



## ***JR. COUGAR TRACK & FIELD***

***For 6th, 7th & 8th Grade Boys and Girls***



**COME RUN ..... COME ALL .....**

No experience necessary, runners of all abilities welcome and needed. We are so excited to begin our first season with a home track. Come and be a part of Lansing Catholic High School (LCHS) history and enjoy time with friends. There is something for every athlete, sprinting, jumping, throwing and distance running. Come and explore the opportunities. Run for fun . . . run to win. #WinEveryDay #DoItRight

### **JR. COUGARS MIDDLE SCHOOL TRACK & FIELD DETAILS**

- First practice is on Monday, March 20, 2017 at 5:15 pm at LCHS.
- For all 6th, 7th and 8th grade boys and girls attending a Lansing area parochial school.
- Practices will be held Monday—Thursday from 5:30-7 at LCHS.
- All participants will need a sports physical dated after April 15, 2016.
- Registration form can be found at [www.lansingcyac.org](http://www.lansingcyac.org) or through your local school.
- Contact Coach Cristin Reid at [cristinreid@hotmail.com](mailto:cristinreid@hotmail.com) or LCHS Track Coach Tim Simpson at [LCCXC@aol.com](mailto:LCCXC@aol.com) with any questions or more information.

