

St. Mary Catholic School

Fall Sport Information Page

Cross Country

- Open to boys and girls in grades 5th-8th
- Starts in August. Ends late October.
- Students will run and train 5-8 miles a week on their own time. A log sheet is provided.
- Athletes will need a good pair of running shoes and water bottle. Please remember to stay hydrated, this sport is done outdoors in the heat, rain and mud. Uniforms are provided.
- Parents are responsible for providing transportation to and from meets.
- Athletes will participate in a minimum of 4 meets, typically on a Saturday at different locations around Houston. Running Distances vary per grade and meet.

Soccer

- Open to boys and girls in grades 5th-8th
- Starts in August. Ends late October.
- Games: Tuesdays and Thursdays against other Catholic Schools in our division.
- Parents are responsible for providing transportation to and from games.
- Athletes will need: Cleats, shin guards, black soccer shorts, black soccer socks and water bottle.
 - \$25 jersey fee-athletes can keep jerseys at the end of the season and can be worn as a spirit shirt.

Volleyball

- Open to girls in grades 5th-8th ; 4th grade girls can participate in a developmental program on Fridays (\$50 sports fee for 4th grade)
- Starts in August. Ends late October.
- Games: Mondays and Wednesdays against other Catholic Schools in our division.
- Parents are responsible for providing transportation to and from games.
- Athletes will need: Black shorts (no spandex for games), Knee pads, tennis shoes and water bottle.
 - \$25 jersey fee-athletes can keep jerseys at the end of the season and can be worn as a spirit shirt.

