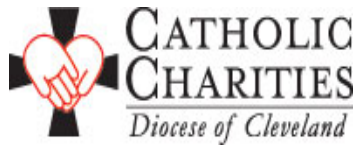




**Diocese of Cleveland CYO
General Coaches
Meeting
Winter 2023-2024**



WINTER COACHES MEETING AGENDA



6:00 – 6:10	Welcome, Opening Prayer, Introductions	Paul Kelly, Director
6:10 – 6:25	Witness – How do you Live your Faith as a Coach?	
6:25-6:55	Mental Health	Dobie Moser, Senior Director
6:55-7:10	Cross Initiative	Paul Kelly, Director
7:10 – 7:20	General Information	Mary Ann King, Athletic Administrator
7:20 – 8:00	Sport Specific Breakout Sessions	
	<ul style="list-style-type: none">• Cheer• Basketball – 3rd-5th• Basketball – 6th-8th• Basketball – High School	

GOD is *Good,*
all the time.



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



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Chris Callender

Mark Cuccia

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Linda DeCarlo

Joe Hooven

Tom Loya

Dale Palumbo

Chris Pratt

Stacy Shulan

Kevin Smith



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

2023 WINTER COACHES MEETINGS - OPENING PRAYER

Leader: Jesus, giver of vision, open our eyes to see the things we sometimes miss because our perspective and sight are so limited...

ALL: Give us your vision.

Leader: For the gift of conviction, to live your Gospel that asks us to welcome the stranger, befriend the enemy, & love the poor, the widow, the orphan, and the refugee...

ALL: Give us your convictions, compassion and help us reach out in service to others

Leader: For the gift of young people, for their fun, their struggles, their abilities, their humor and for their trusting us to guide and coach them...

ALL: Give us your love, patience, and joy.

Leader: For the gift of hope, to see in our young people the gift of who they are and the hope of who they are becoming; we wait and work patiently with your spirit...

ALL: Give us your hope.

Leader: For the gift of reverence, to be gentle with the mystery of each other, to stand on the holy ground of creation and value all people as your children in your holy family...

ALL: Give us your reverence.

Leader: For the gift of providing sports and a CYO program where all young people can feel welcomed, included and a place where they belong when dealing with peer pressure, bullying or mental health challenges.

ALL: Give us the ability to welcome all

Leader: We pray for the grace to see the effort, sacrifices, team work and moments of grace that our young people provide throughout the season when playing CYO sports!

ALL: Give us your grace

ALL: Lord, open our eyes that we may see your face. Open our ears that we may hear your voice. Open our hearts that we may love like you. Bless our work and the work of CYO as we gather in your name. Help us to have the courage to listen to your voice through every person gathered and through every child entrusted to our care. We pray this through Jesus Christ our Lord. Amen

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.

The C in CYO stands for Catholic...

What does it mean that we are Catholic? As Catholics the Cross is very important to us. Because the Cross is a central teaching of our faith we implemented the **“CYO Cross Initiative.”**

What is the Cross Initiative? In 2023 we began our CYO Cross Initiative to help us accomplish our mission! CYO inspires young people to know God, love God and serve God through athletics.

How does it work? We are asking all coaches this year to give a cross to each athlete on your team at a moment you 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 athlete did that you are grateful for. We call these moments **“God Sightings.”** It is paramount to recognize these **“God Sightings”** as they build faith, character and the dignity of each young person in CYO.



What is a God Sighting? It is where the Love of God shows up in some way through a sacrifice made, an act of kindness given or a moment of gratitude shared by an athlete. God sightings happen at every event... Take comfort in them...God is letting you know that God is with us...

Call these God sightings out and name them for your athletes. They need to know that these God sightings are so important and that is why we are giving a cross when we see them... We are affirming moments of faith.

Examples:

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.

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.



Hi Mr. Kelly!

I presented the first 2 crosses at our 4th grade girls soccer practice tonight! The first one at the beginning of practice to my assistant coach for a great sacrifice to be their coaching at every practice since she has 3 other children! What a gift of self to be there for this team of girls! The second cross was to Lily due to her gratitude in sharing her techniques she learned over the summer with the whole team, even though it was very out of her comfort zone! They both demonstrated what we are in Jesus! I have had the privilege of coaching this same group of girls since Kindergarten and this is my second year with CYO. I absolutely love this initiative and am so proud to be part of CYO! Thank you!!! And God Bless!

Chelsey Clemans, 4th grade girls soccer, St. Barnabas

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...

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... and then give them 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!

What does this have to do with my faith? Jesus made a sacrifice for you and me! When we make a sacrifice for others we are doing what Jesus taught us to do by loving our neighbors as ourselves! Through sacrifice and gratitude we are all Champions! Champions of Faith and there is no greater Champion than that!

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 and ears. We can grow in our awareness that God can be found in every one, every place and in everything.

Why did we start it? To recognize the “God Sightings” that happen every day and at every event if we have eyes to see and ears to hear! We can miss God sightings if we are not looking for them. And sometimes we have to look harder and deeper to see them...

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...

Remember who you are.....Remember who you are...

And who are you? You are a child of God...and by your Baptism you have been given a mission as a CYO coach to look harder and see those God sightings that are happening among the athletes, families and coaches right in front of you.

Your mission is very important...Your call to serve is rooted in your Baptism and it comes from God!

God works in us and through us and through the Holy Spirit! When you see and recognize “God Sightings” that is God and the Holy Spirit working through you.

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

We are just rolling this out and we need your help! We love to get pictures at the CYO Office of the Cross Initiative!

Have someone take a picture of you giving a cross to your athletes. They tell us your story and they are “God Sightings.” They lift us up, make us smile and build what our CYO community is all about! Please send your pictures to

Nsperingo@ccdole.org



#WESEEYOU

One of our strategic priorities at the NFHS is the mental, physical and emotional well-being of students.

That's why we are launching the **#WeSeeYou** Campaign to acknowledge that being a human is hard. Life isn't always easy. And we're all going through something. Join us in creating a culture of caring in our school communities. One where everyone feels seen and supported.

Each month of the school year, we'll send you social media posts you can share on your Facebook and X accounts, just like the one below.

Remind your followers that no matter what challenges they're facing, we see you. We support you. And we're here for you.

**DOWNLOAD
YOUR FREE
TOOLKIT**

https://weseeyou.community/download-toolkit?utm_source=delivra&utm_medium=email&utm_campaign=WeSeeYou%20-%20Administrators%20-

**CYO is dedicated to
the safety of every child,
visitor, and official.**



**THE FOLLOWING IS
NOT TOLERATED:**

- **Abusive language**
- **Aggressive words or actions toward Officials**
- **Intimidation**
- **Violence of any kind**

CYO • Fun • Friends • Faith



Welcoming All of God's Beloved Children

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Coach Note

Educating and Forming Champion Coaches

Teaching Positive Athlete Behavior

It is the coach's responsibility to model positive, respectful behavior at all times. As *Play Like a Champion's* Kristin Sheehan notes in Part 2 of her series on athlete behavior, this is the first key to forming the athletes we coach ([see video to right](#)). Coaches are models for their athletes; our athletes see what we do and follow our example. Thus it's especially important for coaches to remain calm and in control during practice and games, particularly when competition heats up or adversity strikes. This example will help our athletes to do the same, to demonstrate positive behavior and to perform at their best.



The other key to promoting positive athlete behavior is to have intentional conversations with our athletes and teams. As Sheehan explains, the **circle conversation** is a popular and effective way to do this. Watch her comments this week and then plan your own team conversation. Here are a few simple prompts to start the discussion:

- How should we treat each other on our team?
- How do we treat our opponents in competition?
- How do we treat our officials during competition?
- How do we react when adversity strikes or when things aren't going our way?

Come up with your own questions as well and have these conversations at practices throughout the season. Then follow up; evaluate how you are doing as a team in living up to the standards you have set through these discussions. By setting a positive example, having intentional team conversations, and evaluating your behavior as a team, coaches can **create a culture** that develops athletes as young men and women, while also promoting a better team environment that boosts performance.

Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

~ Matthew 5:16

CYO PRAYERS

A good coach prays.....

A great coach begins and closes every practice with a prayer

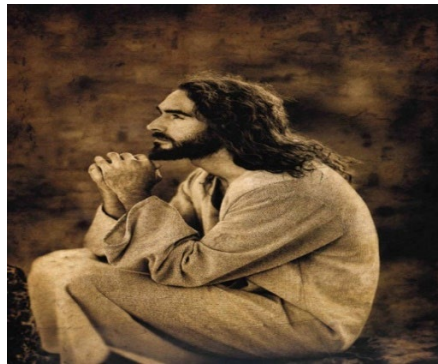
PRE-GAME PRAYER

LORD GOD, THANK YOU FOR BRINGING US
TOGETHER IN YOUR NAME.

WE KNOW YOU ARE WITH US NOW,
AS YOU PROMISED.

PLEASE HELP THE PLAYERS, COACHES AND OFFICIALS
TO PLAY AND BE FAIR.

KEEP US ALL SAFE FROM INJURY. THANK YOU FOR
GIVING US THE CHANCE TO TEACH OUR FAITH TO OTHERS
BY OUR ACTIONS. AMEN.



POST-GAME PRAYER

LORD, WE THANK YOU FOR THE OPPORTUNITY AND
CHALLENGE OF THIS GAME.

YOU CALL US TO COMPETE WELL, FINISH THE RACE
AND GROW IN OUR FAITH!

HELP US TO REMEMBER WE CAN DO ALL THINGS
THROUGH YOU, WHO GIVES US STRENGTH.

AMEN



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-Avon

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 High Schools.

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

MANAGING THE SCORE

The game of basketball is most fun and instructive for everyone when it is a challenge. When teams run up the score or blow-out their opponent, the joy of the game is eliminated, the quality of the experience is diminished and athletes are denied the opportunity to learn. That's not good coaching! Your job as a coach is to teach young athletes about sportsmanship and being compassionate human beings.

Teach Compassion

We have witnessed the experiences winning and losing. We can tell you that it's one thing to lose and it's another to have a team rub a loss in your face. If you are coaching a talented team, look for ways to take control of the final outcome. Give players on both teams the opportunity to grow and leave the court, or playing field, with dignity. *Win With Class. When managing the scores, coaches teach young people the value of winning.*

These options and others, give all of your players more experience and get your entire team to work together, which in the end will make your team stronger. When you have a talented team, think about all student-athletes on both teams and teach your player how to win with class.

Coaches must identify when and understand how to manage the score when an otherwise lopsided, boring game is developing. Regardless of which end a team is on during a lopsided score, coaches must keep their athletes engaged, and the coach of a stronger team needs to raise the challenge higher for scoring by managing the score. It is the coach's responsibility to recognize a blowout as it is developing and "Respect the Game" by accomplishing strategies that don't let a blowout destroy the experience for every athlete.

Here are some expectations to better manage the score:

When **ahead** by twenty at any point in the game:

Clear the bench, give less skilled players more playing time, minimize playing time of your dominant players

- + No fast breaks Added to CYO Rulebook
- + Mercy Rule - Now implemented for entire second half. (CYO Rulebook)
- + Layups Only - No outside shots
- + Drop Defense to the Top of the key line extended and let offense into front court without opposition
- + A minimum of 5 passes before a shot - must use the bounce pass
- + No 3-pointers
- + No pressure defense or trapping
- + Defense must set up inside the arc
- + No pressure on the ball handlers
- + Move players to unfamiliar positions so they learn the entire game
- + Your ball handlers must dribble with their non-dominant hand
- + Slow down your offense and play a more deliberate game but don't embarrass the opponent by "quitting" on them.
- + Practice a more complex offense with plenty of passing
- + No player to player defense for grades 6-HS.
- + Work on new plays.

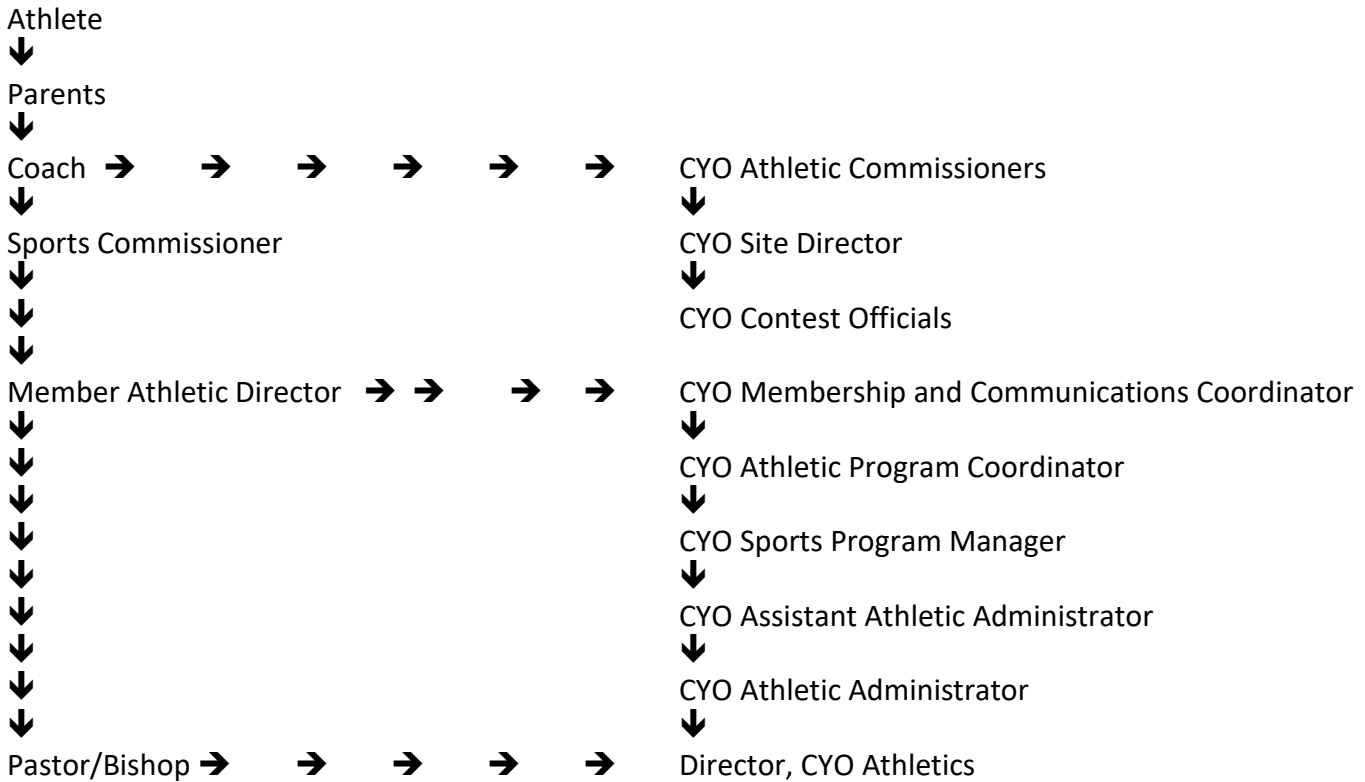
When **behind** by twenty at any point in the game:

- + Focus on positive element – personal effort
- + Hustle after every possession
- + Praise players for extra effort
- + Envision the score is 0-0 – not to give up
- + Communicate with the opposing coach before the game, at half-time and at the end of the game.
- + Redefine "winning" as successful moments – stealing a pass, hustling for every loose ball, boxing out, reducing turnovers.....
- + Manage parents so parents are NOT negative during the game or after the game.
- + Allow top players to continue to play and balance the playing time.
- + Assure the team through your words and actions that you haven't given up.

MEMBERSHIP COMMUNICATION PLAN

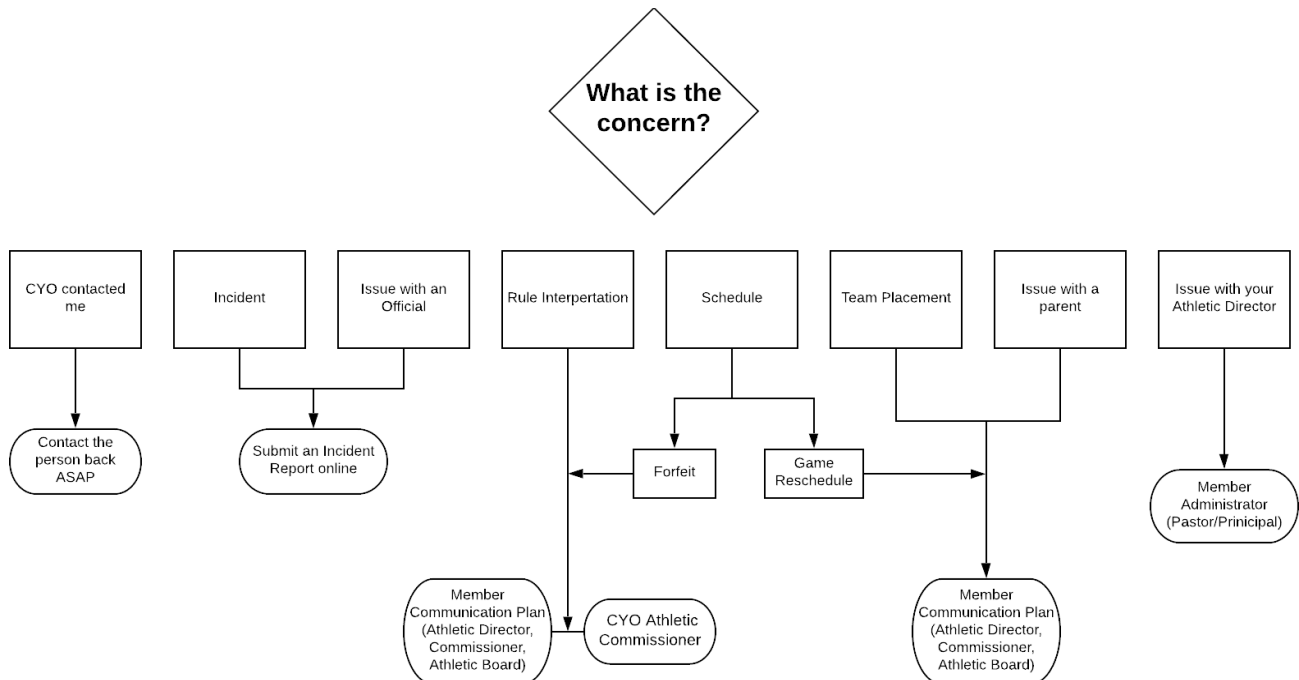
CYO Member Internal Communication

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



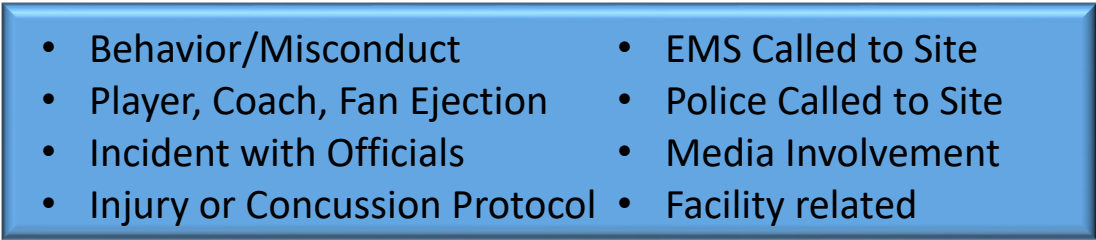
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CYO INCIDENT MANAGEMENT PROCESS



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



1. **Is this an emergency requiring immediate action? What? By whom?**
2. **What happened? (write it down without judging)**
3. **What is the context and where and with whom does this issue belong; Parish? Athletic Director? CYO Administration?**
4. **Has the issue been communicated directly to the correct parties?**
5. **What does CYO Charter and Bylaws and sport specific rules say?**
6. **What is the right thing to do morally, ethically, and legally?**
7. **How does our Catholic teaching, mission and values apply?**



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 Wednesday, November 22** 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.

A black rectangular box containing the text "CHRIST CENTERED COACHING" in bright yellow, bold, sans-serif capital letters, stacked in three lines.

CHRIST
CENTERED
COACHING

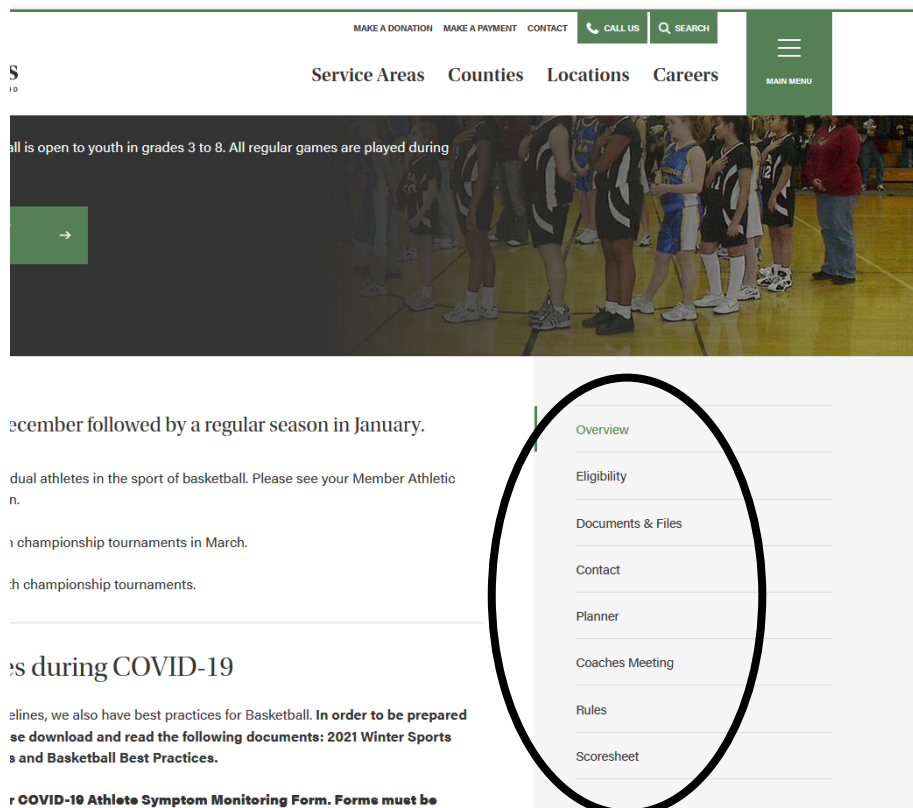
CYO inspires young people to know God, to love God, and to serve God through athletics

CYO WEBSITE NAVIGATION (DESKTOP)

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

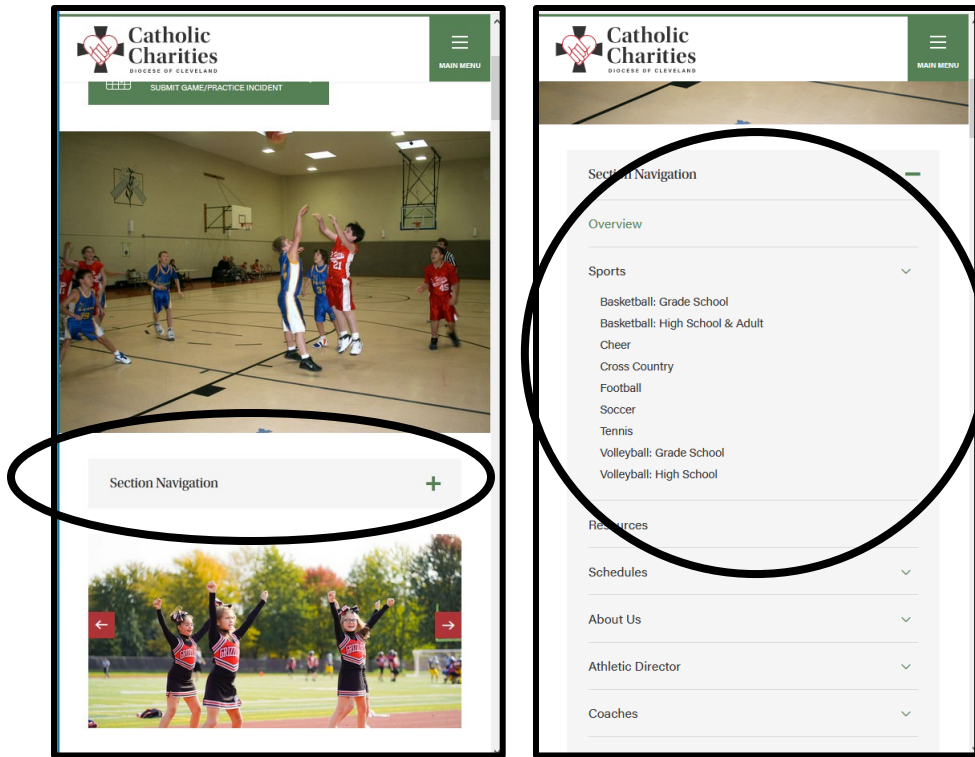


The sidebar will take you to more specifics, such as the Planner or Rules

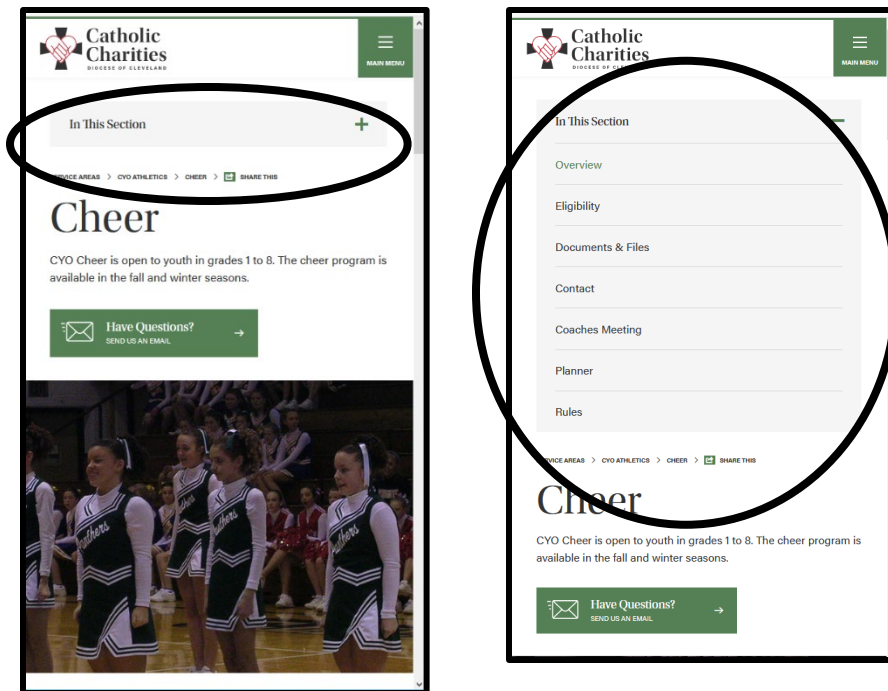


CYO WEBSITE NAVIGATION (MOBILE)

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.

WHAT IF...

- **What if...You don't have enough players to start a game?**
 - ✚ ***If you don't have 4 players to start a game, did you contact your AD to use a Guest Player? If so, then follow the Guest Play protocols. If you need to forfeit, contact your AD. Your AD will contact CYO. CYO will cancel the officials, inform the site staff that your team is not coming and notify your opponent. Do not contact the other team. CYO will officially cancel the game. You can start a game with 4 players.***
- **What if ...I forgot my credentials?**
 - ✚ ***If you do not have your credentials, you will not be able to coach. Credentials validate that a coach has completed all of the Diocesan requirements to volunteer. If you have a picture of your credentials and a valid form of identification, show them to the site director for coaching privileges***
- **What if...One of your players hits their head hard head during a play and asks you to go back in?**
 - ✚ ***When in doubt, sit them out.***
- **What if...The scorer puts the score on the wrong side of the scoreboard**
 - ✚ ***Stay calm. Give the scorer a moment to correct it. If it is not corrected, approach the table and asks for the correction. The site director and the official may intervene.***
- **What if ...A coach calls me to reschedule my game?**
 - ✚ ***CYO officially cancels all games. Contact your AD if this happens.***
- **What if... A Sanction Event asks to play at 8:30pm?**
 - ✚ ***Contact your AD. Your AD will contact CYO. If you play in a game that violates the time limitations, your privileges into the CYO tournament may be revoked. See the CYO rules for more information on the time limitations.***
- **What if... My opponent is running the score up on me and leaving in their best player?**
 - ✚ ***Respectfully approach the Site Director and inform them to verify the participation rule. After the game, report the issue to your AD.***
- **What if... I see something inappropriate?**
 - ✚ ***Always do the right thing! Contact the site director at a game and your AD if it occurs at a practice Sanctioned Event or game and report what you observed.***





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



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