

# Diocese of Cleveland CYO

## Winter Coach's Meeting

*Giving the Very Best of Yourself!*

General



 [www.ccdocle.org/cyo](http://www.ccdocle.org/cyo)

 @CYOSportsDoC

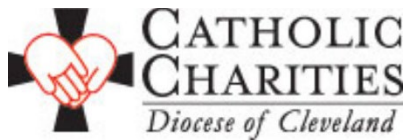
## **WINTER COACHES MEETING AGENDA**

|             |                                                                  |
|-------------|------------------------------------------------------------------|
| 6:00 – 6:10 | Welcome, Opening Prayer, Introductions - Paul Kelly, Director    |
| 6:10- 6:25  | CYO Culture & Giving the Best of Yourself - Paul Kelly, Director |
| 6:25 – 6:35 | Cross Initiative – Vic Rosato – Athletic Director                |
| 6:35 - 6:50 | Doing the Right thing – Mary Ann King – Athletic Administrator   |
| 6:50 – 7:00 | General Information - Matt Aloisi - Athletic Director            |
| 7:00        | Move to Breakouts                                                |

**GOD** is *Good,*  
*all* the time.



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



## ATHLETIC STAFF

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## COMMISSIONERS

Dale Armbruster

Chris Callender

Mark Chastain

Linda DeCarlo

Joe Hooven

Katie Kinsinger

Joe Muscatello

Denise McDonald

Dale Palumbo

Chris Pratt

Stacy Shulan

Kevin Smith



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

# Opening Prayer

Let us begin in the name of the Father and of the Son and of the Holy Spirit... Amen!

## CYO CULTURE PRAYER

ALL: This is my CYO program. It is composed of people just like me. Everything that I do builds up or tears down the CYO culture.

Our CYO program will welcome children of all skills and abilities,

Our coaches will hold each other accountable in how we treat all children with dignity,

Our athletes will be friendly and treat teammates with kindness,

Our program will be inclusive and welcome neighborhood children to build friendships,

Our coaches, parents and athletes will speak and act with respect toward officials,

Our program will take action to practice Christian service to those in need,

Our program and teams will practice forgiveness when we are angry or have been wronged,

Our coaches and children will work hard to develop athletic and faith skills,

Our program will focus on growing in faith and praying together as a Christian community,

Our program will be a place of fun, joy, and belonging,

Our CYO program will be filled with adults who use their talents to serve children and families,

Our CYO program will be a place of loyalty and love, of fearlessness and faith, of compassion, charity, and mercy, if I, who make it what it is, am filled with these same things.

When I create a space that welcomes children of all skills and abilities.

When I am accountable for treating all children with dignity.

When I am friendly and treat all children with kindness.

When I invite and welcome neighborhood children to build friendships through CYO.

When I speak and act with respect toward officials.

When I take actions that practice Christian service to those in need.

When I let go of anger and forgive others when I have been wronged.

When I work hard and grow in my athletic leadership skills and faith skills.

When I practice my faith and pray with our parish community.

When I create a space where fun, joy and belonging will thrive.

When I give my time, treasure, and talents to serve children and families.

Therefore, with the help of God and my companions, I now dedicate myself to the task of being all the things that I want our CYO program to be. **AMEN.**

# 2025-2026 - CYO CULTURE

## We are called to Give the Best of Ourselves!

- CYO inspires young people to know God, Love God and serve God through athletics.
- One of the most important things you do as a Coach is the culture you create on your CYO Team
- It is your responsibility as a CYO Coach to create a Catholic Christian culture on our team.
- What does that mean?:we value faith, growth and the development of young people over winning.
- Culture is what we do here! Culture is what I do here! Everything we do is about Culture!

**This season, right after the CYO prayer the site director will gather the teams in a circle each coach will say one right after the other: (Practice what you will say and limit it to 20 seconds)**

**Example:**

- 1.) We serve God by Respecting the Game**
- 2.) In today's game I challenge you to respect the game and your opponent with no taunting, no making fun of another player for an air ball or missed shot and use respectful language at all times. Have a great game!**

**Other ways we can Respect the Game include:**

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- **In the beginning of the season you will model this for your athletes. As the season progresses you may invite one athlete per game to share how they will respect the game/opponent if you wish.**
- **Invite a High School player from the Varsity team to come to the game and share how they can respect the game/opponent in the game today.**

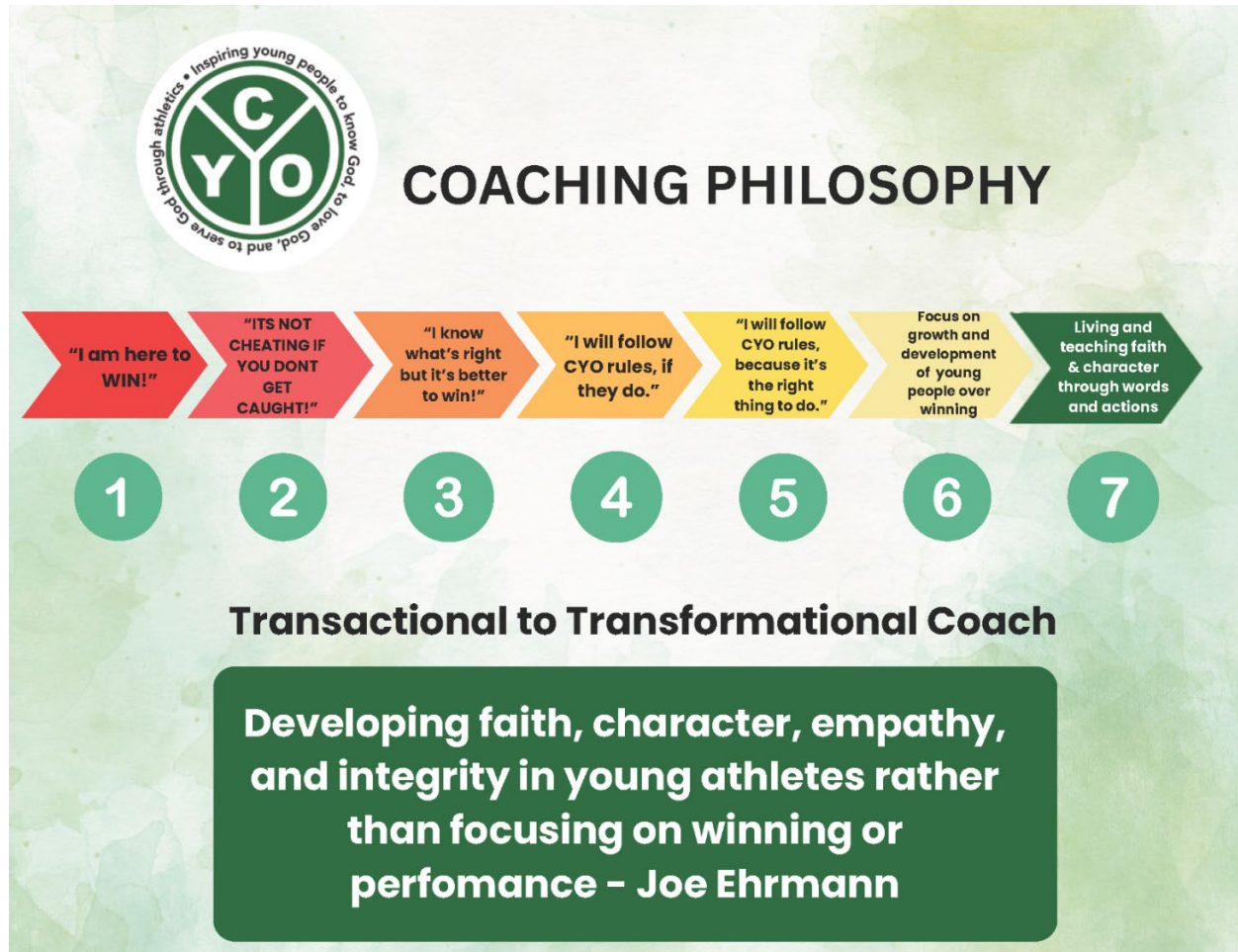


*Giving* the very best of *Yourself.*

Among the most important things we do as CYO Administration and you do, as Coaches, is the culture we create in our CYO programs.

It is our shared responsibility to create a Christian Culture in our CYO Member Programs that values Faith, growth and the development of young people over winning.

**Culture is what we do here! Culture is what I do here! Everything we do is about culture!**



*Giving the very best of Yourself.*

## 2025-26 Cross Initiative – CYO Champions for this life and the Next! June 4, 2025

**What is the Cross Initiative?** In 2023 we were trying to find a practical way to help live out our CYO mission of inspiring young people to know God, Love God and Serve God through CYO athletics. As Catholic Christians we understood that a central teaching of our faith is the Cross so we implemented the “CYO Cross Initiative” to bring our CYO Mission to life!



**How does it work?** We are asking all coaches this year to give a cross to each athlete on your team when you see a sacrifice made, an act of kindness or a moment of gratitude shared by an athlete! You choose when and how you give the crosses! After a game when you huddle up your team... during practice if that time is better. You pick the time and the moment... even a player or athlete from another team. Your Assistant Coach could help with this also...

**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 when we recognize the Love of God through a sacrifice made, an act of kindness given or a moment of gratitude shared by an athlete. God sightings happen at every event... We need to see and recognize them! Call these God sightings out and name them for your athletes. They need to know these God sightings are so important and that is why we are giving a cross when we see them...

### 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.



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 \_\_\_\_\_.

**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 another player up off the floor.



Remember to include: 1.) Jesus 2.) A sacrifice, a moment of gratitude or a kindness shared 3.) the specific act they did.

These moments teach our youth the values of sacrifice, kindness, and gratitude – and we need these skills in life and more of that today! It is fast – 1-2 minutes, you have the template, and it comes from you, their Coach! 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, kindness, and gratitude we are all Champions! Champions of Faith and there is no greater Champion then that!

## New this year! “Pay it forward” Crosses for Parents and Officials

**Our athletes will give a Cross to their parents on Parents Weekend telling their parents why they are grateful for them! We will also give Crosses to Officials at Officials weekend! Details at Coaches Meetings.**

We love to get pictures at the CYO Office! Have someone take a picture of you giving a cross to your athletes or an athlete giving a Cross to their parents. They tell us your story, make us smile and build what our CYO community is all about! Please send your pictures to

[Noelia.Speringo@ccdacle.org](mailto:Noelia.Speringo@ccdacle.org).



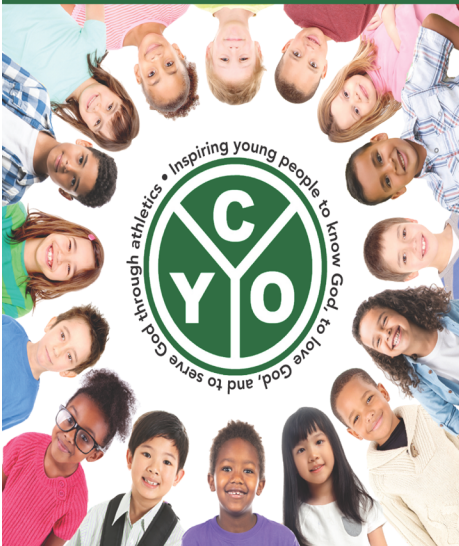
**CYO is dedicated to  
the safety of every child,  
visitor, and official.**



## **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**

## **BYLAW 9 Code of Conduct**

9-1-5 CYO is dedicated to the safety of every child, parent and adult. We will not tolerate any form of aggressive or abusive behavior in the CYO community. Examples include yelling at officials or site personnel; physical intimidation or threatening behavior; verbal or physical harassment; and any disruptive behaviors. If any of these behaviors occur, consequences will be assessed that include the following:

A. Athletes, coaches, parents and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel, must depart immediately. **If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal.** There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.

B. Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.

C. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for **seven days** including sanctioned events. **They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven day period.** They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. **They must complete the Code of Conduct online session and worksheet to be reinstated.**

D. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for **fourteen days** including sanctioned events. **They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen day period.** They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. **They must complete the Code of Conduct online session and worksheet to be reinstated.**

E. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for **twenty-one days** including sanctioned events. **They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one day period.** They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. **They must complete the Code of Conduct online session and worksheet to be reinstated.**

F. In order to be reinstated, athletes, coaches, parents and fans must:

1. complete their suspension period,
2. meet with the Member Administrator and request a letter of reinstatement,
3. complete online code of conduct session and worksheet,
4. get final approval by CYO Administration.

G. Athletes, coaches, parents, or fans who are ejected, asked to leave, or removed from an event for a second time are not permitted to attend any competitions for the remainder of the season, including tournaments. The individual must meet with the Member Administrator and obtain a signed letter from the Member Administrator only requesting approval from CYO Administration. **They must also complete the Code of Conduct online session and worksheet to be** permitted to attend events in the next season.

- H. Coaches ejected, asked to leave, or removed from an event for the second time in the same season will immediately surrender their coach's credential to the Site Director or Member Administration. They must attend a Coaches Development Program, meet with the Member Administrator and obtain a signed letter requesting permission to coach in the subsequent season.
- I. Any individual who in any way threatens, attempts to intimidate, or attacks a CYO staff member or any person verbally, physically, or by social media post will be suspended for a period determined by the CYO Administration.
- J. A team that accumulates a total of three (3) ejections, being asked to leave or removals of a coach, athlete or spectator during the same season is immediately suspended for the remainder of the season and is subject to further penalties.
- K. Actions by athletes, coaches, parents, or fans that conflict with the behavior standards of the Diocese of Cleveland CYO may be assessed consequences as outlined in Bylaw 11, even when the persons involved were not ejected, asked to leave, removed or addressed at the time of the event.

## **WRONG IS WRONG, EVEN IF OTHERS ARE DOING IT**

By Jim Bloch

Some of the most important core values necessary for establishing a healthy team culture are tied to being a good teammate and person. During times of adversity,

The character of our teams and our individuals is tested, and if the core fabric of who we are is not strong, our team will be pulled apart and left in disarray.

Many of us can quickly recall instances from our own playing, coaching, or leadership careers when unexpected adversity struck. Chances are that if you had a strong, character-based team culture you were able to withstand adversity.

While relaxing one evening, I saw a news story involving athletics at the college level. This story brought forth a great deal of emotions, including anger, frustration, and confusion. This was a gut punch to me as a lifelong leader and retired athletic administrator. The article depicted another round of hazing within sports.

In dealing with a handful of hazing situations over my career, I deeply sensed the pain of the victims. I have interviewed the accused. I met with the parents. I have spent restless nights debating the best course of action to take, including meeting about consequences for the perpetrators and seeking purposeful help for those victimized. I have wondered why this behavior continues to exist and, more pointedly, why it continues to be tied to sport culture. I have anguished thinking about how much time I had dedicated to speaking with coaches, athletes, and parents about our "partnership" and how our coaches were teachers first: kid-based practitioners who tried to use sport as a vehicle to teach some of life's most important lessons.

I wondered then, as I wonder now, what are we missing?

Why does this hazing continue?

We have tried basic preventative measures like "your team" pride t-shirts and banners, and we talk incessantly about the virtues of our sport programs while claiming "we are family." yet, we continue to see hazing incidents across the country, some of which are ignored or minimized as a rite of

Passage. In the cases that are dealt with, the response is usually some version of expelled athletes, fired coaches, additional administrative checklists, and more messaging that we need to do better.

We can lop off the heads of the weed all we want, but if we do not address the root of the issue and decide to put in the work and effort to eradicate hazing culture from our programs, rest assured, the weed will grow back.

In most situations, and surely during hazing incidents, individuals can choose to play one of four roles:

- instigator
- perpetrator/ accomplice
- bystander
- upstander

In all incidents of hazing, there are those who choose to play the role of instigator. They have the idea and the plan. They devise and lead the execution of this heinous behavior. Then there are those who follow along: perpetrators and accomplices. They want to be involved, and given enough of an ugly spark, they choose to jump in. They go along to get along, or they enjoy the feeling of having power and control over someone. They enjoy laughing at others, putting on others Down, or demeaning others at the victim's expense.

Of course, in most ugly group situations, we have bystanders. Bystanders are those who look on, choosing not to actively participate, instead sitting silently aside out of bewilderment, fear, or some other emotion unique to the individual at the time.

What we're often missing, and what we need more of, are upstanders.

Coaches often talk about the character of the kids in their programs, extolling the virtues of the type of kids they actively seek to maintain the tradition, culture, and standards of their program. High school coaches talk about wanting to develop the character and leadership of their student-athletes. Even athletic department leaders often pay to have people come in to work with selected student-athletes in a tailored curriculum-based leadership program.

Why? To stress the importance of being a good teammate and building a positive healthy culture that can withstand the inevitable forthcoming storms that occur each season. To help create young people who will stand up and not simply go along to get along. To help young people gain confidence in doing what is right even if few or none happen to be doing it, and surely to know that wrong is wrong even if others or most are doing it. These are the necessary actions of building a culture of upstanders, but somehow, we still find ourselves lacking upstanders when those ugly hazing incidents occur.

Why do our efforts in creating upstanders disappear at the moments their teammates most need them? Is it fear? Peer pressure? We ought to not discount those, but cowardice and peer pressure cannot win; we must counteract those with relentless teaching, promotion, and rewarding acts of civility and standing up. We need to empower our athletes to be the ones who stand up and say, "Nope, we are not doing that. That is just plain wrong! Nope, we do not treat our teammates that way. Hey, we represent more than just ourselves. We represent our parents, families, our coaches, this school, and everyone connected to it. This is not what good teammates do to each other - this is not how we want to be thought of, known, or remembered!"

Students naturally find it hard to stand up to their teammates - it takes large amounts of courage - but you cannot tell me there are not a handful of people in any hazing situation that recognize the insidiousness of this behavior and its destructive nature.

I know most of us speak about the privilege of being on an athletic team and what the demands/ expectations are for continued membership, but are we committed to explaining the expectations, re-explaining them, and constantly teaching their value and importance? Do we make these critical lessons part of our regular practice plans? Are we committed to doing what is needed to build upstanders on a continuous basis, or do we just cover these points at the beginning of the season and say we checked that box?

If we push them off to later, our actions speak louder than our words. If we do not show our athletes by our actions as adult leaders that being a good teammate and creating culture are our greatest values, then we lose any credibility when we simply "check the box."

I know coaches think they have so much "stuff" to teach to get ready for the season and the week-to-week opponents. I have had coaches tell me that spending time talking about being a good teammate and creating culture must wait while they get things like the 'ball press' and 'zone defense' in and sufficiently mastered. Then we will worry about those 'other things later.'

If we are not in this for the deep-seeded reasons we claim are associated with the athletic experience, then let's just stand up and say so. Just tell all the partners and audiences we care only about winning, at whatever cost. Let's stop selling anything else but the bottom-line approach and be honest that we are willing to accept the collateral damage that comes with it. Just stand up and tell kids, parents, and those to whom we are accountable/responsible that this is who we are: we win at all costs, so buyers beware!

Otherwise, we must ask ourselves, "Why are we not getting through?" Are we doing enough to consistently weave into our programs the non-negotiable lessons of character, what it takes to be a good teammate and what we expect of our

players to create and maintain this positive, healthy team culture? Do we make these efforts just add-ons if or when we feel we have time? Do we understand we must plant these seeds and continuously nurture their growth to create and sustain their development to endure the trials and adversity that inevitably come our way?

We must be willing to have these tough conversations with our teams. We must make it clear to our athletes that we welcome others; we do not initiate or haze them. We must be clear that those who do engage in any form of hazing have forfeited the privilege of membership of this team.

Alongside those difficult discussions, we must continuously work to create upstanders. We must make it clear to our coaches and our athletes what it means to be a good team member, to be a good citizen, and to be a part of the culture of our teams. We must get our athletes to understand what it means to have their teammates back. Athletes must be able to honestly tell their teammates this:

- I am there for you
- I have your back no matter what
- I will cover for you/I got you
- You can trust me - I will not let you down

Those are the things that our new team members want to know and want to hear in those early moments when teammates are about to make the decision to start a hazing ritual. Our team members must know that our team has enough upstanders to withstand the negative pressure created by potential instigators, and part of our jobs as adult leaders is to continue creating and strengthening those upstanders.

I know we can be better. We must be better. This is the perfect time to take an honest look at our programs; how we do business, what messages we send compared to what actions we take that create the real lessons learned.

The simple truth is, we have a strong hand in the building of upstanders.

It is my sincere belief; this is one of the most important and critical responsibilities we, as adult leaders, have in front of us right now. Choose to make this an everyday part of our practice plans. To that end, it must become part of our overall 'conditioning' plan. Feed the roots; harvest the fruit.

And finally, this is the perfect time to ask ourselves, "How do I/we want to be known and how do I/we want to be remembered?"

Let those answers drive your behavior in terms of what and how we teach, coach, and lead.



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# MODEL THE MISSION

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

## YES - See More of these Behaviors

- ❖ **Make it fun for kids**
- ❖ Believe in us and we will work hard
- ❖ Positive Encouragement
- ❖ Be prepared for practices and games
- ❖ **Know your grade level BB rules**
- ❖ Treat kids fairly regardless of ability
- ❖ **Respect** other coaches - ours & theirs
- ❖ Encourage over & over and over again
- ❖ Playing time – be fair to all children
- ❖ **Patience – children are still learning**
- ❖ Give kids a voice in their experience
- ❖ **Good Parent Pre-Season meeting**
- ❖ Love the game of BB and get us to also
- ❖ Help players to improve BB skills
- ❖ Positive referential speaking; saying good about players in front of them
- ❖ Recognize that BB is one part of kid's life and other things are good
- ❖ Have fun and remember it is play
- ❖ **Help kids learn to reflect on their experience and name what it means**
- ❖ Explain – kindly and repeatedly
- ❖ Criticize/Discipline in private
- ❖ Reward/Praise in public
- ❖ Fun way to teach/discipline
- ❖ Be patient – remember when you didn't know how to play.
- ❖ **Win with class; Lose with class**
- ❖ Give players a voice – it's their team
- ✚ Lift child's spirit
- ❖ Show players how to be Christian
- ❖ **Remember their age and maturity and coach them accordingly**
- ❖ Effective communication
- ❖ **Teach us how to think on the court**
- ❖ Help **every** child get better
- ❖ **Connect players to our faith** and parish
- ❖ Teach social skills
- ❖ **Act like a Christian at all times**
- ❖ Say **thank you** often
- ❖ Lead by example
- ❖ **Teach us composure under pressure**

## NO - See Less of these Behaviors

- ✚ **Complaining to or arguing with referees**
- ✚ Losing your cool under pressure
- ✚ **Yelling, screaming; hard to learn**
- ✚ **Letting parents yell** at officials
- ✚ Focus too much on winning = success
- ✚ Playing favorites – **every child matters**
- ✚ Demeaning or over-praising players
- ✚ Temper Outbursts – acting like a jerk
- ✚ Letting your players cheat or **play dirty**
- ✚ **Only coaching best players** - top five
- ✚ Berating players, coaches, officials
- ✚ Embarrassing players by your actions
- ✚ Cussing at practices or games
- ✚ **Letting Parent's Coach from sidelines**
- ✚ Negative referential speaking; saying bad things about players in front of them
- ✚ **Screaming; Do you like being screamed at by an adult?**
- ✚ Yelling at or brow-beating players or refs
- ✚ **Never abuse your power over children – be gentle, kind, and fair**
- ✚ Angry after game talks – cool off
- ✚ Individualism above the team
- ✚ **Disrespecting coaches, players, referees**
- ✚ Excluding less popular players
- ❖ **Any behavior that you would not want to see go viral on YouTube**
- ✚ Avoid Pigeon-holing players
- ✚ Speaking ill of players to others
- ✚ **Don't EVER use sarcasm w/children**
- ✚ Don't value some players more than others
- ✚ **Remind parents not to speak ill of CYO players & program on social media**
- ✚ Making fun of players in mean spirited way
- ✚ Pushing a player past injury to win
- ✚ Dwelling only on the negative
- ✚ Don't jump to conclusions
- ✚ Discouraging players by your attitude
- ✚ **Showing favoritism – be fair to all**
- ✚ Improper words/gestures/body language
- ✚ No kicking or throwing ball angrily
- ✚ **No running up the score - humiliating**

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Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition. Refer to the "Sanctioned Events" tab on the CYO website: [ccdacle.org/cyo/](http://ccdacle.org/cyo/)

1. When can I register for a sanctioned event?

*Whenever the event is approved on the CYO website.*

2. Is it okay to register a team for a tournament under the assistant coach's name, since the head coach will not be at most games?

*No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach's name. However, an assistant coach can certainly be in charge at the games.*

3. May I write a personal check for a Sanctioned Event entry?

*No - team entry fees must be paid with an official check from the member's account.*

4. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?

*No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. At the start of the season, your AD must provide each coach with a copy of their roster.*

5. We have (3) 6<sup>th</sup> gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?

*No - each athlete can only play for the CYO team for which they are officially rostered.*

6. How many Guest Players may I use during Sanctioned Event Tournament?

*ZERO! The Guest Player Rule cannot be used in sanctioned events. Bylaw 5-3-2-C-7*

7. Can we enter a community-sponsored event if we use our nickname rather than the parish name?

*No - CYO teams are only eligible to participate in CYO sanctioned events. Bylaw 4-3-1-G*

8. In how many sanctioned tournaments can my team play?

*Game and tournament limit rules are published in the CYO sport specific rules and vary according to grade level.*

9. If an athlete, coach or fan is ejected from a sanctioned event, do they sit out the next scheduled CYO game or the next SE game?

*The athlete(s), coach or fan(s) must sit out the next 7, 14 or 21 days whether it is a SE game or a CYO game. Bylaw 9-1-5-C-D-E. **PENALTY FOR NOT REPORTING AN INCIDENT RESULTS IN REVOKING PRIVILEGES TO HOST ANY SANCTION EVENT FOR ONE YEAR and tournament suspended immediately.***

10. We are scheduled for an 8:15 pm game. I thought we couldn't play after 8 pm. What should I do?

*Contact the Event Director and your AD Director immediately. Inform the CYO Administration as well. Please refer to Bylaw 4-3-1 and sports specific rules for clarification/exception.*

11. Due to bad weather, our SE games got postponed. Can a SE be extended after the CYO season closes?

*No, events need to be concluded by the published CYO end of the season date for that sport.*

12. Does CYO supply scoresheets for Sanctioned Events?

*No, due to high printing costs, CYO is unable to provide score sheets for SE. A template is included in the Sanctioned Event approval packet to make copies. Consider purchasing a scorebook, along with other tournament supplies from Dick's, one of our partners.*

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

**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*

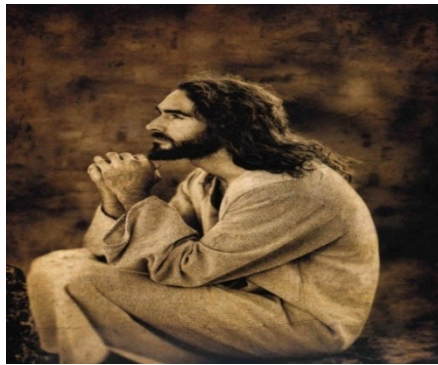
## PRE-GAME PRAYER

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 2025-2026



Changes or new from 2024-2025 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 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. Peter-Lorain

*Provisional: Sacred Heart Chapel-Lorain, St. Francis Xavier Cabrini, St. Mary-Lorain, St. Thomas the Apostle, St. Teresa of Avila*

**Zone B:** St. Joseph-Amherst, St. Mary-Elyria, St. Peter-Huron (Restricted Provisional: St. Mary-Vermillion), St. Peter-North Ridgeville

*Provisional: St. Agnes-Elyria, St. Julie Billiart-North Ridgeville, St. Vincent de Paul – Elyria*

**Zone C:** St. Joseph-Avon Lake (Unified: Holy Spirit-Avon Lake), St. Mary of the Immaculate Conception

**No Zone:** Holy Trinity-Avon, St. Jude

### Section 2

**Zone A:** St. Angela Merici, St. Bernadette, St. Brendan (Unified with St. Clarence & St. Richard)

*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 Academy, St. Basil the Great, St. Benedict, St. Michael

**Zone C:** St. Francis Xavier, *Provisional: Holy Martyr, St. Martin of Tours-Valley City, St. Victor*

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

### Section 4

**Zone A:** Corpus Christi Academy (Restricted Provisional: St. Clare, Sacred Heart of Jesus-South Euclid), St. Adalbert-Cleveland, St. Agnes-Our Lady of Fatima, St. Ann (Formally: Communion of Saints), 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 Lord, SS. Cosmas & Damian*

**No Zone:** Gesu

## Section 5

- Zone A:** Our Lady of the Lake, **Our Lady of Mt. Carmel-Wickliffe**, SS. Robert & William, St. Aloysius-St. Agatha, St. Jerome *Provisional: Immaculate Conception-Willoughby, St. Casimir, St. John the Cross, St. Mary-Collinwood*
- 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 Magdalene, St. Mary Painesville, St. Noel*
- 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  
*Provisional: Nativity of the Lord Jesus, Prince of Peace, St. Andrew the Apostle, St. Anne-Rittman, Sts. Peter & Paul*
- Zone B:** Holy Family-Stow, Immaculate Heart of Mary, St. Barnabas, St. John Neumann-Mogadore-Rootstown (Formally St. Joseph-Randolph), St. Mary-Hudson, St. Patrick-Kent (Restricted Provisional: Immaculate Conception-Ravenna) *Provisional: Mother of Sorrows, Our Lady of Victory, St. Eugene, St. Joseph-Cuyahoga Falls*
- Zone C:** St. Anthony of Padua-Akron, St. Sebastian, St. Vincent de Paul-Akron  
*Provisional: St. Bernard/St. Mary School-Akron*
- No Zone:** St. Hilary (Restricted Provisional: Guardian Angels)

## Schools

Cannot register athletes who are not students at their school or from any program other than their assigned Restricted Provisional parish members to 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, Notre Dame Elementary, Pinnacle Academy, Seton Catholic School (Restricted Provisional: St. Mary-Hudson), St. Francis-Cleveland, St. Thomas Aquinas, Urban Community School, Welsh Academy

***This list does not apply High School Basketball Program***



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# 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

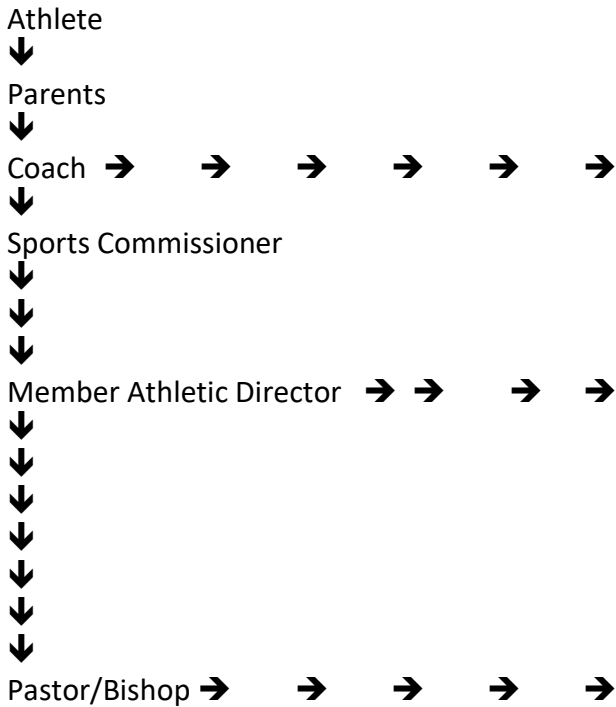
- ✚ No fast breaks Added to CYO Rulebook
- ✚ Mercy Rule - Now implemented for entire second half. (CYO Rulebook)
- ✚ Layups Only - No outside shots
- ✚ Drop Defense to the Top of the key line extended and let offense into front court without opposition
- ✚ A minimum of 5 passes before a shot - must use 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, and 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

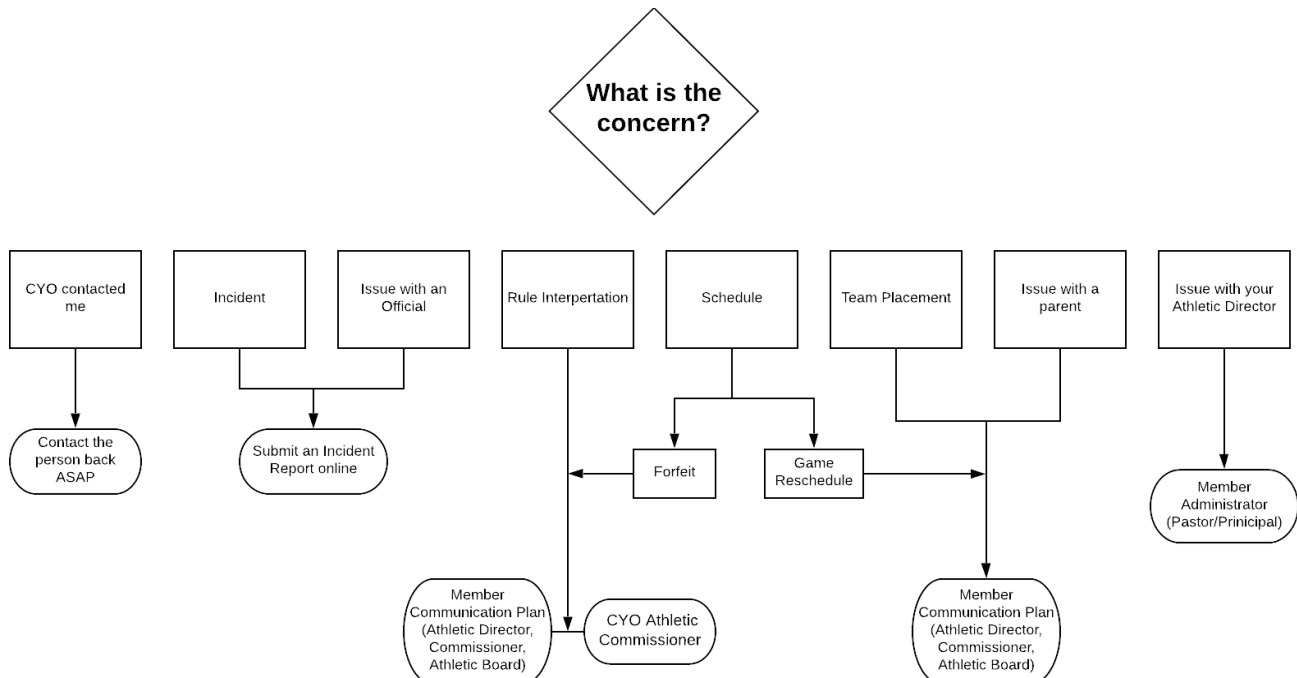


## CYO Administration External Communication



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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# INCIDENT MANAGEMENT PROCESS



**Report an Incident**

SUBMIT GAME/PRACTICE INCIDENT



## Report Incident Online



- All incidents must be reported in writing using the online form on our CYO website.

## Review submitted Incident Reports



- CYO Membership & Communication Coordinator (MCC) reviews submitted Incident reports.

## Email Communication



- MCC emails person who submitted report and copies Member AD.
- MCC emails all Member AD's involved.

## Member Response



- Important: MCC sends separate email to Member AD requesting a response within 24 hours.
- After receiving Member AD responses, incident assigned to CYO staff to investigate.

## Staff Follow up and Resolution



- CYO Athletic Staff investigates and determines proper course of action.
- Staff informs involved parties of final decisions regarding the incident.
- Staff logs incident results into the Master Incident Log to track for patterns.

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# INCIDENT REPORT TYPES

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



1. Is this an emergency requiring immediate action? What? By Whom?
2. What happened? (write down without judging)
3. What is the context and where and with whom does it belong: Parish? Athletic Director? CYO Administration?
4. Has the issue been communicated directly to the correct parties?
5. What does the 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

## 7<sup>TH</sup> & 8<sup>TH</sup> GRADE COACHES RECERTIFICATION

### GRADES 7 & 8 BOYS AND GIRLS - CONTINUING EDUCATION

- ★ Purpose: Middle school athletes become of age to better understand and perform skills at a higher level. Volunteer coaches must seek to build a culture of continuous personal growth, knowledge and development of the game. When athletes see their coach investing their time for their own development, athletes strive for excellence on and off the court. Coaches who have the tools to teach their athletes to perform and compete at their highest level, will have more competitive games and know how to coach n end a blowout.
- ★ The head coach of every 7<sup>th</sup> and 8<sup>th</sup> grade boys' and girls' team must be recertified. First year 7 & 8<sup>th</sup> grades must also attend CDP. Assistant coaches are encouraged to attend.
- ★ This is a coach's clinic with the best teachers of the game; this is not a second level of CDP or confused with CDP for first year coaches.
- ★ Schedule:
  - **Basketball: October 26, 2025 – St. Edward High School 5pm-8pm.**  
Speakers: Eric Flannery (Boys Head Coach St. Edward HS), Jill Garlock (Girls Assistant Coach St. Joseph Academy)
  - **Basketball: November 2, 2025 – St. Vincent-St. Mary High School 1pm-4pm**  
Speakers: Dru Joyce (Boys Head Coach St. Vincent-St. Mary), Carly Whitney (Girls Head Coach St. Vincent-St. Mary)
  - **Basketball: November 9, 2025 – Gilmour Academy 1pm-4pm**  
Speakers: Dan DeCrane (Boys Head Coach Gilmour Academy HS), Kenny Vehar (Girls Head Coach Gimour Academy HS)
- ★ 7&8<sup>th</sup> grade head coaches must pre-register – all level coaches welcome to attend
  - Basketball Recertification registration link:  
<https://reg.sportspilot.com/100141/leagues?search=2025-2026%20Basketball%20Coaches%20Recertification>

**Penalty:** If there is not a coach present, the team will be given a demerit. Demerits are noted in the standings on the schedule page.

One demerit = Warning

Two demerits = Probation

Three demerits = Unable to participate in the CYO Championship Tournaments.

[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.

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# COACHING 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 and you can enter details to obtain directions to the venue.

Fall schedules will be posted **by Wednesday, November 26**. Tournament Brackets will be posted later 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.

## GREAT COACHES....

- Knows and respects the game; knows and follows the rules
- Attend parish/school and CYO coach's meetings
- Know when the game is over and manages the game from a learning strategy instead of running up the score – even when the game's outcome is over in the second quarter
- Leads by example - all eyes are on the coach
- Driven by the parish/school, CYO missions - all about the whole team - represent positively your parish/school
- Teaches the fundamentals of the game - come prepared to each practice with their practice plan
- Knows how to effectively manage the score - never blowouts a team
- Everyone plays fairly and equally
- Respect the decisions of the officials and enforce their players to respect officials - lets the officials officiate
- Stay calm and poised during conflict; requires others affiliated with their team do so the same
- Communicates well with players, parents, parish/school staff and site staff



**CHRIST  
CENTERED  
COACHING**

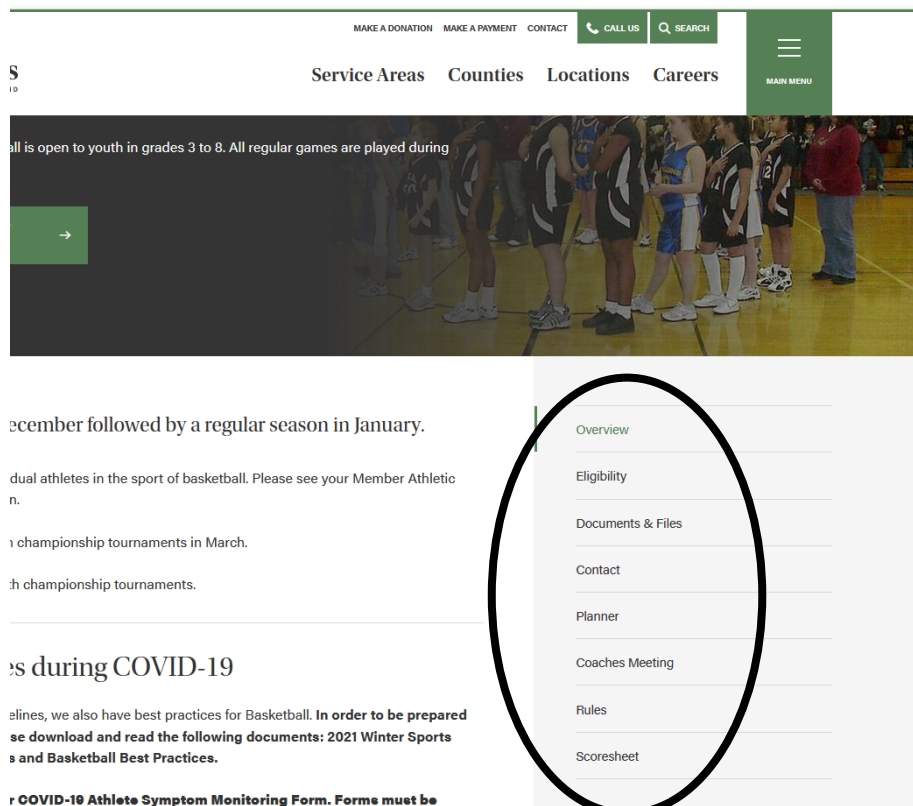
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# CYO WEBSITE NAVIGATION (DESKTOP)

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

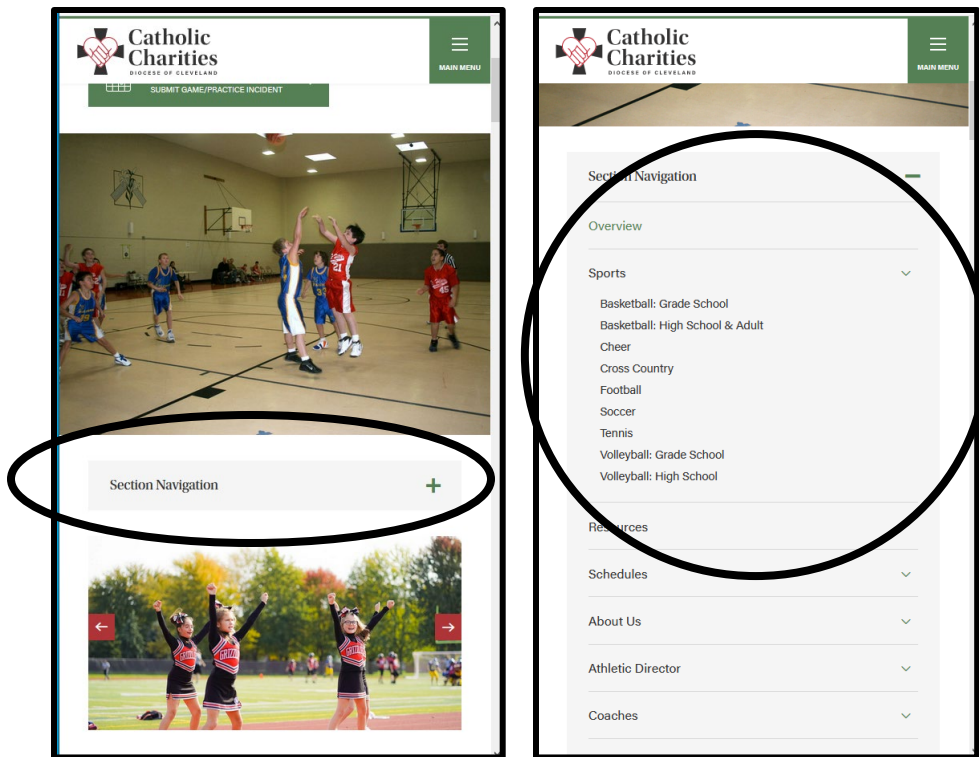


The sidebar will take you to more specifics, such as the Planner or Rules

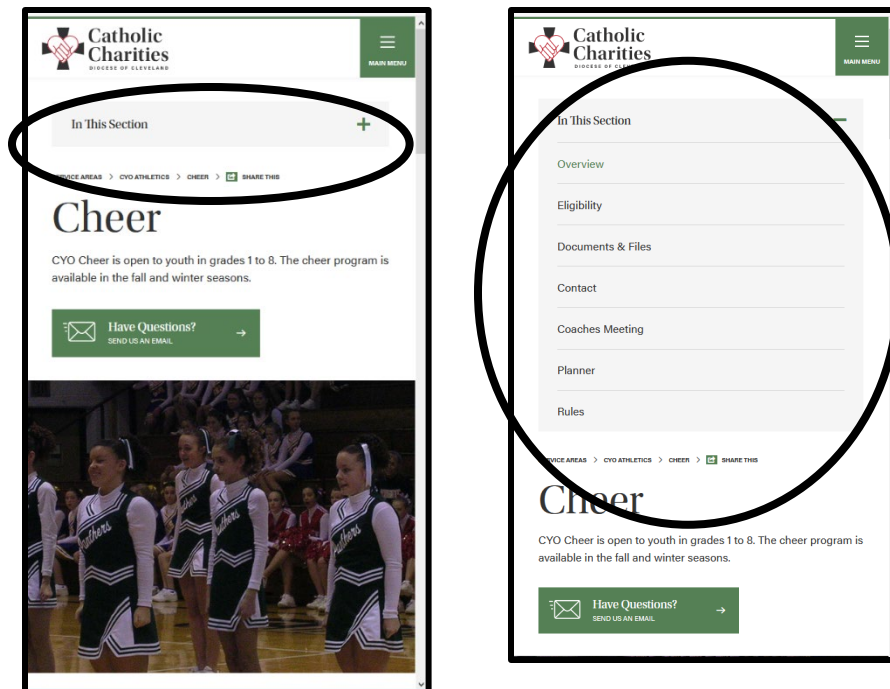


# CYO WEBSITE NAVIGATION (MOBILE)

Use Section Navigation to find your Sport



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



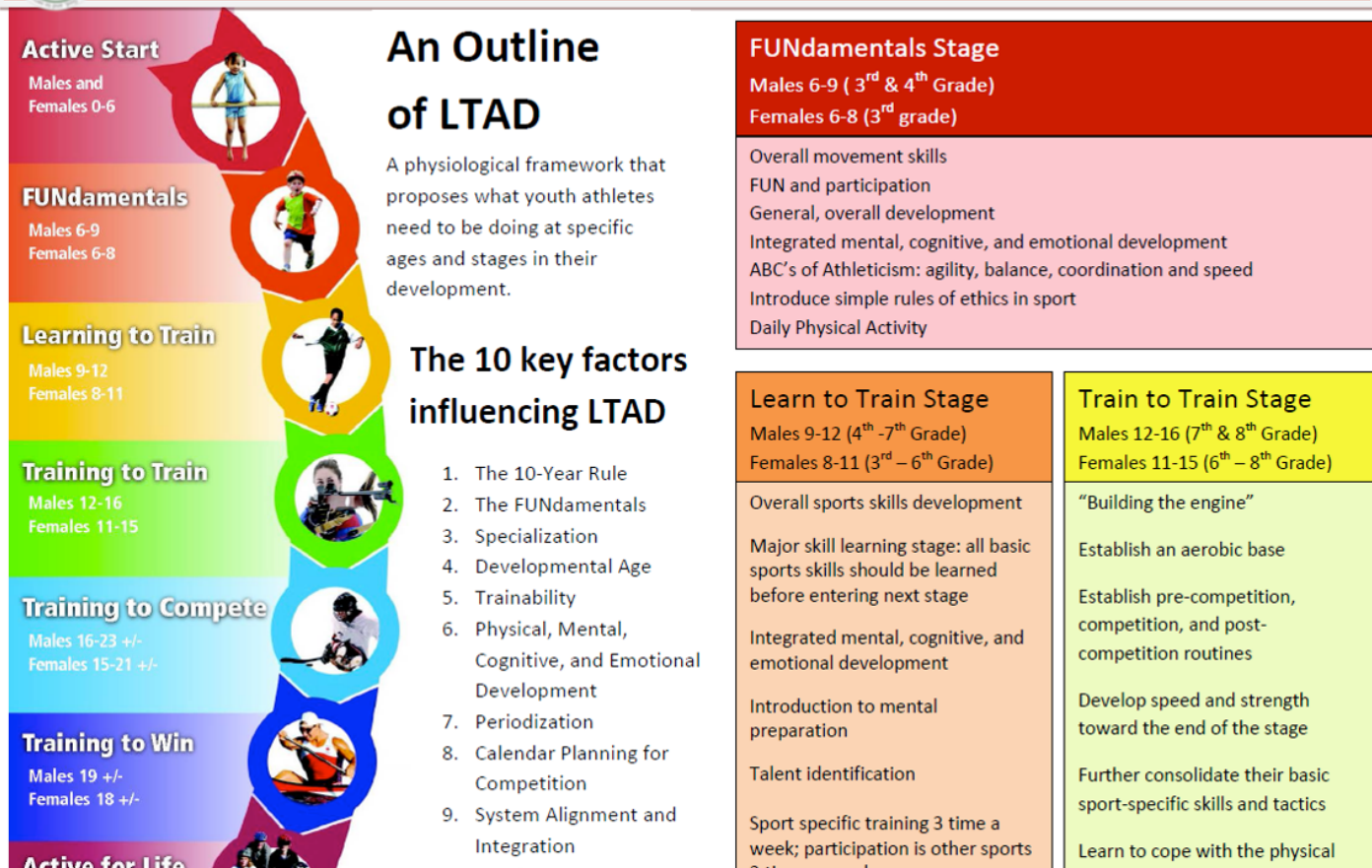
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## WHAT IF...

- **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.***



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The Long Term Athlete Development Model – Late Specialization Sports

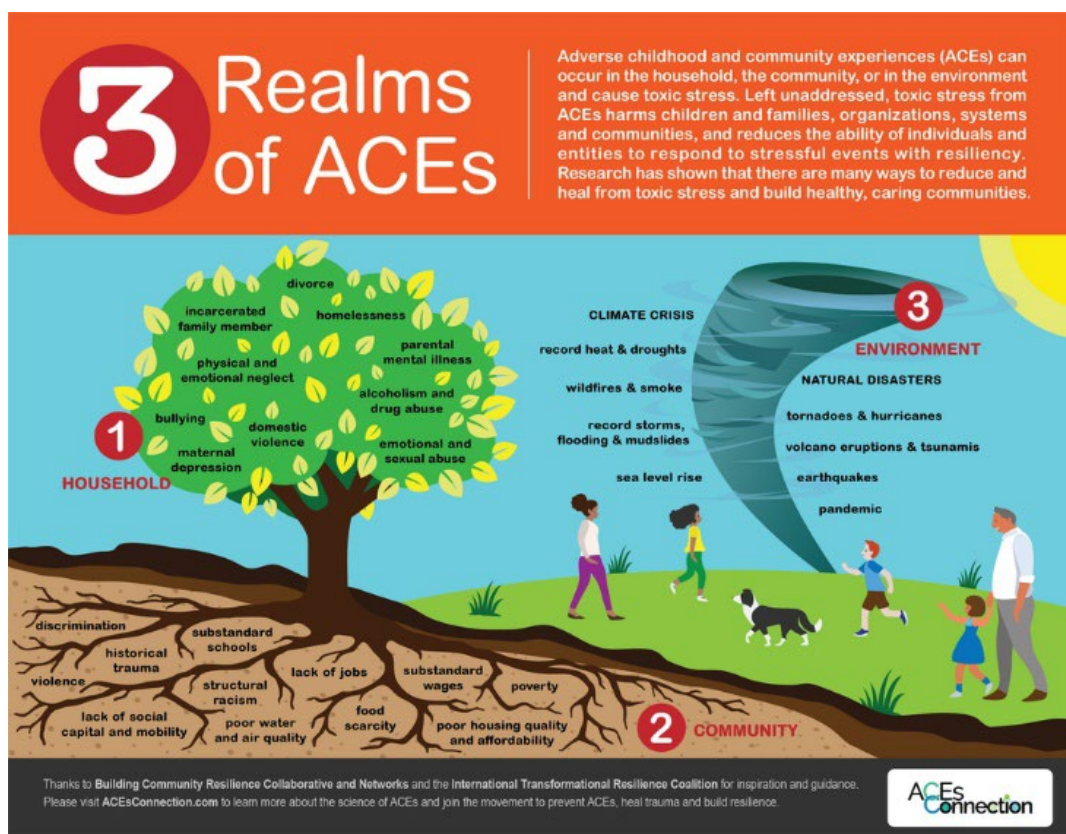
|                                                                    | WHERE                                                                                    | LEADERS                                                                                             | TRAINING                                                                                                                                             | COMPETITION                                                                                                              |
|--------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>Active Start</b><br>Males and Females 0-6                       | Home;<br>Day care;<br>Sport programs;<br>Pre-schools;<br>Community recreation;           | Parents;<br>Pre-school & Kindergarten teachers;<br>Day care providers;                              | None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching;                  | None                                                                                                                     |
| <b>FUNDamentals</b><br>Males 6-9<br>Females 6-8                    | Schools;<br>Community recreation;<br>Sport programs;<br>Sport clubs;<br>Home;            | Parents;<br>Teachers;<br>Recreation leaders;<br>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;                                              |
| <b>Learning to Train</b><br>Males 9-12<br>Females 8-11             | Schools;<br>Community recreation;<br>Sport programs;<br>Sport clubs;<br>Home;            | Parents;<br>Teachers;<br>Recreation leaders;<br>Volunteer coaches (mainly);                         | Regular practice; seasonal activities; multiple sports; overall sport skills development;                                                            | Occasional; local area; modified format; informal and formal;<br>70% training to 30% competition;                        |
| <b>Training to Train</b><br>Males 12-16<br>Females 11-15           | Schools;<br>Community recreation;<br>Sport programs;<br>Sport clubs;                     | Teachers;<br>Recreation leaders;<br>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;                                                  |
| <b>Training to Compete</b><br>Males 16-23 +/-<br>Females 15-21 +/- | Schools;<br>Post-secondary institutions;<br>Sport programs;<br>Sport clubs;              | Teachers;<br>Volunteer & professional coaches;<br>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; |
| <b>Training to Win</b><br>Males 19 +/-<br>Females 18 +/-           | Post-secondary institutions;<br>Sport clubs;<br>Training centres;<br>Professional sport; | Professional coaches;<br>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;    |
| <b>Active for Life</b><br>Enter At Any Age                         | Community recreation;<br>Sport programs;<br>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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**20% OFF**

**YOUR ENTIRE PURCHASE**

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**Diocese of Cleveland CYO**

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Diocese of Cleveland CYO

Valid 10/17/2025 - 10/20/2025

at all Cleveland-area locations only.

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AVAILABLE IN-STORE?**

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**VALID IN-STORE ONLY.** Limit one coupon per customer. Excludes taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection plan, licenses, store credit, services or excluded items, detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/Exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



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