

Eagle Fall 2013 Sport Sign-Up

Cross Country and Jr. Volleyball

Time for our Eagle runners and our girls' 5th and 6th Grade Volleyball team to gearing up for another year. Please complete the form(s) below if your students(s) will be participating in these programs. Please return this form by Wednesday, August 14th.

Cross Country

Open to St. Ann students and St. Ann Parish Sunday School students in Grades K-8, our runners **practice on new days this year, Mondays and Wednesdays** at Richland Park; students change into running gear after school and coaches lead the team to Richland. Parents pick up runners at the park at 4:30 p.m. (Extra Care kids will be escorted back to campus). First practice: Monday, August 19. (As the season progresses, we do replace some after school practices with evening practices at Overbrook School where the diocesan races take place, so that runners will be familiar with the actual race course.)

Diocesan races are run on four Sundays beginning in September, and coaches work hard to condition runners so that they are ready for the challenge! With that being said, I always warn parents that long-distance running isn't for everyone---your child has to *want* to participate for it to work. Coaches will train and encourage but not beg runners to run! Fee: \$40 (due in August).

Name _____ Grade _____ Birthdate _____

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***Grade indicated should be for 2012-2013**

Yes, I am interested in helping at practices! (No experience needed!)
Please provide contact information: _____

Junior Volleyball

Open to St. Ann School girls and St. Ann Parish Sunday School girls in 5th and 6th Grades (2010-2011). Practices are weekly on ??? evenings in Neidert Hall, beginning Wednesday August 22. This is an instructional league where fundamentals of the game are taught. Games are after school and/or Saturdays, beginning mid-September. Fee: \$50 (due in August).

Name _____ Grade _____ Birthdate _____

Yes, I am interested in coaching! Contact Info: _____

ALL PARTICIPANTS MUST HAVE A COMPETED DIOCESAN PHYSICAL FORM COMPLETED AND TURNED IN BEFORE THE FIRST PRACTICES! (FORM CAN BE FOUND ON OUR ST. ANN SCHOOL WEBSITE UNDER "DOCUMENTS.") A NEW FORM IS REQUIRED EVERY SCHOOL YEAR.



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Name _____ Grade _____ Birthdate _____

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