

ST. GREGORY THE GREAT 2009 FOOTBALL FITNESS EVALUATIONS

Once again we will the St. Greg's Football Coaching Staff will be conducting fitness evaluations for all interested students. We will be testing you on agility, strength and speed.

The evaluations are available for all incoming 5th, 6th, 7th, & 8th grade students (boys and girls), who will be attending St. Greg's in the 2009 – 2010 school year or who will be playing CYO sports through our Athletic Committee during the same time frame

We will be conducting the evaluations on two consecutive days.

- We are requesting that current 4th and 5th grade students (next year's 5th and 6th graders) plan to attend on Wednesday 5/27/08 from 4:30 – 5:30 PM
- We are requesting that current 6th and 7th grade students (next year's 7th and 8th graders) plan to attend on Thursday 5/29/08 from 4:30 – 5:30 PM
- If you have a conflict for your scheduled day you **MAY** come on the alternate day.

Please note that there is **MANDATORY** participation for all boys that are planning to play football this fall.

All athletes should wear tennis shoes as the speed and agility testing will be done in the parking lot on the asphalt surface.

