

CYO TRACK

PLEASE HELP

CYO Track has been asked to help the *St. John's Bread and Life Program* in Brooklyn as we did last year. This is a chance to share some of the things we all take for granted with families who find it hard just to have enough to eat. The Bread and Life Program helps these families out with extra food, but there are some other items we can help out with that will make life a little easier for these families.

CYO will be collecting items at the remaining meet this year so if you are able to help, please bring back any of the items on this list to this meet. At the end of the season all your donations will go right to families who need help and will really be appreciated. Some of the things needed are:

Soap	Mouthwash	Disposable Razors
Shampoo	Deodorant	Shaving Cream
Hair Conditioner	Baby Powder	Q-Tips
Toothbrushes	Hair care products	Cottonballs
Toothpaste	Body/skin lotion	Makeup kits
Dental Floss	Baby Oil	Socks

Everyone knows what kind of athletes CYO kids are; now we have a chance to make a difference off the track.