



**Diocese of Cleveland CYO
General Coaches
Meeting
Fall 2023**



FALL COACHES MEETING GENERAL SESSION AGENDA



6:00 – 6:10	Welcome, Opening Prayer, Introductions	Paul Kelly, Director
6:10 – 6:50	Mental Health	Dobie Moser, Senior Director
6:50 – 7:05	Cross Initiative	Paul Kelly, Director
7:05 – 7:15	General Information	Mary Ann King, Athletic Administrator
7:15 – 8:00	Sport Specific Breakout Sessions	
	<ul style="list-style-type: none">• Cheer• Cross Country• Flag Football• Rookie Football• Soccer• Tackle Football• Volleyball	

GOD is *Good,*
all the time.



CYO inspires young people to know God, to love God, and to serve God through athletics.

Opening Prayer

Leader: We gather in the Name of the Father, and of the Son, and of the Holy Spirit: **Amen**

A Reading from the Prophet Micah: He shall judge between many peoples and set terms for strong and distant nations; they shall beat their swords into plowshares, and their spears into pruning hooks; One nation shall not raise the sword against another, nor shall they train for war again.

They shall all sit under their own vines, under their own fig trees, undisturbed; for the LORD of hosts has spoken. Though all the peoples walk, each in the name of its god, we will walk in the name of the LORD, our God, forever and ever.

With what shall I come before the LORD, and bow before God most high? Shall I come before him with burnt offerings, with calves a year old? Will the LORD be pleased with thousands of rams, with myriad streams of oil? Shall I give my firstborn for my crime, the fruit of my body for the sin of my soul?

You have been told, O mortal, what is good, and what the LORD requires of you: Only to do justice and to love goodness, and to walk humbly with your God. Micah 4: 3-5; 6; 8

The Word of the Lord: **Thanks be to God**

Silent Reflection: As a CYO Coach, how can I do justice, love goodness, and walk humbly with our God.

Petitions/ Response: Lord hear our Prayer

Reader 1: We pray with gratitude for the CYO children entrusted to our care. May we serve them with love, gentleness, and kindness. We pray to the Lord: **All: Lord hear our Prayer**

Reader 2: We pray for our members, parishes and schools, that we will be loving communities of faith that invite all people to know, love, and serve Jesus Christ more fully in our daily lives. We pray to the Lord: **All: Lord hear our Prayer**

Reader 3: We pray for the neighborhood children playing in CYO for the first time, that we will welcome them into the Christian community to help them know that they belong in CYO. We pray to the Lord: **All: Lord hear our Prayer**

Reader 4: We pray for the mental health of our children. We pray that as a result of their experience in CYO, our CYO students will grow in positive and healthy ways which support their self-esteem and confidence. We pray to the Lord: **All: Lord Hear Our Prayer**

Reader 5: We pray for peace in the world, that those suffering from violence in any form will be treated with the dignity, justice and compassion of Jesus Christ by our words and actions. We pray to the Lord: **All: Lord hear our Prayer**

We bring all of our prayers together as we pray the Lord's Prayer: **Our Father, who art in heaven...**

All: O God of compassion, you called us to serve the cause of justice and to be messengers of your love to those the world has forgotten. You bless all people with your gifts of life, and your holy spirit guides us to follow your example. Bless all of our efforts in CYO this coming year as we join together to serve the people and families entrusted to our care. May our efforts be a living sign of your love, peace and hope in the world. We pray in the name of the Father, and of the Son, and of the Holy Spirit. **AMEN**



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- Tom Loya
- Dale Palumbo
- Chris Pratt
- Stacy Shulan



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Cross Initiative – Two Ways to Be CYO Champions – God Sightings!

In CYO there are two ways to be champions:

- 1.) Win the Championship in your division and grade.... Enjoy it... celebrate it... It's good. God is Good... All the Time...
- 2.) In CYO there is a second way we can be Champions..... **We call all of our student athletes to be Champions of Faith**
 - If young people know their faith and live their faith then they are champions not only for: This season... or this division.... but for this lifetime and the next.....

Which Championship is most important?

That is a nice talk and it sounds good... but how do I do that... how can I teach that? We are just playing basketball or running track or playing volleyball.

What does the C stand for in CYO? Catholic...

What does it mean that we are Catholic? As Catholics the Cross is very important to us. It's a central teaching of our faith

Introduce the Cross ...Take out your card and cross

We are asking all coaches this year to give a cross to each athlete on their team at a moment they think is right. After a game when you huddle up your team... during practice if that time is better. You pick the time and the moment... Your Assistant Coach could help with this also... When a student makes a sacrifice... when you see something your student athlete did that you are grateful for. A God Sighting!

Jesus made a sacrifice for you and me. Today I would like to give this cross to Lisa for making a sacrifice by setting a great pic that allowed Jenny to make the winning basket.

I am grateful for what Jesus did for us. Today I would like to give this cross to Zach as I am grateful for his leadership when he took his little brother by the hand to the concession stand after the game.

I am grateful for what Jesus did for us. Today I would like to give this cross to Jack as I am grateful for his leadership when he thanked his Grandma and Grandpa for coming to the game and held the door open for them and walked them to their car.

Remember to include: 1.) Jesus 2.) A sacrifice or gratitude 3.) And the specific act they did.

- 1.) This is special because it comes from their coach – from you.
- 2.) It reinforces our faith
- 3.) It teaches sacrifice and gratitude – and we need these skills in life and more of that today!
- 4.) It is fast – 1-2 minutes
- 5.) We are giving you the template of how to do it. Just read from the card...
- 6.) We are giving you the crosses and we bought them for you
- 7.) We are counting on you!
- 8.) We are giving the most powerful take home gift we could ever give – The Cross!

New and returning Coaches... Why did you say Yes? You said yes because you are responding to a need. God called you to do this and you might not have wanted to do this but you said yes! Nobody else would do it!

This is your time to coach... this is your moment to teach... for some of you it just fits so well and you find meaning in it and a way to serve that you stay for years and years...

Enjoy this moment! Live it to the full! Don't let it pass you by...

I challenge you to not be one dimensional. I challenge you to focus on being champions in your division and Champions of faith. We have given you the crosses to help provide a practical way to bring faith into your program and develop Champions of Faith.

We are just rolling this out. I want your feedback on it. How did you implement this? Ideas for us? How did it work? Improvements? pekelly@ccdogle.org

Have someone take a picture of you giving a cross to a student athlete and put it on your website and please send it to me pekelly@ccdogle.org at CYO for our website.



Give the CYO Cross to one of your players today and say the following.

We are grateful for what Jesus did for us!
I am grateful for _____
because he or she _____.



Give the CYO Cross to one of your players today and say the following.

Jesus made a sacrifice for you and me.
Thank you _____ for making a
sacrifice today by _____.

What are God Sightings: Any action of generosity or sacrifice? When someone does something for someone else.

St. Ignatius of Loyola tells us that we can Find God in All things. God's presence dwells in everything. God gives life and being and existence to everything. So finding God in all things is just a matter of opening your eyes.

Finding God in all things is at the core of Ignatian Spirituality and is rooted in our growing awareness that God can be found in every one, every place and in everything.

As a CYO Coach I am inviting and challenging you to look for and find that God sighting....that God moment in each one of your athletes... You are teaching Gratitude or Sacrifice by simply recognizing what your athletes do.

Small acts of Sacrifice – An athlete holding the door open... carrying in a little sister... spending time with a little sib after the game and walking with them to the concession stand... helping Grandma into the gym... thanking grandparents for coming to the game... congratulating an opposing player from the other team. These little moments happen at every game, we simply need to recognize them and be awake to these moments.

Small acts of Gratitude: Thanks for being positive. Thanks for being on time... for trying a new drill even though it was challenging for you...for giving 100%... For listening during practice... for remembering the play...for helping a teammate get in the right position. For encouraging a teammate when they made a mistake... for helping a teammate up when they fell down...

**GENERAL SECTION ASSIGNMENTS
GRADE SCHOOL
2023-2024**



Changes or new from 2022-2023 are highlighted in yellow.

Section - Large group of programs that can work together to form teams if no teams can be formed within their parish/school zone.

Zone - Small group of programs that can work together to form teams.

Provisional - Athletes from these parishes can play with any program within the zone.

No Zone - Cannot register athletes from any other program to participate on their teams without written permission from CYO Administration.

(Restricted Provisional) - Athletes from these programs can participate with their assigned member without written permission from the CYO Administration.

School - Cannot have athletes from any program other than their assigned Restricted Provisional parish participate on their teams.

Section 1

Zone A: St. Anthony of Padua-Lorain, St. Joseph-Avon Lake, St. Peter-Lorain, St. Thomas the Apostle-St. Teresa of Avila *Provisional:* Holy Spirit-Avon Lake, Sacred Heart Chapel-Lorain, St. Francis Xavier Cabrini, St. Mary-Lorain

Zone B: St. Joseph-Amherst, St. Jude, St. Mary-Elyria, St. Mary-Vermilion, St. Peter-Huron, St. Peter-North Ridgeville *Provisional:* St. Agnes-Elyria, St. Julie Billiart-North Ridgeville, St. Vincent de Paul – Elyria

Zone C: Holy Trinity-Avon, **St. Mary of the Immaculate Conception**

Section 2

Zone A: St. Angela Merici, St. Bernadette, St. Brendan *Provisional:* St. Ladislav

Zone B: Our Lady of Angels, St. Christopher, St. Mark *Provisional:* Blessed Trinity, St. Mel, St. Patrick-West Park, St. Vincent de Paul-Cleveland

Zone C: Mary Queen of Peace, Our Lady of Mt. Carmel-Cleveland, St. Ignatius of Antioch, St. Leo the Great, St. Mary Byzantine, St. Thomas More *Provisional:* St. Boniface, St. Patrick-Bridge Ave, St. Rocco

Zone D: Holy Family-Parma, St. Anthony of Padua-Parma, St. Charles Borromeo, St. Columbkille, *Provisional:* St. Bridget of Kildare, St. Francis de Sales-Parma, St. Matthias-Parma, St. John Bosco, St. Sava

No Zone: St. Raphael

Section 3

Zone A: St. Bartholomew, St. Mary of the Falls, St. Mary-Berea, *Provisional:* Mary Queen of the Apostles, St. Adalbert-Berea, St. Elizabeth Ann Seton

Zone B: Assumption/St. Albert the Great at Assumption Academy, St. Basil the Great, **St. Benedict**, St. Michael

No Zone: St. Albert the Great, St. Ambrose (Restricted Provisional: St. Emilian Byzantine), Sts. Joseph & John

Section 4

Zone A: Communion of Saints, Corpus Christi Academy (Restricted Provisional: St. Clare, Sacred Heart of Jesus-South Euclid), St. Adalbert-Cleveland, St. Agnes-Our Lady of Fatima, St. Paschal Baylon *Provisional:* Holy Redeemer, Holy Rosary, Our Lady of Peace,

Zone B: Holy Name, St. Dominic, St. Francis of Assisi, St. Joan of Arc, St. Rita, St. Stanislaus *Provisional:* Holy Angel-Chagrin Falls, Resurrection of Our LordS. Cosmas & Damian

No Zone: Gesu

Section 5

Zone A: Mater Dei Academy, Our Lady of the Lake, SS. Robert & William, **St. Aloysius-St. Agatha**, St. Jerome *Provisional:* St. Casimir, St. John the Cross, St. Mary-Collinwood, St. Mary Magdalene, St. Noel

Zone B: St. John Vianney, St. Mary of the Assumption *Provisional:* Divine Word, St. Anthony of Padua-Fairport Harbor, St. Bebe the Venerable, St. Justin Martyr, St. Mary Painesville

Zone C: St. Anselm, St. Helen, St. Mary-Chardon

No Zone: St. Gabriel

Section 6

Zone A: Sacred Heart of Jesus-Wadsworth, St. Augustine, St. Francis de Sales-Akron, Sts. Peter & Paul *Provisional:* Nativity of the Lord Jesus, Prince of Peace, St. Andrew the Apostle, St. Anne-Rittman

Zone B: Holy Family-Stow, Immaculate Heart of Mary, St. Barnabas, St. Joseph-Randolph, St. Mary-Hudson, St. Patrick-Kent *Provisional:* Mother of Sorrows, Our Lady of Victory, St. Eugene, St. Joseph-Cuyahoga Falls

Zone C: St. Francis Xavier, St. Hilary *Provisional:* Guardian Angels, Holy Martyr, St. Victor

Zone D: St. Anthony of Padua-Akron, St. Sebastian, St. Vincent de Paul-Akron
Provisional: St. Bernard/St. Mary School-Akron

Schools

Cannot register athletes who are not students at their school or from any program other than their assigned Restricted Provisional parish members participate on the school team.

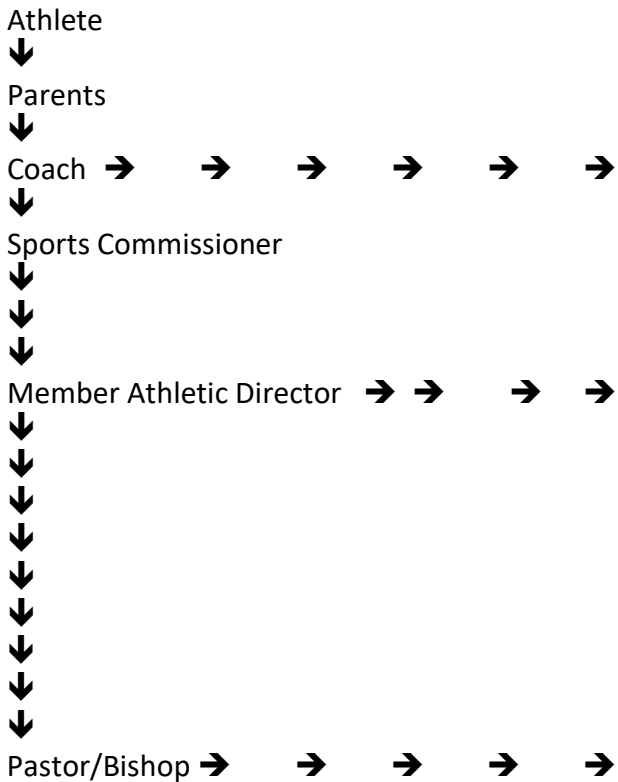
Archbishop Lyke, Emmanuel Christian Academy, Incarnate Word Academy, Lakewood Catholic Academy (Restricted Provisional: St. Clement, St. James, St. Luke, Transfiguration), Metro Catholic, Seton Catholic School (Restricted Provisional: St. Mary-Hudson), Spring Garden Waldorf, Notre Dame Elementary, Pinnacle Academy, St. Francis-Cleveland, St. Thomas Aquinas, Urban Community School, Welsh Academy

***This list does not apply to 7TH and 8TH grade Football Sections or High Schools.
This list does apply to football grades 1-6.***

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MEMBERSHIP COMMUNICATION PLAN

CYO Member Internal Communication

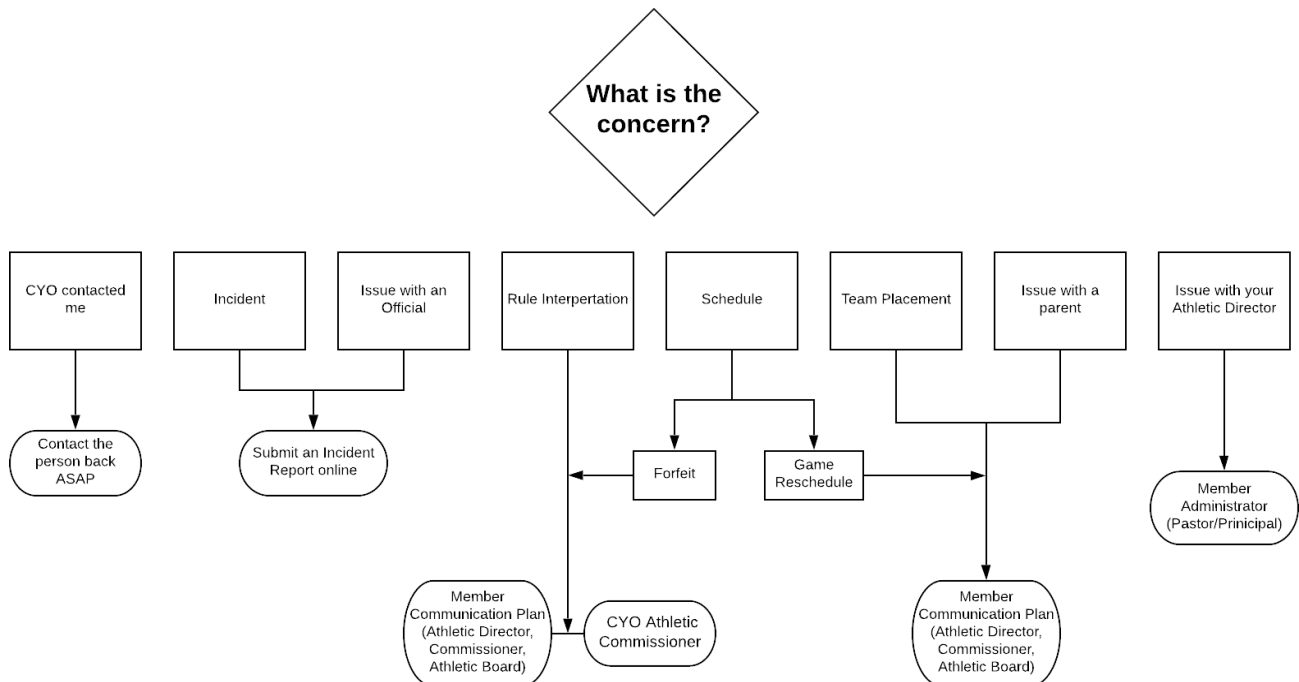


CYO Administration External Communication



Note the internal and external lines of communication. The situation will determine which line of communication the coach uses.

HOW TO COMMUNICATE TO CYO AS A COACH



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Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at www.airnow.gov.

Air Quality Index	Outdoor Activity Guidance
 <p>green</p> <p>GOOD</p>	<p>Great day to be active outside!</p>
 <p>yellow</p> <p>MODERATE</p>	<p>Good day to be active outside!</p> <p>Students who are unusually sensitive to air pollution could have symptoms.*</p>
 <p>orange</p> <p>UNHEALTHY FOR SENSITIVE GROUPS</p>	<p>It's OK to be active outside, especially for short activities such as recess and physical education (PE).</p> <p>For longer activities such as athletic practice, take more breaks and do less intense activities.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p>red</p> <p>UNHEALTHY</p>	<p>For all outdoor activities, take more breaks and do less intense activities.</p> <p>Consider moving longer or more intense activities indoors or rescheduling them to another day or time.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p>purple</p> <p>VERY UNHEALTHY</p>	<p>Move all activities indoors or reschedule them to another day.</p>

* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm

Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

Questions and Answers

How long can students stay outside when the air quality is unhealthy?

There is no exact amount of time. The worse the air quality, the more important it is to take breaks, do less intense activities, and watch for symptoms. Remember that students with asthma will be more sensitive to unhealthy air.

Why should students take breaks and do less intense activities when air quality is unhealthy?

Students breathe harder when they are active for a longer period of time or when they do more intense activities. More pollution enters the lungs when a person is breathing harder. It helps to:

- ✓ *reduce the amount of time students are breathing hard (e.g., take breaks; rotate players frequently)*
- ✓ *reduce the intensity of activities so students are not breathing so hard (e.g., walk instead of run)*

Are there times when air pollution is expected to be worse?

Ozone pollution *is often worse on hot sunny days, especially during the afternoon and early evening. Plan outdoor activities in the morning, when air quality is better and it is not as hot.*

Particle pollution *can be high any time of day. Since vehicle exhaust contains particle pollution, limit activity near idling cars and buses and near busy roads, especially during rush hours. Also, limit outdoor activity when there is smoke in the air.*

How can I find out the daily air quality?

Go to www.airnow.gov. Many cities have an Air Quality Index (AQI) forecast that tells you what the local air quality will be later today or tomorrow, and a current AQI that tells you what the local air quality is now. The AirNow website also tells you whether the pollutant of concern is ozone or particle pollution. Sign up for emails, download the free AirNow app, or install the free AirNow widget on your website. You can also find out how to participate (and register your school) in the School Flag Program (www.airnow.gov/schoolflag).

If students stay inside because of unhealthy outdoor air quality, can they still be active?

It depends on which pollutant is causing the problem:

Ozone pollution: *If windows are closed, the amount of ozone should be much lower indoors, so it is OK to keep students moving.*

Particle pollution: *If the building has a forced air heating or cooling system that filters out particles then the amount of particle pollution should be lower indoors, and it is OK to keep students moving. It is important that the particle filtration system is installed properly and well maintained.*

What physical activities can students do inside?

Encourage indoor activities that keep all students moving. Plan activities that include aerobic exercise as well as muscle and bone strengthening components (e.g., jumping, skipping, sit-ups, pushups). If a gymnasium or open space is accessible, promote activities that use equipment, such as cones, hula hoops, and sports balls. If restricted to the classroom, encourage athletes to come up with fun ways to get everyone moving (e.g., act out action words from a story). Teachers and recess supervisors can work with PE teachers to identify additional indoor activities.

What is an asthma action plan?


An asthma action plan is a written plan developed with a student's doctor for daily management of asthma. It includes medication plans, control of triggers, and how to recognize and manage worsening asthma symptoms. See www.cdc.gov/asthma/actionplan.html for a link to sample asthma action plans. When asthma is well managed and well controlled, students should be able to participate fully in all activities. For a booklet on "Asthma and Physical Activity in the School," see <http://www.nhlbi.nih.gov/health/resources/lung/asthma-physical-activity.htm>.


HYDRATION


It can make or break performance. To keep your athletes from getting dehydrated, here is what they need to know.

WHAT GOES OUT MUST COME BACK IN

Depending on intensity, athletes can lose between 1 and 4 pounds of water per hour when working out.

 Youth athletes should drink at least 10-16 ounces of water about 15-30 minutes before their game or practice.

 Drink water throughout the day to keep hydrated prior to practices or games

 For every pound lost during exercise, drink three cups of fluid in order to rehydrate the body.

 Replenish electrolytes

THE PERFORMANCE KILLER

Dehydration symptoms to watch out for:

Headache	Dry mouth and thirst	Decreased output of urine	Dry skin	Lightheadedness, dizziness, sleepiness	Exhaustion	Disorientation and lack of focus	Fever	Hyperventilation	Diarrhea, vomiting	Loss of consciousness
MILD									SEVERE	

WHEN AND WHAT TO HYDRATE WITH

- ☑ **BEFORE** - Cold water
- ☑ **DURING** - Electrolyte-packed sports drink or water
- ☑ **AFTER** - Chocolate milk or protein shake

DID YOU KNOW?

Painful muscle cramps can be prevented by staying hydrated.



5 HACKS TO PERFORM BETTER IN HEAT

Don't let the heat affect the intensity of your athlete's performance, or worse, lead to something more serious such as heat stroke.



WHAT TO TELL YOUR PLAYERS:

REALIZE WHEN IT'S TIME TO BREAK

If you feel dizzy, weak or exhausted, take 20 and slowly build your intensity back up.

★ PRO TIP:

Want to cool down quickly? Rest in the shade and try placing a cold towel on your head.

WATCH OUT FOR YOURSELF AND YOUR TEAMMATES

HEAT SYNCOPE:

Getting lightheaded or fainting during exercise

HEAT EXHAUSTION:

Inability to continue exercise because of weakness or fatigue

EXTERNAL HEAT STROKE (EHS):

Central nervous system dysfunction and body temperature at or above 104 degrees

IT'S IN WHAT YOU WEAR

Stay cool by wearing loose fitting, light colored clothing and minimize the amount of equipment worn during a workout.

★ PRO TIP:

Do outside conditioning earlier (before 10 a.m.) or later in the day (after 5 p.m.).

SPORTS DRINKS VS. H2O

Drink water before your workout. Drink water during activity and add sports drinks during intense exercise lasting longer than 60 minutes.

★ PRO TIP:

When conditioning outside, keep drinks in a cooler so they can be nice and cold for when you need them.

TRAIN EARLY IN THE SEASON

Acclimating to hot temperatures is important if you want to make sure your performance is all-star ready.

★ PRO TIP:

Get out of the air conditioning and into the heat. Slowly build the intensity of your workouts as the summer progresses to get you in prime condition for the start of the season.

 **USA FOOTBALL.**

HOW TO RECOGNIZE AND TREAT THE VARIOUS EXERTIONAL HEAT ILLNESSES

	HEAT SYNCOPE	HEAT CRAMPS	HEAT EXHAUSTION
RECOGNITION	Refers to a fainting or lightheadedness episode	Painful, localized muscle cramps and may feel like they are “wandering” throughout the cramping muscle Usually visible and the muscle will feel hard	The inability to continue exercise in the heat from either weakness or exhaustion May feel hot, tired, sweating a lot, weak, dizzy and don't feel able to continue exercise
CAUSES	Lack of heat acclimatization and poor fitness Blood pools in the lower extremities, reducing the heart's ability to provide enough circulation	Combination of fatigue, dehydration and electrolyte losses through sweat Lack of heat acclimatization and poor fitness	Caused by either excessive fluid losses or electrolyte losses Dehydration causes less blood to be available for the working muscles and the skin to give off heat
TREATMENT	Lay the athlete on the ground and raise the legs about 12 inches This helps blood go back to the heart to normalize blood pressure	Rehydration with water and sport drinks Some light stretching or massage with ice on the cramping muscle	Remove the athlete from activity and put him or her in a shaded/cool area Lay the athlete on the ground and raise the legs about 12 inches Replenish lost fluids Moderate cooling methods, such as ice towels, misting fans or cold water immersion
PREVENTION	Heat acclimatization	Arrive to practice well-hydrated and having consumed some salt with the last meal Minimize fluid losses during exercise and replace lost fluids post exercise Heat acclimatization	Heat acclimatization Arriving to practice/competition well-hydrated Minimizing fluid losses during activity and replace fluid losses after exercise
RETURN TO PLAY	The athlete should feel better within a few minutes, and full recovery is usually quick (within hours) Return to activity once the athlete feels better and is adequately hydrated	Once cramps resolve Without replacing lost fluids, risk of additional cramps is high	Should not return to activity on the same day Complete recovery usually takes 24-48 hours and must focus on rehydration and rest

IMPORTANT

If athletes need to go to the hospital, have them cool off first and transport them second. Rapid cooling onsite while waiting for transport to the hospital is a key to survival of an exertional heat stroke without medical staff.

EXERTIONAL HEAT STROKE (EHS)

What is exertional heat stroke (EHS)?

Exertional heat stroke occurs when the body reaches temperatures at or above 104 degrees and there is obvious central nervous system (CNS) dysfunction. CNS dysfunction can include any of the following: dizziness, collapse, confusion, irrational behavior, hysteria, aggressiveness, combativeness, disorientation, seizures and coma.

It is a medical emergency.

What is the cause of EHS?

When the body is unable to give off heat fast enough, heat is stored and core body temperature continues to rise.

How do I treat someone suspected of having EHS?

If EHS is suspected in an athlete, immediate action is imperative in order to maximize the chance of survival. Exertional Heat Stroke is a life threatening emergency.

EMS (9-1-1) should be called immediately. Aggressive cooling of the entire body should be done to lower the athlete's core body temperature as fast as possible. Whole-body, cold-water immersion is the best treatment for EHS because it cools the body the fastest. If this is unavailable, then any attempts to cool the body through continual dousing of water (shower, running a hose over the entire body while covering the body with iced towels) should be done before EMS arrives to take the athlete to the hospital.

How do I prevent EHS?

There are multiple ways in which you can help prevent the occurrence of EHS:

- Having your athletes undergo a period of heat acclimatization
- Encouraging athletes to come to practice hydrated
- Allowing athletes unlimited access to hydration during activity
- Modifying practice when environmental conditions become extreme (allowing additional rest/hydration breaks, reducing the intensity of practice, reducing the time of practice and reducing the equipment worn during practice)
- Practicing at an intensity that is appropriate for the fitness level
- Encourage your athletes to speak up when they do not feel well - create a culture where this is considered smart



USAFOOTBALL.

CYO INCIDENT MANAGEMENT PROCESS



1. All Incidents must be reported in writing using the online form at <https://www.ccdcle.org/service-areas/cyo-athletics/contact/report-an-incident>
2. CYO Membership & Communication Coordinator (MCC) reviews submitted Incidents.
3. MCC emails person submitted report & copies Member AD. The MCC sends separate email to Member AD requesting a response within 24 hours.
4. Important: Member AD must respond by email to MCC within 24 hours.
5. If more than one party is involved, MCC emails all Member ADs involved and asks for a response within 24 hours.
6. After receiving Member AD responses, incident assigned to CYO Staff to investigate.
7. CYO Athletic Staff investigates and determines proper course of action.
8. CYO Staff informs involved parties of final decisions re: the incident.
9. CYO Staff logs incident results into the Master incident Log to track for patterns.

INCIDENT TYPES

- Behavior/Misconduct
- Player, Coach, Fan Ejection
- Incident with Officials
- Injury or Concussion Protocol
- EMS Called to Site
- Police Called to Site
- Media Involvement
- Facility related

COACHING REQUIREMENTS AND RESOURCES

REQUIREMENTS

[Lindsay's Law](#) - Yearly

[Ohio Youth Concussion Prevention](#) – Every 3 years

[Coaches Development Program](#) – Once. Recertification may be required for your sport

VIRTUS

Background Check - Can use [selection.com](#) through VIRTUS Online.

RESOURCES

[CYO Website](#) – Sports specific pages have rules, planners, forms and more

[SCHEDULES & LOCATIONS](#) - The schedules will be posted by grade levels and colors. Once you visit a schedule, you will view the game time, opponent and location. If you click on the location a map will open up and you can enter details to obtain directions to the venue.

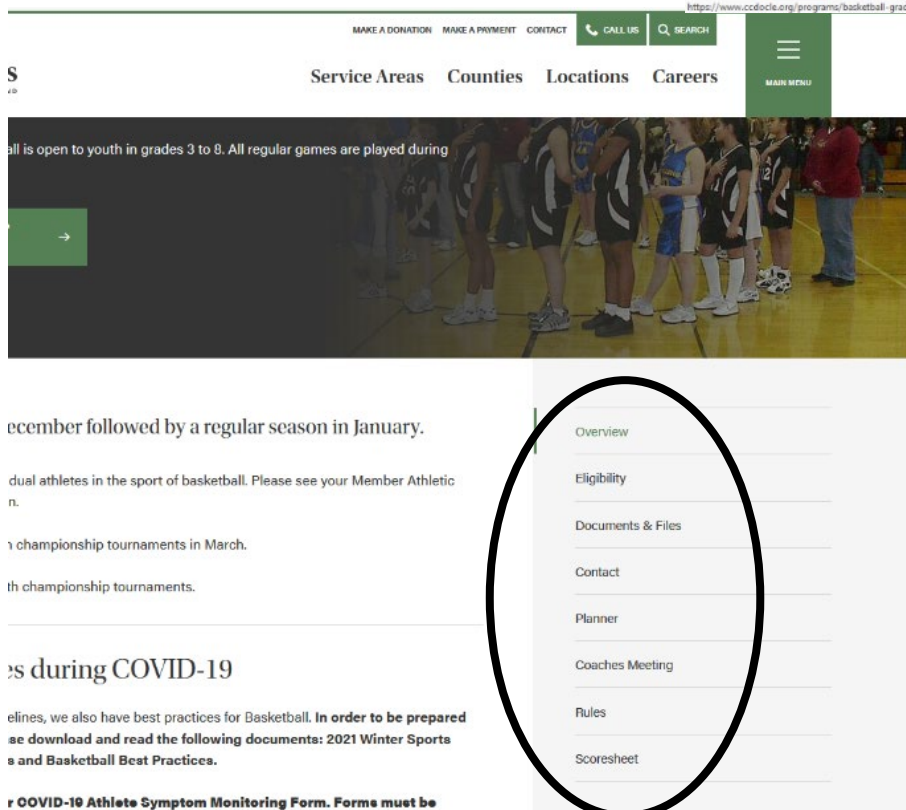
Fall schedules will be posted **by Friday, August 18.** Tournament Brackets will be posted at a later date on the web site.

Cancellations and announcements will be posted on the right side of the schedule page. You can also follow CYO sports on our twitter OR INSTAGRAM handle: [@CYOSportsDOC](#) for prompt game day announcements and cancellations.

[PlaySportsTV](#) – Password: cyovideos2011.

CYO Website Navigation (Desktop)

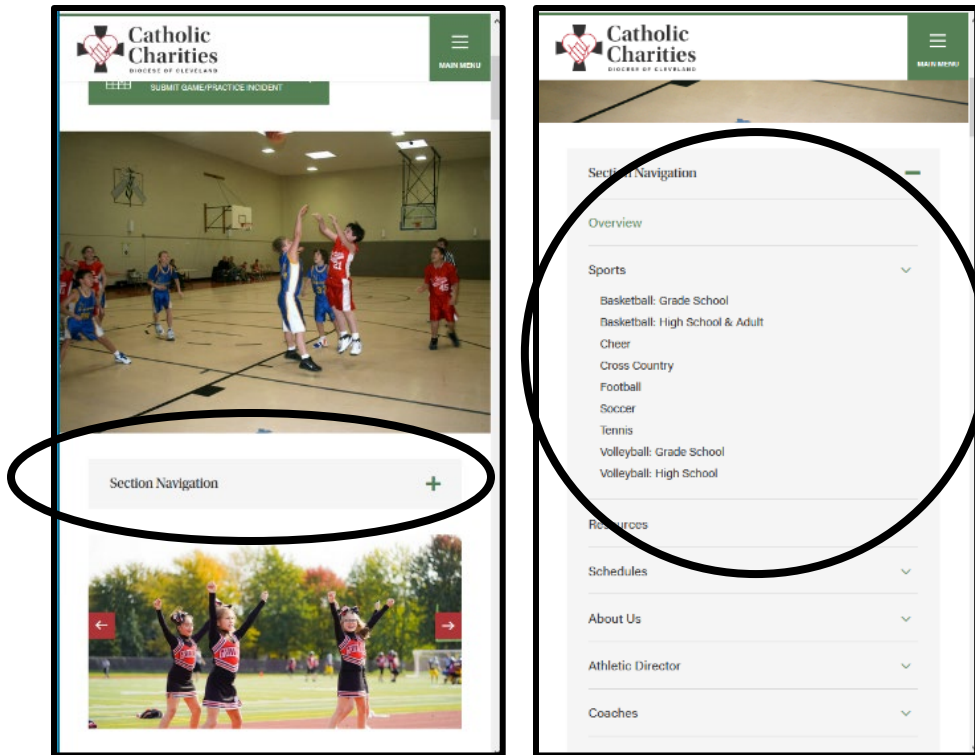
Find information for your sport on the Sports Specific page under Sports or at the bottom of the page.



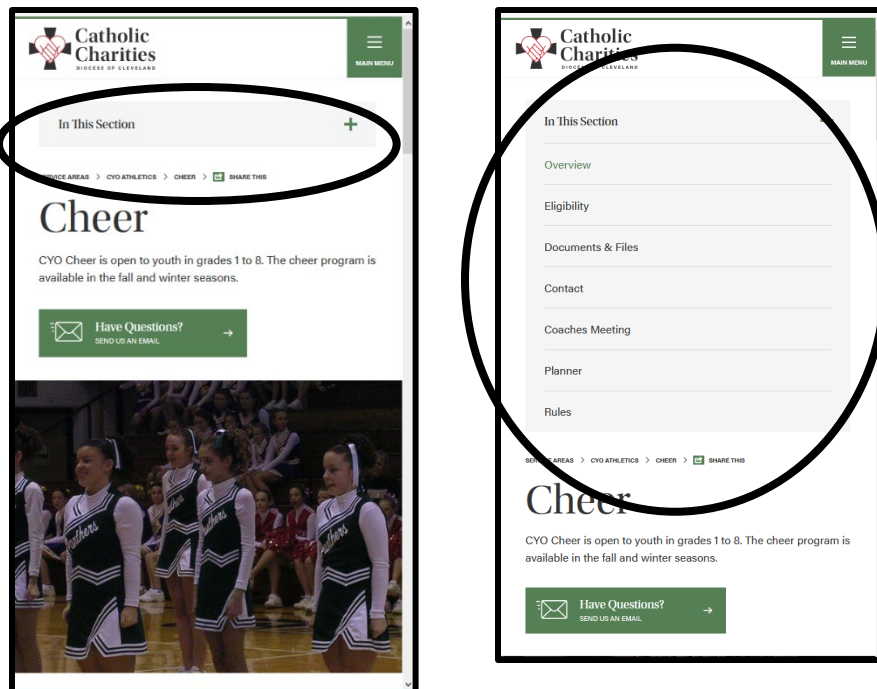
The sidebar will take you to more specifics, such as the Planner or Rules

CYO Website Navigation (Mobile)

Use Section Navigation to find your Sport



“In This Section” will display the items listed in the sidebar on the Desktop



CYO inspires young people to know God, to love God, and to serve God through athletics



An Outline of LTAD

A physiological framework that proposes what youth athletes need to be doing at specific ages and stages in their development.

The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration

FUNDamentals Stage

Males 6-9 (3rd & 4th Grade)
Females 6-8 (3rd grade)

Overall movement skills
FUN and participation
General, overall development
Integrated mental, cognitive, and emotional development
ABC's of Athleticism: agility, balance, coordination and speed
Introduce simple rules of ethics in sport
Daily Physical Activity

Learn to Train Stage

Males 9-12 (4th -7th Grade)
Females 8-11 (3rd - 6th Grade)

Overall sports skills development
Major skill learning stage: all basic sports skills should be learned before entering next stage
Integrated mental, cognitive, and emotional development
Introduction to mental preparation
Talent identification

Sport specific training 3 time a week; participation is other sports 2 times a week

Train to Train Stage

Males 12-16 (7th & 8th Grade)
Females 11-15 (6th - 8th Grade)

"Building the engine"
Establish an aerobic base
Establish pre-competition, competition, and post-competition routines
Develop speed and strength toward the end of the stage
Further consolidate their basic sport-specific skills and tactics
Learn to cope with the physical

The Long Term Athlete Development Model – Late Specialization Sports

	WHERE	LEADERS	TRAINING	COMPETITION
Active Start Males and Females 0-6	Home; Day care; Sport programs; Pre-schools; Community recreation;	Parents; Pre-school & Kindergarten teachers; Day care providers;	None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching;	None
FUNDamentals Males 6-9 Females 6-8	Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Unstructured & structured play; short seasons; multiple activities; overall movement skills & development of athleticism;	Minimal; local area; modified formats; informal; all activity is FUN based;
Learning to Train Males 9-12 Females 8-11	Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Regular practice; seasonal activities; multiple sports; overall sport skills development;	Occasional; local area; modified format; informal and formal; 70% training to 30% competition;
Training to Train Males 12-16 Females 11-15	Schools; Community recreation; Sport programs; Sport clubs;	Teachers; Recreation leaders; Volunteer & professional coaches;	Regular structured practice; seasonal activities; more than one sport; sport-specific skill development;	Regular; local to provincial/regional; 60% training to 40% competition;
Training to Compete Males 16-23 +/- Females 15-21 +/-	Schools; Post-secondary institutions; Sport programs; Sport clubs;	Teachers; Volunteer & professional coaches; sport science, medicine, & nutrition consultants;	Regular structured practice; planned & periodized schedule; focused on one sport; sport & position specific physical, technical & tactical training;	Regular; provincial to national/international; 40% training to 60% actual competition and competition specific training;
Training to Win Males 19 +/- Females 18 +/-	Post-secondary institutions; Sport clubs; Training centres; Professional sport;	Professional coaches; Integrated support teams;	Regular structured practice; planned and periodized schedule; focused on one sport;	Selective; planned; national/international; 25% training to 75% actual competition and competition specific training;
Active for Life Enter At Any Age	Community recreation; Sport programs; Sport clubs;	N/A	N/A	N/A

Each sport must develop its unique training/competition structure.
Each individual will have their own unique progression (needs) within the broad structure above.

Early specialization sports include artistic and acrobatic sports such as gymnastics, diving, and figure skating. These differ from late specialization sports in that very complex skills are learned before physical maturation since they cannot be fully mastered if taught after maturation. Most other sports are late specialization sports.

Top 10 Benefits of Multi-sport Participation

1. Greater overall athleticism
2. Improved foundational motor skills and transferable skills
3. Lower chance of drop-out
4. Increased fun and enjoyment
5. Wider circle of social relationships
6. Reduced chance of overuse injuries
7. Longer sport career and involvement
8. Promotion of life-long physical activity skills
9. Greater intrinsic motivation
10. Opportunity to learn new sports



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