

Diocese of Cleveland CYO

Coach's Meeting

Giving the Very Best of Yourself!

General





Fall Coaches Meeting General Session Agenda



6:00 – 6:10	Welcome, Opening Prayer, Introductions	Paul Kelly, Director
6:10 – 6:25	Initiatives <ul style="list-style-type: none">• Girls Initiative – Beth• New Women Coaches – Mary Ann• Cross Initiative - Vic	Beth, Mary Ann and Vic
6:25 – 6:40	CYO Culture & Giving the Best of Yourself <ul style="list-style-type: none">• Culture Video• How Do You Give The Best Of Yourself?	Paul Kelly, Director
6:40 – 6:55	General Information	Matt Aloisi – Athletic Director
7:00 – 8:00	Sport Specific Breakout Sessions <ul style="list-style-type: none">• Cheer• Cross Country• Flag Football• Rookie Football• Soccer• Tackle Football• Volleyball	

GOD is *Good,*
all the time.



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

Opening Prayer

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.**



Diocese of Cleveland CYO

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Dale Palumbo

Chris Pratt

Stacy Shulan



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GIRLS TEAM & WOMEN'S COACHING INITIATIVES

ADDING A NEW GIRLS TEAM

Girls' participation in sports began to decline before COVID-19 and has still not fully rebounded. We need *your* help to get girls playing again.

The **CYO Girls Team Initiative** gives you a chance to have a new team for FREE and continue to welcome more young women into your program.

Add one team to the number of teams from the prior year, based on the class*, and CYO will cover the cost.

Example: Your program had one 5th grade team last season. This season your program has two 6th grade Teams. The team fee for the new team will be sponsored by CYO.

If you had no team the prior year and adding a new team this season, the team fee would be sponsored by CYO.

Example: Last season: you did not have a 4th grade team. This season, when you are registering one 5th grade team, CYO will sponsor the team fee.

Does not include youngest level offered. In programs where 1st Grade is offered, 1st Grade teams are not covered. In Basketball 3rd Grade is the youngest level offered, therefore 3rd Grade teams are not covered.

2024-2025 Girls Initiative Report

- 68 Member Programs Participated
- 230 Teams Added
- Over 2,000 Athletes Served
- Over \$136,535 Donated

Play to Lead: The Generational Impact of Sports on Women's Leadership Women's Sports Foundation, September 2024

1. Both early access to sports and participation during one's youth cultivate the skills that align with leadership emergence.
2. Women across the generations report that sports provide the skills, traits, and experiences that align with the characteristics and demands of leadership.
3. Women who played sports fulfill a variety of leadership roles in adulthood across sectors.
4. There is a clear and positive relationship between years spent in youth and young adult sports and holding formal leadership titles in adulthood.
5. The relationship between sports participation and leadership emergence holds constant across racial and ethnic groups.
6. The majority of women report that participating in sports during their formative years was an important part of life.
7. Despite overall advancements in girls' and women's sports post-Title IX, barriers have hampered access and the likelihood of staying in sports over the decades.
8. Among the youngest group of women (20–29), there are escalating concerns around barriers to full and safe participation as a component of youth sports.
9. There remain critical differences in the rates, quality, and type of sports participation experienced by girls of color, immigrant girls, girls with disabilities, LGBTQ+ and gender-nonconforming youth, and girls from families with a lower socioeconomic status.
10. Women and gender-diverse people of every generation acknowledge the critical need to invest more in girls' and women's sports.

Read the full report: <https://www.womenssportsfoundation.org/wp-content/uploads/2024/09/Play-to-Lead-Report-Executive-Summary-2024.pdf>

Call to Action for your female athletes...

How to get more girls to participate? Begin at youngest level. Girls who love playing sports at a young age are more likely to continue playing into adolescence. For programs or teams of every age, this means creating more opportunities – adding sports, teams, or roster spots - and extending an invitation to participate.

ADDING A NEW WOMAN COACH

According to the State of Play 2023 from the Aspen Institute, men continue to dominate youth coaching. Only 26% of youth sports head coaches in 2022 were female, up slightly from 24% in 2019, according to data from SFIA. That's still well below the representation needed as women who coach balance the demands of coaching with work and family life. Even in softball and volleyball, sports predominantly played by girls, about 4 of 10 youth coaches are men, according to new analysis of the 2022 National Coach Survey. In both basketball and soccer, 81% of the coaches surveyed were men.

A study of 20 women high school coaches found that a supportive partner who encourages them to coach and doesn't make them feel guilty about coaching is key. For women with families, coaching becomes a family activity where children can become part of the program, extended family pitch in, and the wider school or sport community helps with caretaking.

Coaching HER, a project of the Tucker Center for Research on Girls & Women in Sport, offers a free coaching module that challenges the status quo and the taken-for-granted assumptions of what it means to coach girls. The tool helps coaches minimize gender inequalities and to coach differently. The Women's Coaching Alliance (WCA) is trying to create a new model to increase the number of female coaches. In the last year, the nonprofit has turned 59 San Francisco-area high school and college-aged girls into youth coaches for rec volleyball, basketball, cross country, flag football and soccer, according to The Athletic.

26% Youth head coaches who are female. Youth sports participation is much closer (boys 40%, girls 35%).

How the CYO incentive works for Women Coaches

1. Approach moms or other women in your parish or school that have never coached in CYO and invite them to join your coaching staff.
2. Appoint them as a CYO coach.
3. Assign them a team.
4. Register them in Sports Pilot.
5. Once they attend CDP, they are recorded as a new coach.
6. Each new coach (not returning coach) will receive \$100 credit for your girls' program.
7. CYO will issue a payment upon completion of a coach's CDP training and during the season.

**W O M E N
L E A D E R S
I N S P O R T S**

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

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 than 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.

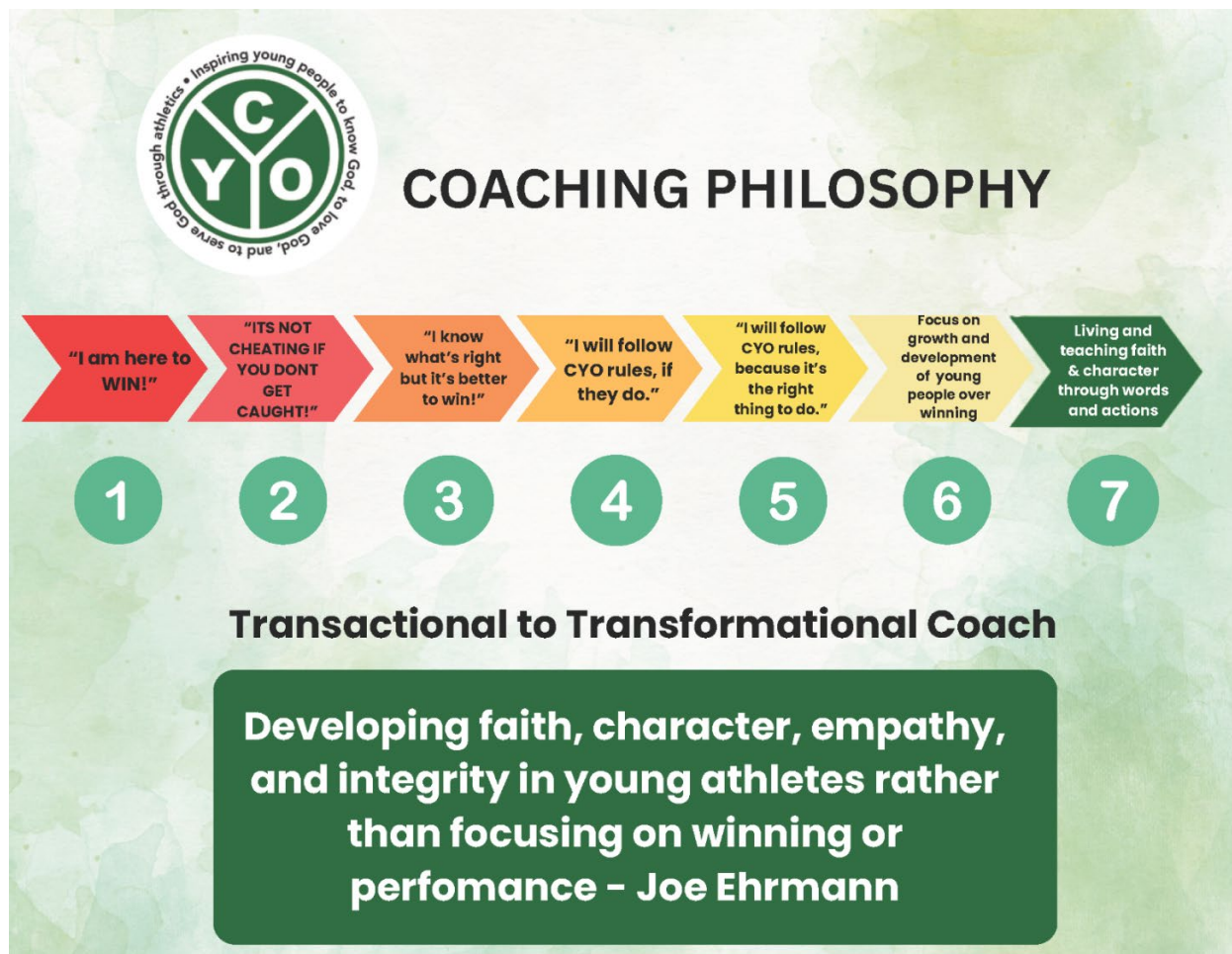
We love to get pictures at the CYO Office! Have someone take a picture of you giving a cross to your athletes or an athlete giving a Cross to their parents. They tell us your story, make us smile and build what our CYO community is all about! Please send your pictures to Noelia.Speringo@ccdole.org.



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.

Youth Stress and Building Resilience with CYO Athletes

by Dr. Edgardo Padin and Dr. Dobie Moser

Childhood and adolescence can be a happy and exciting developmental time. It can also have its share of stress. The stress of youth, like the stress of adults, is caused by the pressures (stressors) that are placed on them. Stress can come from sources such as:

- **Typical events and life changes** - physical growth, changes, taking exams, or social network/context
- **Unexpected events** - personal or family, health event, parents divorcing, moving, an accident (pandemic)
- **Individual factors** – youth's/family trauma history, substance/alcohol abuse, serious mental health issues
- **Interpersonal factors** - relationship problems; feelings of loneliness, isolation; anti-social behaviors
- **Community, societal, environmental factors** - violence, racism, excessive demands, yelling adults

Researchers have concluded that how youth respond to stressors is much more important than the stressor itself in determining their outcomes. Youth are more likely to achieve healthy, favorable outcomes and to thrive if they are resilient. **Resilience is the process of managing stress and functioning well when faced with adversity and trauma.** Remember the 6 month rule, getting stuck, and getting unstuck!

Youth are resilient when they are able to call forth and develop their inner strength to positively meet challenges, manage adversity, heal the effects of trauma and thrive in their setting and circumstances. Research studies show that youths' resilience is aided by having trusting relationships with caring, encouraging and competent adults who provide positive guidance and promote high expectations – CYO Coaches!!

Inner Strength is when a youth has internalized skills to face challenges competently. These are usually transmitted to them by adults who are mentors and positive role models. Children are able to learn how to:

- *Make productive decisions about addressing challenges, including when and how to seek help.*
- *Think about and be accountable for their actions and the consequences of their actions.*
- *Practice behaviors that influence their development and well-being in a positive direction.*

Resilience helps young people to internalize the belief that their lives are important and meaningful. Thus, they can envision and conscientiously work with purpose and optimism toward future possibilities for themselves.

Brain research shows that having experience in managing stress, including learning from failure, is important for healthy child development and well-being. Youth who have never had to address challenges or have never experienced failure are not well prepared for adulthood.

Toxic Stress – an environment where young people experience strong, frequent and prolonged adversity without the buffering protection of nurturing adult support are more likely to experience serious mental health problems. The effects of toxic stress can be lessened by experiences that build resilience. Experiences that:

- foster a consistent relationship with at least one (more is better) safe, caring, reliable and competent adult who promotes high expectations and encourages self-improvement
- provide opportunities for productive decision-making and constructive engagement in their church, family, community, school and other social institutions
- encourage adolescent voice, choice and personal responsibility
- promote the development of self-regulation, self-reflection, self-confidence, self-compassion and character.

Three Common Challenges – Opportunities for children in CYO to become more resilient

1. **Don't Get It Yet...** When a child is mentally unaware and unable to read practice and game situations and respond in ways that are helpful for themselves and their teammates. They may misinterpret their role or behavior or that of others in a competitive environment and assign blame or catastrophize the situation.
2. **Performance Anxiety** – When a child knows what they need to do in practice and game situations; they have practiced and prepared for the situation yet they have a fear of failure and what they think it means.
3. **Managing Multiple Expectations** – When a child is trying to listen to teammates, coaches, officials, and parents in a competitive environment - it will involve conflict. Great opportunity to learn skills for how to resolve conflict, manage relationships, and to add tools to their resilience toolkit.

As a CYO Coach you help children develop mental resilience when you...

1. **Create a Learning Culture and Environment** - a place where coaches and children are always learning. Making mistakes is an expected and necessary step in the learning process. An 8th grade boy playing on his CYO team said it this way in his evaluation. *"I loved being on my CYO team. We had a blast. Every lesson I learned was also a blessing, & every blessing always had a lesson in it. I can't wait until next time."*
2. **Use the DNA and DNC Coaching Method** - Be specific and clear so they know what you mean!!

DNA Method – Describe the behavior - Name the behavior – Affirm the behavior

DNC Method – Describe the behavior - Name the behavior – Correct the behavior

Use DNA - DNC language in age appropriate ways; they get used to self-correction and evaluation

THE 4 C'S AND 4 F'S OF COACHING RESILIENCE

Consistency Keep showing up so kids know that you are there for them as a caring, Christian adult in a safe environment	Fundamentals Sports specific drills and skills to learn how to improve; repetition with challenge, encouragement & support
Commitment Provide loving environment and pray with and for them; be known for kindness and encouragement to parents & kids; invest time necessary to make it work	Flexibility Plans change; try different approaches; humble coaches ask for help; treat mistakes and failure as necessary to help you & children learn with each other
Communication Be clear with expectations to children and parents for practices and games. Observe behaviors; be attentive to child's development in mind, body, and spirit	Fun Having fun and playing with friends are top reasons why children play - or stop playing sports. Find ways to make competition fun and challenging – game like.
Cross To be a Christian requires sacrifice for others, being thankful and expressing gratitude. The CYO Cross Initiative is a reminder of who we are and how we act.	Faith Integrate – Integrate – Integrate – Make the time as a CYO coach to pray daily & practice the sacraments. Let loving children as a CYO coach be your CYO legacy

Jesus death on the Cross was initially seen as a great failure of God's plan to save the world. As Christians we see the Cross as the central symbol of our faith and the sign of hope for God's love and mercy in the world.

Leader: We adore you O Christ and we praise you.

ALL: **Because by your holy cross you have redeemed the world. AMEN.**

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

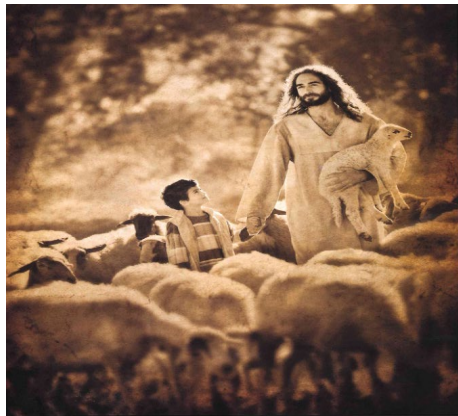
No Zone: St. Hilary (Restricted Provisional: Guardian Angels)

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 to 7TH and 8TH grade Football Sections or High Schools.
This list does apply to football grades 1-6.***



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MEMBERSHIP COMMUNICATION PLAN

CYO Member Internal Communication

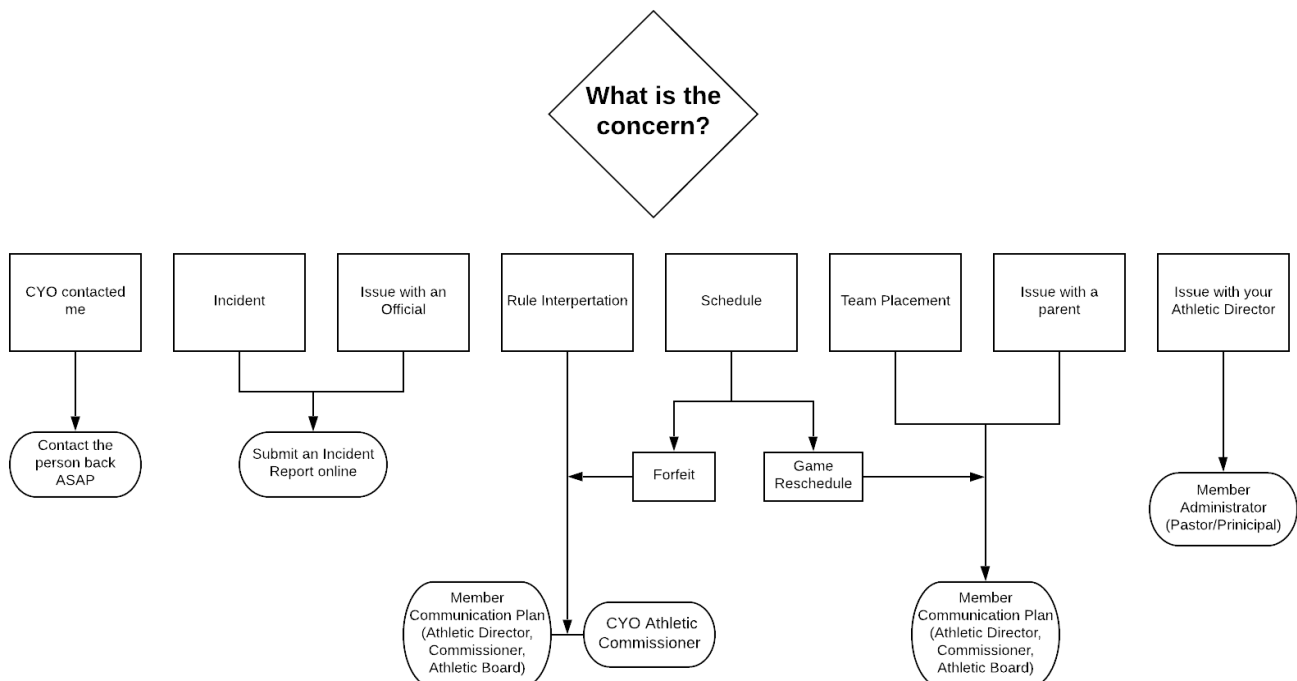


CYO Administration External Communication



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

HOW TO COMMUNICATE TO CYO AS A COACH



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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

REQUIREMENTS

[Lindsay's Law](#) - Yearly

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

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

VIRTUS

Background Check - Can use selection.com through VIRTUS Online.

RESOURCES

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

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

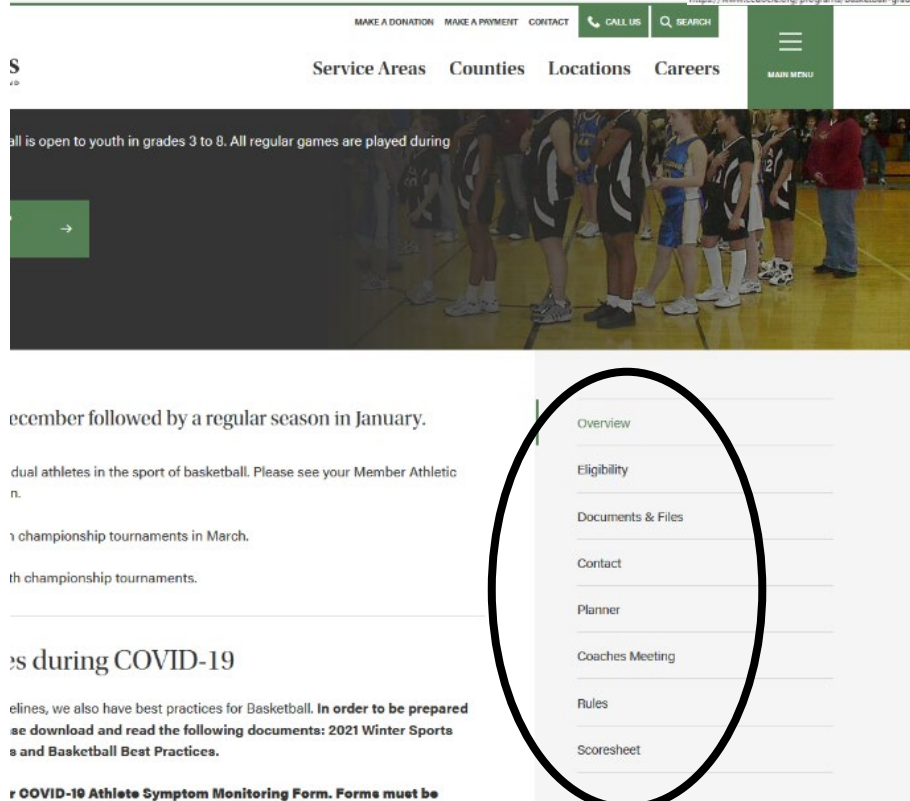
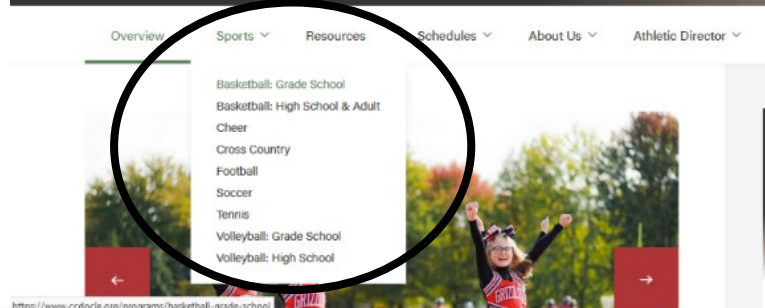
Fall schedules will be posted by Friday, August 15. Tournament Brackets will be posted at a later date on the web site.

Cancellations and announcements will be posted on the right side of the schedule page. You can also follow CYO sports on our INSTAGRAM handle: **@CYOSportsDOC** for prompt game day announcements and cancellations.

[PlaySportsTV](#) – Password: cyovideos2011.

CYO Website Navigation (Desktop)

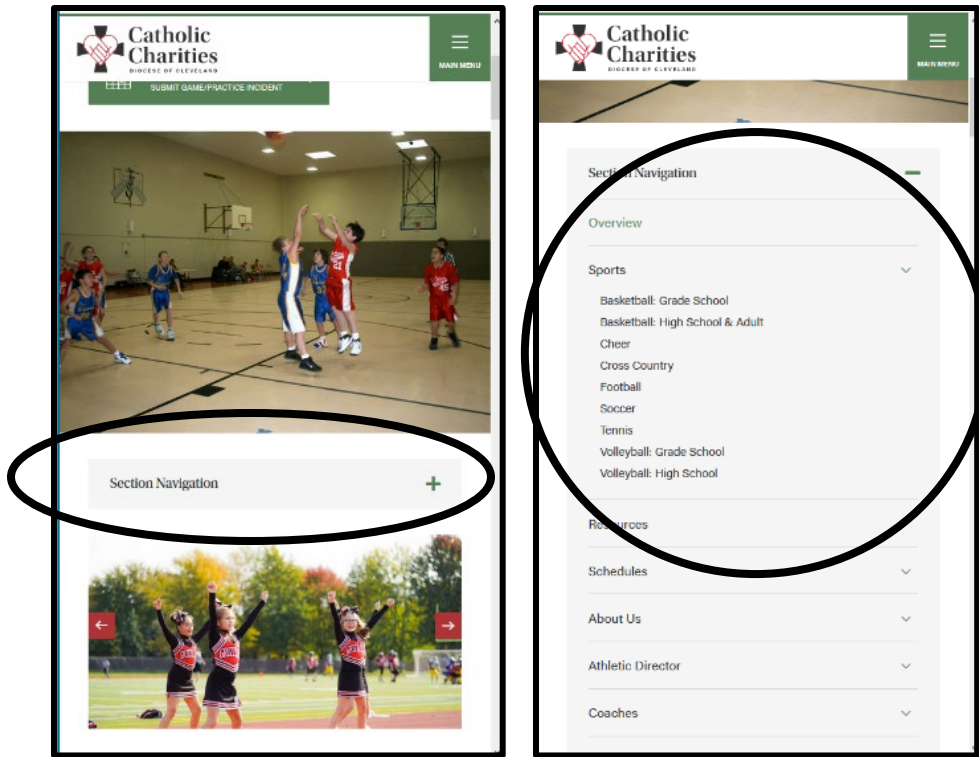
Find information for your sport on the Sports Specific page under Sports or at the bottom of the page.



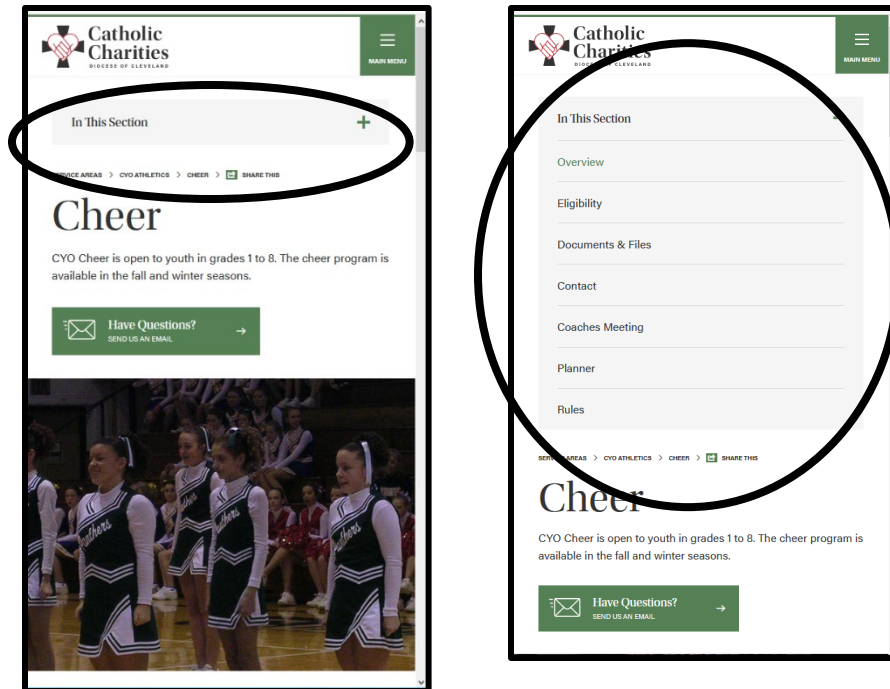
The sidebar will take you to more specifics, such as the Planner or Rules

CYO Website Navigation (Mobile)

Use Section Navigation to find your Sport



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



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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

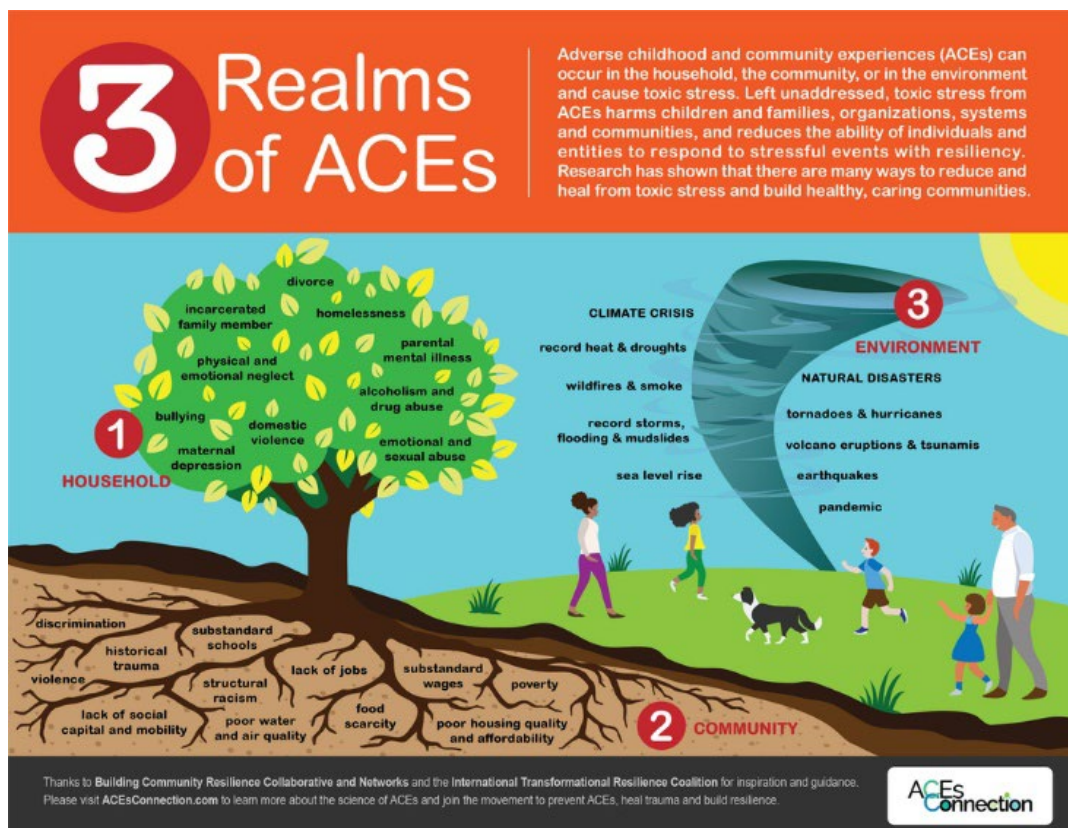
	WHERE	LEADERS	TRAINING	COMPETITION
Active Start Males and Females 0-6	Home; Day care; Sport programs; Pre-schools; Community recreation;	Parents; Pre-school & Kindergarten teachers; Day care providers;	None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, 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

Air Quality and Outdoor Activity Guidance for Schools

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

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

* Watch for Symptoms

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

If symptoms occur:

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

Go for 60!

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

Plan Ahead for Ozone

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

HYDRATION

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

WHAT GOES OUT MUST COME BACK IN

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



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



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



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



Replenish electrolytes

THE PERFORMANCE KILLER

Dehydration symptoms to watch out for:

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

WHEN AND WHAT TO HYDRATE WITH

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

DID YOU KNOW?

Painful muscle cramps can be prevented by staying hydrated.



5 HACKS TO PERFORM BETTER IN HEAT

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



WHAT TO TELL YOUR PLAYERS:



REALIZE WHEN IT'S TIME TO BREAK

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

★ PRO TIP:

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



WATCH OUT FOR YOURSELF AND YOUR TEAMMATES

HEAT SYNCOPE:

Getting lightheaded or fainting during exercise

HEAT EXHAUSTION:

Inability to continue exercise because of weakness or fatigue

EXTERNAL HEAT STROKE (EHS):

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



IT'S IN WHAT YOU WEAR

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

★ PRO TIP:

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



SPORTS DRINKS VS. H2O

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

★ PRO TIP:

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



TRAIN EARLY IN THE SEASON

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

★ PRO TIP:

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

 **USA FOOTBALL.**