

ST. CATHARINE ATHLETIC PROGRAM FALL GUIDE 2020-2021

FALL

PEE WEE CROSS COUNTRY Grades PRE K 4 -GR 3

- **Participation Fee \$35.00** (includes T-shirt)
- **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 1 day a week 2:30 PM-4:30 PM at designated location and the students walk to the practice sites(Lake- 2nd Avenue and West Lake Avenue or Spring Lake Boardwalk)
- **Dress** appropriately, wear running shoes, have bottled water with the 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.**

GOLF GRADES 6-8 (some golf experience necessary)

- * **Season** - 6 week club-like sessions (non-competing) starting in September, Saturday at Quail Ridge Driving Range, Wall, NJ
- **First 2 weeks-**one or two **Professional Golf Instructors** to assist with the students
Third week- begin at **7:00AM** and play **9 holes**
Equipment -each child must have their own golf clubs(no sharing), carry their own bag, and pay a weekly fee of **\$10.00.**

Girls' Soccer

Grades 6-8(open for 5th, 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 \$100.00**
- **Uniform Deposit Check \$125.00 (not cashed and returned when complete uniform is returned in good condition in a ziplock bag with child's name).**

Boys' Soccer

Grades 6-8 (open for 5th, if need arises)

- **Season** runs from September through October
- **Tryouts-** early September
- **Practice** is usually 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- \$100.00**
- **Uniform Deposit Check \$125.00 (not cashed and returned when complete uniform is returned in good condition in a ziplock bag with child's name).**