



GET READY: TRACK SEASON IS COMING!

WHAT: Join Holy Name Track this Spring! Open to all students in grades 4–8

WHEN: Grades 6–8 practice starts Monday, April 3rd, after school, Monday – Friday

Grades 4–5 practice starts Tuesday, April 11th, after school, Tuesdays and Thursdays

Why: This sport allows you to challenge your mind and body, improve your speed, muscular strength, and (coaches' favorite) mental toughness, while keeping God in our hearts. You have the opportunity to grow both physically and spiritually.

Coaches: Mark Chouinard, Steven Douglas, Keith Whitman, Alison Hamlin