

Athletics Update

Cross Country Update

- 9/7 XC Machebeuf
- 9/18 XC Arrupe (NEW)
- 9/27 XC Holy Family
- 9/30 XC Mullen (Sat)
- 10/6 XC Runners Roost
- 10/21 /XC State (Sat)

Flag Football Coaches: Please see this [link](#) to access the coaches page to view your roster. Please email me with questions. I will be sending out an addendum, or the rules of play to each of you. Season begins 9/23 and runs for 4 Saturdays following by championship game the following weekend.

Basketball Tryouts date to be announced next week.

PLCT seminar will require pre-registration. This way we keep track of who takes the class. Registration will be open until 12 pm the day of the class. Must register to attend. **Our host date is 10/26** in the gym.

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.

Upcoming Dates:

- a. September 5th-Basketball Registration Opens
- b. September 5th-Fall Teams Due (XC, Flag Football, and Volleyball)
- c. September 5th-PLCT Parent Seminar (St. Mary's Littleton)
- d. September 6th-PLCT Parent Seminar (Good Shepherd)
- e. September 7th-XC Meet at BMHS
- f. September 8th-PLCT Parent Seminar (Escuela). **Spanish**
- g. September 9th-CSAL Swim Meet
- h. September 9th-Robotics Kick-Off Event

Three registration events will be opening soon: Golf, Cornhole, and the Widget XC Meet (September 14th). Details for each to follow.

Please email me if you have any questions! eherrera@svdpk8.com