



ST ANTHONY JR CYO SPORTS

Interest information

TENNIS AND CROSS COUNTRY

We are hopeful to be able to start a Tennis team this upcoming season. Tennis is a new sport to St. Anthony so we are still in the planning stages. Tennis season starts mid-Sept. so if you are interested contact Mr. Marin cyo@stanthonysschoolva.org so we can plan the end of the summer for some practices. Please check the school website www.saintanthonysschoolva.org/cyo for any summer tennis events we plan on hosting

Cross Country, has 3 meets during its season. 1st meet is late Sept. followed by the 2nd meet late Oct. and the final meet mid Nov. I will be posted on the school website (www.saintanthonysschoolva.org/cyo) some running events we will be putting together to have our kids ready for the kickoff of the season.

TRACK AND FIELD

There is a Fall (late Oct) and Spring (mid-May) Track Meet. Fall practice will start shortly after the beginning of the school year. We will have 2 practices a week in the field behind the school. Spring practices will start mid-March, similar format as the fall practices.

BASKETBALL

Basketball lasts from late **October** thru early **March** – look for notices on the St. Anthony website or at www.saintanthonysschoolva.org/cyo.

- There are leagues for both boys and girls:
 - 3rd and 4th Grades (new/inexperienced players)
 - 5th Grade (somewhat competitive)
 - 6th and 7th Grade (somewhat competitive & competitive)
 - 8th Grade (competitive & highly competitive)
- Starting in November, there will be two practices a week in the evening, based on availability of gyms and coaches. Games begin the 1st weekend in December through early March and take place on Saturdays or Sundays at different parish gyms. If you are interested in coaching, contact Mr. Schafer or Mr. Marin
- Contact Mr. Marin, if you are interested in practicing and working on your game during the summer. I will look to put some training sessions in per grade and skill levels to prepare for the upcoming year.



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CHEERLEADING

Cheerleading also takes place from **October** through **March**. Practices are during the week and the team will cheer at basketball games, with an end of the year exhibition/competition. Look for more information on the St. Anthony website www.saintanthonyschoolva.org/cyo.

Volleyball

Volleyball takes place during Spring, with games starting in early **April**. Practices will start mid-February through the volleyball season. Volleyball is a beginners to intermediate league. We combine 3rd/4th grade 5th/6th grade and 7th /8th grade to make teams. If you are interested in playing for fun and to learn more about volleyball over the summer contact Mr. Marin at cyo@stanthonyschoolva.org

George Schafer
JR CYO Sports Coordinator

gchez4@cox.net
703-965-6852 (mobile)

Elvis Marin
Athletic Director

cyo@stanthonyschoolva.org
571-499-1934 (mobile)

SURVEY OF INTEREST IN ST ANTHONY JUNIOR CYO SPORTS

Please identify **each** sport you are interested in. Include the child's name and grade, and a parent's name, mobile telephone number and email.

My child is interested in playing on the following St Anthony Jr CYO Teams:

- Tennis _____
- Cross Country _____
- Track & Field _____
- Basketball _____
- Volleyball _____
- Cheer _____



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I (parent or adult relative) am interested in coaching/assisting the following Sport:

Tennis _____

Cross Country _____

Track & Field _____

Basketball _____

Volleyball _____

Cheer _____

Child's Name:

Grade:

Parents Name:

Mobile Number:

Email:

**Email this information to George Schafer at gchez4@cox.net and/or Elvis Marin at cyo@stanthony.schoolva.org