



Catholic Youth Organization (CYO) Sports at Saint Louis

St. Louis CYO is a Parish organization, open to all students and parishioners in grades 3 – 8. Here is an overview of the sport programs offered at St. Louis. Additional information will be sent home as the sports seasons get closer. CYO focuses on displaying our Catholic values through good sportsmanship and teamwork. No tryouts are required to join and most

sports are co-ed.

Basketball

Teams are single gender for students in grades 4-8.

Practices begin in November and are held twice a week.

Games held on Saturdays or Sundays, from early December through late February.

Single Elimination Tournaments will be held late February/ early March for 5th – 8th grade teams.



Cheerleading

St. Louis Hawks Cheerleaders welcome boys and girls in grades 3-8

Practices are held Fridays from 3:30 to 5 pm in the cafeteria

We cheer at a few school assemblies, one 6th, 7th or 8th grade basketball game per weekend and perform at a competition-style Diocesan CYO Cheerleading Exhibition!

Track & Cross Country

Boys & Girls in grades 3-8 are welcome to join track & field in the early fall and late spring.

Both seasons last approx. 4-5 weeks and culminate in a Diocese-wide track meet at Bishop O'Connell HS. Fall Meet on 10/5/19.

Practices held Fridays after school until 5pm at Bryant High School (next to St. Louis) & Sunday afternoons/evenings at Bishop O'Connell.

Cross-country season is in the fall and the CC meet is held at Ft Hunt Park in Nov.



Volleyball

Girls in grades 3 – 8 are eligible to play volleyball in the Spring. Practices begin in early March, as soon as the basketball season is over, and matches are held in April and May. Practices will be held once a week.

Tennis

Boys & girls in grades 3 – 8 are eligible to play tennis.

The season is the early Fall. Practices will be on Friday at 5 pm. If you are interested, please contact Marcy Grzadzinski at gatorlady10@yahoo.com ASAP.

