



ST. LUKE CYO CROSS COUNTRY



St. Luke Parish and School has developed a competitive and enjoyable CYO cross country program over the past three years. The beginning of the cross country season coincides with the beginning of the school year which has created some confusion in the past. So, we want to get the word out early so families and volunteers can begin to plan for a successful launch.

Who: 3rd to 8th Graders

What: Cross Country fun for everyone!

When: There are two developmental meets and one championship meet.

- Developmental Meet #1: 8:00am on September 22nd at Fort Hunt Park
- Developmental Meet #2: 8:30am on October 20th at Lee District Park
- Championship Meet: 12:00pm on November 3rd at Fort Hunt Park

There will be one practice per week. Date and time TBD after registration is complete and we have identified a volunteer to be the head coach 😊. Thank you to Jen Staloch for volunteering as our assistant coach! Practices will start after Labor Day.

Where: Practices will be held at Saint Luke, meeting in front of the school.

How: Arlington Diocese uses a centralized website for all CYO Sports Registration.
<https://reg.sportspilot.com/106551/login>

Cost: \$25 per runner

Registration Instructions:

- Log Into Your Existing Account/Create a new account
- Add a family member, specifically your child(ren)
- Begin Registration
- Select Child You Wish to Register
- Select NVJCYO – Fall- Cross Country - 2018

Registration Tips: You will need the following information:

- Emergency Contact Information
- T-Shirt Size
- Health Provider and Insurance Information
- Credit Card information