer, or lacrosse this Spring we still encourage them to join our program.

This is a great opportunity to make friends within our Catholic community, build sportsmanship and faith, and enhance fitness through strength and conditioning.

Children can participate in any events that they enjoy which include shot put, discus, long jump, high jump, sprints, distance, or relay races.

Voluntary practice times are available 5:30 to 6:30 p.m. on weekdays Monday through Thursday starting late March. After the schedule is finalized it will be communicated via TeamSnap app. If you are new to TeamSnap you will receive a notification to download the app after I get you entered on the website.

If you have any questions, please feel free to contact Al Holman at [aeholman12@gmail.com](mailto:aeholman12@gmail.com) or Tracy Binkowski at [binkfam6@gmail.com](mailto:binkfam6@gmail.com)

Please join our team to help us accomplish our goals of FUN, FITNESS, and FAITH for all the children from St. Aloysius and our Catholic community.