

Cross Country Update

We still need parent volunteers. If you can volunteer and your child is registered for XC please reach out to Ken Cilia to help.

Dates for XC Meets

- 9/7 Bishop Machebeuf XC Meet
- 9/18 Arrupe XC Meet
- 9/27 Holy Family XC Meet
- 9/30 Mullen XC Meet

Basketball Registration opens 9/5

We will be hosting a coaches meeting prior to the season. More info to come.

Flag Football Guidance for teams

8 players

Ideally 2 varsity teams 2 JV teams, maybe 1 widget team.

Coaches need to find the team and bring me a roster; I will then build the team and update on game schedule.

The **PLCT seminar** will require pre-registration. This way we keep track of who took the class. Registration will be open until 12 pm the day of the class. Must register to attend.

1. To register for a seminar:
 - a. Go www.csaldenver.org
 - b. Click Calendar
 - c. Click "Register" below the desired attendance date.
 - d. Families will receive a confirmation email.

The **2023 CSAL Swim Meet** is available to students in grades 1st through 8th for both boys and girls. Payment to participate is due at the time of registration.

Swimmers will compete as follows: 1st and 2nd grade girls, 1st and 2nd grade boys, 3rd and 4th grade girls, 3rd and 4th grade boys, 5th and 6th grade girls, 5th and 6th grade boys, 7th and 8th grade girls, and 7th and 8th grade boys. At the time of registration, select the accurate distance and swim stroke. Your child's grade and gender will be asked within the registration application.

Please note the following information:

- 1st through 4th grade students may register for both the 25 meter and 50-meter races.
- A Late Registration Fee will be charged for individuals who register after September 3rd. All registration closes on Friday, September 8th.
- Relay event registration will occur if there is enough interest. Interested swimmers need to contact Nicole Bradley at nbradley@mpb.org

To register for the Swim Meet, go to www.csaldenver.org, select "Register", then click "2023 Fall Swim Meet".

Questions? Contact Nicole Bradley at nbradley@mpb.org

CSAL Golf tournament 10/27. Location is to be determined.

CSAL Spelling Bee coming winter 2024. Stay tuned for more info.