

## ST. CATHARINE ATHLETIC PROGRAM FALL GUIDE 2018-2019

### FALL

#### PEE WEE CROSS COUNTRY

#### Grades PreK 4 - Grade 3

- **Participation Fee \$35.00** (includes T-shirt)
- **Practice** one time per week from 2:30 PM- 3:00PM in the school yard
- **Season** runs from September through November
- **MEETS** are on **SUNDAYS** – Ocean County Park and Allaire State Park

#### CROSS COUNTRY

#### Grades 4-8

- **Participation Fee \$35.00** (Includes T-shirt)
- **Season** runs from September through November
- **Practice** is usually two days /week 2:30 PM-3:30 PM at designated location and the students walk to the practice sites(Lake- 2<sup>nd</sup> Avenue and West Lake Avenue or Spring Lake Boardwalk)
- **Dress** appropriately, wear running shoes, have bottled water with student's name printed on.
- **Written Note** to coach if a child is walking home or riding a bike
- **Dismissal-** a student left at finished practice for more than 10 minutes will be escorted back to school, brought to the after-care program and will be charged. **Please be prompt for pick-up!**
- **Meets** are on **Sundays-** Ocean County Park and Allaire State Park

#### Olympic Night

#### Grades 3-8

An annual **TRACK AND FIELD** event held in **OCTOBER** at the ANTRIM SCHOOL in Pt. Pleasant Beach.

Local schools compete against each other in various running events. Medals are awarded to the top three winners in each event. **In order to compete in this event the student must try-out.**

#### Girls' Soccer

#### Grades 6-8(open for 5<sup>th</sup>, if need arises)

- **Season** runs from September through October
- **Tryouts-** early September
- **Practices-** 3-4 times/week at Orchard Park, Wall, NJ
- **Home Games-** Orchard Park, Wall, NJ
- **Member of Monmouth County Athletic League(MCAL)**
- **Soccer Jamboree-** "Run for the Roses"- October
- **Participation Fee \$75.00**
- **Uniform Deposit Check \$75.00 (not cashed and returned when complete uniform is returned in good condition in a zip lock bag with child's name).**

#### Boys' Soccer

#### Grades 6-8 (open for 5<sup>th</sup>, if need arises)

- **Season** runs from September through October
- **Tryouts-** early September
- **Practice** is usually 3-4 times/week at Orchard Park, Wall, Nj
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**Golf**

**Grades 6-8**(some golf experience necessary)

- **Season** –six week club-like sessions (non-competing) starting in September, every Saturday at Quail Ridge Driving Range, Wall, NJ
- **First two weeks-** one or two **Professional Golf Instructors** to assist with the students
- **Third week-** begin at 7:00AM and play nine holes
- **Equipment:** each child must have their own golf clubs(no sharing), carry their own bag, and pay a weekly fee of \$10.00