



CATHOLIC CHARITIES' NORTH STAR YOUTH PARTNERSHIP HOSTING 21ST ANNUAL GIRLS & SPORTS DAY, SEPT. 30

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Registration Now Open with Early Bird Pricing

Catholic Charities' North Star Youth Partnership, in conjunction with the James Family Prescott YMCA, is hosting its 21st annual Girls & Sports Day on Saturday, September 30 from noon to 5:30 p.m. Girls ages 7 to 14 are encouraged to register for an uplifting day of sports, comradery, fun, and food at the Prescott YMCA. Space is limited, so advanced registration is encouraged and now available.

Catholic Charities' North Star Youth Partnership provides support to parents and schools by engaging teens in hands-on learning experiences that provide increased confidence. Girls & Sports Day empowers girls to make positive choices and live healthier lives.

The day's activities are divided into age categories: ages 7-8 participate in gymnastics, Gaga Ball and obstacle; ages 9-10 play flag football, tennis and basketball; ages 11-14 partake in self-defense, volleyball and Y-Fit. The day also includes special guest speaker presentations from Lindsay Chatham, Executive Director of Village of Hope, a local non-profit, and Jaime DeJoseph, Sports Director at the James Family Prescott YMCA. They will speak about the bonds of sisterhood and how women rise by lifting others. Open swimming will be available after the event, beginning at 5:30 p.m.

Registration is now open and early bird pricing of \$15 is available through September 29. Day of registration will be \$20. Space is limited, so advanced registration is highly encouraged.

Registration must be done in-person at the James Family Prescott YMCA. To expedite the process, forms are available online at www.northstaryouth.org. The fee includes a fun-filled day of activities, friends, a backpack filled with goodies, and dinner provided by Panera Bread.

The James Family Prescott YMCA is located at 750 Whipple Street, Prescott, Ariz., 86301. For questions or additional information, contact Diane DeLong, Catholic Charities' North Star Youth Partnership at 928-708-7214 or Jaime DeJoseph, James Family Prescott YMCA at 928-445-7221.

Girls & Sports Day is organized and sponsored by James Family Prescott YMCA and North Star Youth Partnership, a program of Catholic Charities. Funding for Girls & Sports Day is provided by Dignity Health - Yavapai Regional Medical Center.

About Catholic Charities

Founded in 1933, Catholic Charities provides care for the vulnerable of all faiths in central and northern Arizona through programs in foster care, early education, veteran services, refugee resettlement, and homeless outreach. Housing for Hope, a separate 501c3, is an affiliate of Catholic Charities and provides affordable housing. Learn more by visiting www.catholiccharitiesaz.org or www.housingforhopeAZ.org. Social connections include www.facebook.com/CatholicCharitiesAZ and twitter.com/CCArizona.

