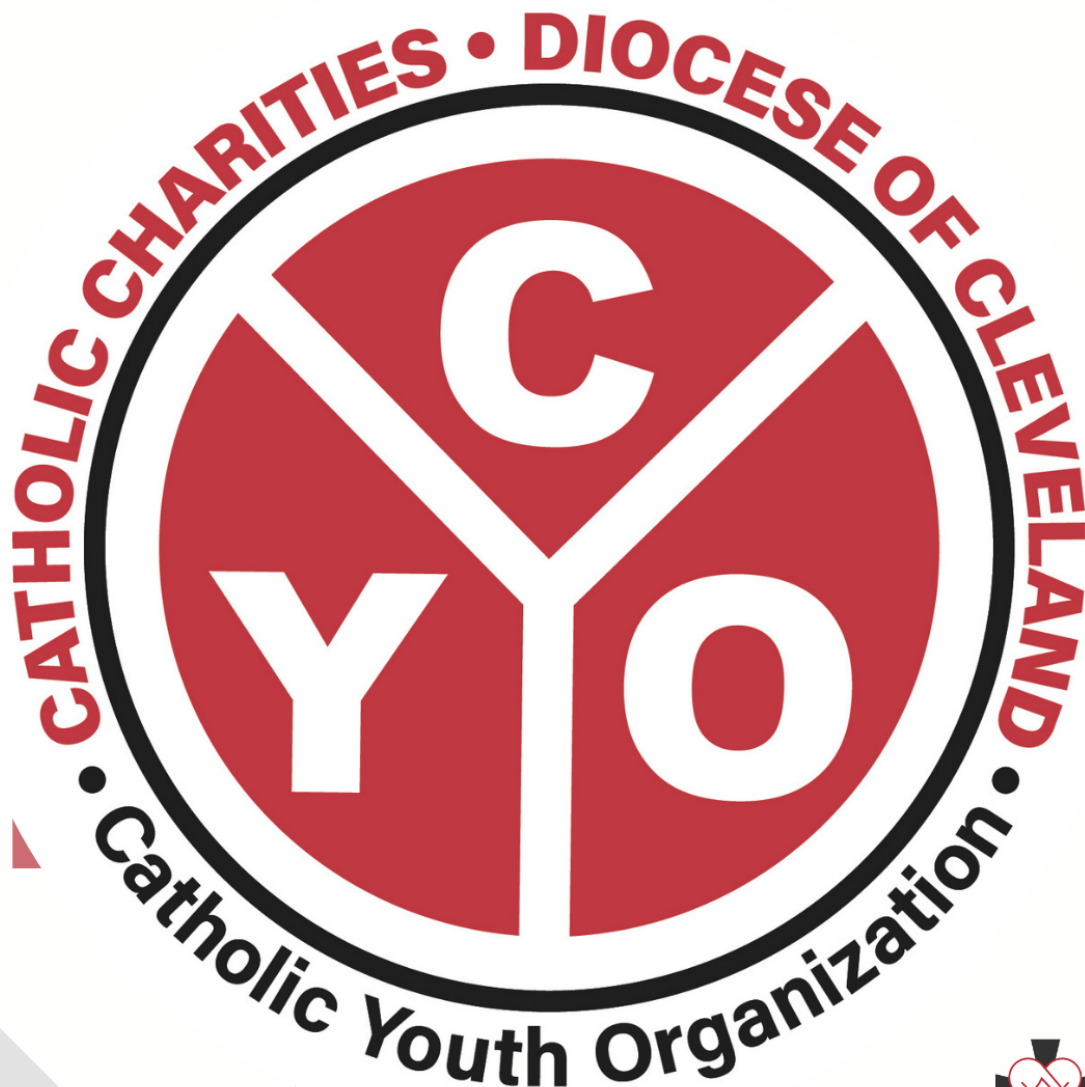


COACH'S MEETING GENERAL FALL 2026

The Way We do Things Here



ccdacle.org/cyo



Fall Coach's Meeting Agenda



Please note the format and structure of our Coach's Meetings has changed. We have shortened the meeting by one hour. The majority of our time is focused on rules, rule updates and sport-based clinics, led by high school and veteran coaches to give you practice drills, skills and practical knowledge to help you as a coach! This meeting meets the requirement of recertification/continuing education for all coaches in one night (previously two)! We have received excellent feedback on this new model we implemented last Spring. Our goal is to provide you with pertinent information, tools and the resources you need to have a successful season, benefiting all of the players on your team!

You will receive your required sticker for the Fall season at the end of this meeting to attach to your credential.

5:50 - 6:00 pm - Pick Up General Packet and Crosses

6:00 - 6:30 pm - Welcome, Prayer, Introductions, CYO Mission and Important Information to Know

6:40 - 7:00 pm - Breakouts - Sports Specific content - Rule Changes and Review by CYO Staff member

7:00 - 8:00 pm - Continuing Ed/Clinics for grades 1-8

- Cheer
- Cross Country
- Flag Football
- Soccer
- Volleyball 1st-4th
- Volleyball 5th-8th

7:58 - 8:00 pm - Closing Prayer in Breakout - Handout Fall coaching stickers

GOD is *Good,*
all the time.



Opening Prayer

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

A reading from John 20:19-23

On the evening of that first day of the week,
when the doors were locked, where the disciples were, for fear of the Jews,
Jesus came and stood in their midst and said to them, "Peace be with you."
When He had said this, He showed them His hands and His side.
The disciples rejoiced when they saw the Lord.
Jesus said to them again, "Peace be with you. **As the Father has sent me, so I send you.**"
And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit.
Whose sins you forgive are forgiven them, and whose sins you retain are retained."

Reader: The Word of the Lord

All: Thanks Be To God

Side 1: Thank you God for this opportunity to serve you in CYO.

Side 2: As the Father has sent me, so I send you.

Side 1: Gives us the skills and abilities we need to help **ALL** children grow and develop in CYO.

Side 2: As the Father has sent me, so I send you.

Side 1: Help us to teach and demand from our parents that we are about the growth and development of young people over winning!

Side 2: As the Father has sent me, so I send you.

Side 1: Help us to lead with Faith, Character and Integrity as servant leaders in CYO.

Side 2: As the Father has sent me, so I send you.

Leader: We pray in the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

ATHLETIC STAFF

Paul Kelly, Director

Jamie Mewhinney, Athletic Administrator

Jamie.Mewhinney@ccdogle.org

Ann Danuloff, Assistant Athletic Administrator

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Dave Stefanski, Athletic Program Coordinator

David.Stefanski@ccdogle.org

Noelia Speringo, Membership and Communications Coordinator

Noelia.Speringo@ccdogle.org

Cheer, Volleyball: Grades 1-4
(216) 470-4230

Soccer
(216) 978-5321

Volleyball: Grades 5-8
(216) 217-3640

Football

Volleyball, Grades 5-6
(216) 538-8315

(216) 217-6304

COMMISSIONERS

Dale Armbruster

Mark Chastain

Chris Callender

Linda DeCarlo

Joe Hooven

Katie Kinsinger

Joe Muscatello



Weekend Forfeit Line: (216) 217-9482.

Contact your AD first. Please call or text: Your game location, your team's gender, grade & division, the game time, and opponent. Do not contact the opposing coach; CYO will officially forfeit the game and communicate as needed.

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

2026-27 Cross Initiative – CYO Champions for this life and the Next!

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.

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.



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 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!

“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.

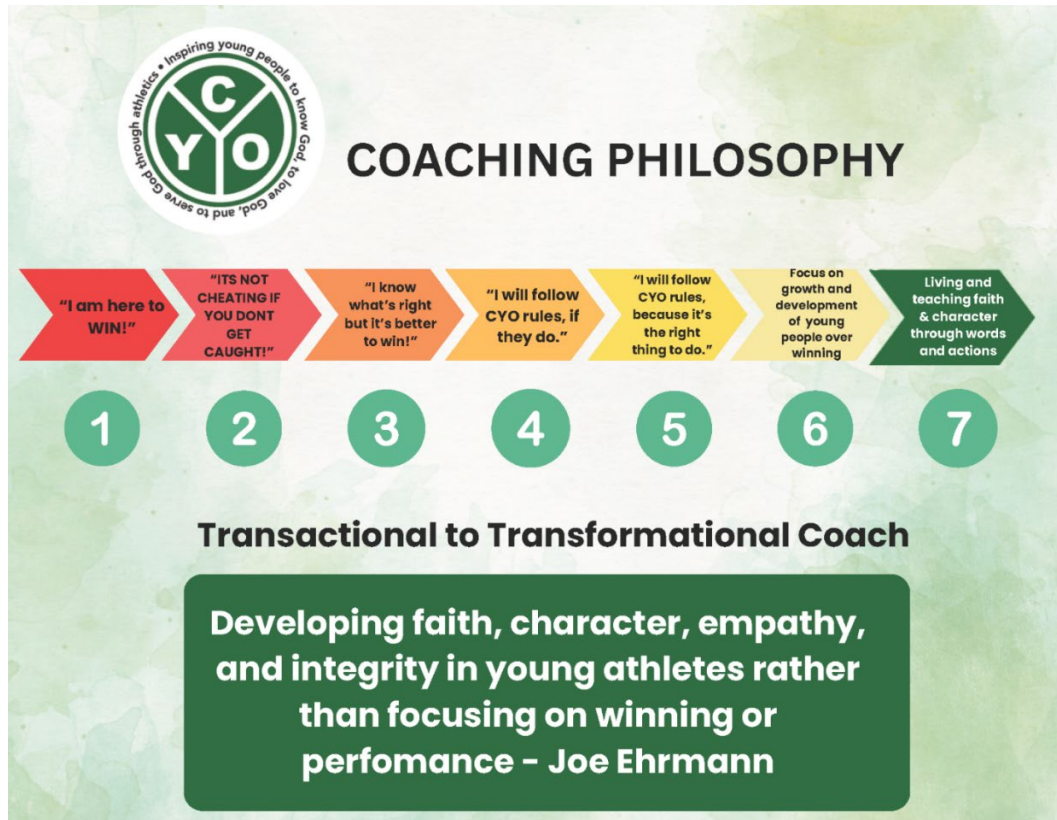


CYO Culture and Coaching Philosophy

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!



Coach's Meetings and Continuing Education Requirements

For all Sports except 4th grade padded flag, Rookie Tackle and Tackle Football

All coaches will receive a current seasonal sticker at Coaches Mtgs from grades 1-8. They will place this sticker on their credential.

One coach on the bench for grades 1-8 must have the current seasonal sticker they received from attending the Coach's Mtg. Not every coach has to have a sticker from the coaches mtg, but one Coach on the bench must have a sticker.

If a team does not have one coach on the bench with a current seasonal sticker, consequences could include, game forfeiture, loss of eligibility for tournaments and possible coach suspension.

For 4th grade Padded Flag, 5th and 6th grade Rookie Tackle and 7th and 8th 11 v 11 Tackle Football

ALL coaches must have the current seasonal sticker they received from attending the Browns Football Continuing education on July 25th or the make up session.

If any coach for 4th grade Padded Flag, 5th or 6th grade Rookie Tackle or 7th and 8th grade 11 v 11 Tackle Football coaches does not have a current seasonal sticker they will not be allowed on the sideline and other possible consequences could include game forfeiture, loss of eligibility for tournaments and possible coach suspension.

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

2026-2027 CYO Season Sponsorships

CYO Athletics is the largest faith-based sports program in the region, with over 24,000 young people participating annually honing new skills that focus on teamwork, social skills, and character building. We are a Catholic organization whose mission is to inspire young people to know God, to love God and to serve God through athletics. Youth learn important life lessons through participation and mentorship from more than 5,000 coaches. Who doesn't love a little competition? Please support CYO while raising awareness of your brand through a CYO Championship Sponsorship.

When you sponsor CYO Athletics, you:

- Keep participation fees affordable
- Cover costs for gym rental, officials, site directors and score keepers
- Cover costs for trophies, medals, basketballs, volleyballs, footballs, and more
- Provide safe, well-organized tournament sites
- Support faith-based, character development through sport
- Celebrate achievements of young athletes



Season Sponsor Opportunities

- **Gold Sponsor \$25,000** – Largest recognition on signage at 8th grade championship sites, in-game announcements mentioning your company, participation in Pre/Post game activities at championship sites, logo on CYO website, recognition in e-mail sent to all 24,000 families, social media highlight.
- **Silver Sponsor \$10,000** – Second largest recognition on signage at 8th grade championship sites, in-game announcements mentioning your company, logo on CYO website, recognition in e-mail sent to all 24,000 families, social media highlight.
- **Bronze Sponsor \$5,000** – Third largest recognition on signage at 8th grade championship sites, logo on CYO website, recognition in e-mail sent to all 24,000 families.
- **Team Spirit Sponsor \$2,500** – Recognition on signage at 8th grade championship sites, name on CYO website, recognition e-mail sent to 24,000 families.
- **Spirit Sponsor \$1,500** – Recognition on signage at 8th grade championship sites, name on CYO website, recognition e-mail sent to 24,000 families.

2026-2027 Season Sponsorships will be recognized at all of the 8th grade Championships:

Basketball (February/March 2027), Cheer Championship Competition (October 2026 & February 2027), Cross Country (October 2026), Football (October 2026), Soccer (October 2026), Track & Field (May 2027), Volleyball (October 2026 & May 2027)



CYO Sponsor Contact Information

Please complete the form below to confirm sponsorship. Deadline is August 1st, 2026, to receive all benefits.

All donations will support Championship & CYO expenses through the Catholic Charities CYO Bishop Roger Gries Good Shepherd Fund.

Contact Information

Contact name: _____

Organization/Company: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Your Company's website: _____

Payment: Total amount included: \$ _____

☐ Check enclosed:
(payable to Catholic Charities CYO Good Shepherd Fund)

Questions please contact: Jamie at 440-241-2270 or
Jamie.Mewhinney@ccdacle.org

**If paying by check, please mail to the address below or
to pay electronically, scan the QR code below the address.**

Jamie Mewhinney
Catholic Charities CYO Athletics
7911 Detroit Avenue
Cleveland, OH 44102



CYO SEASON SPONSORSHIPS



Changes or new from 2025-2026 are highlighted in yellow.

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

No Zone - Cannot register athletes from any other program to participate on their teams without written permission from CYO Administration. **These programs that have schools with more than 400 1st-8th Grade students.**

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

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

If a Diocese of Cleveland parish is not listed in the provisional list, please contact the 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

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

Provisional: St. Ladislav

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

Section 2

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: 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. Rocco, St. Thomas More

Provisional: St. Boniface, St. Patrick-Bridge Ave,

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

Zone E: Assumption Academy, St. Basil the Great, St. Benedict, St. Michael

No Zone: St. Albert the Great, Sts. Joseph & John

Section 3

Zone A: Corpus Christi Academy (Restricted Provisional: St. Clare, Sacred Heart of Jesus-South Euclid), St. Adalbert-Cleveland, St. Ann (Formally: Communion of Saints), St. Paschal Baylon

Provisional: Holy Redeemer, Holy Rosary, Our Lady of Peace, St. Agnes-Our Lady of Fatima

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 4

- 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 5

- Zone A:** Sacred Heart of Jesus-Wadsworth, St. Augustine, St. Francis de Sales-Akron, St. Francis Xavier
Provisional: Nativity of the Lord Jesus, Prince of Peace, St. Andrew the Apostle, St. Anne-Rittman, Sts. Peter & Paul, Holy Martyr, St. Martin of Tours-Valley City, St. Victor
- 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. Ambrose (Restricted Provisional: St. Colette), 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.

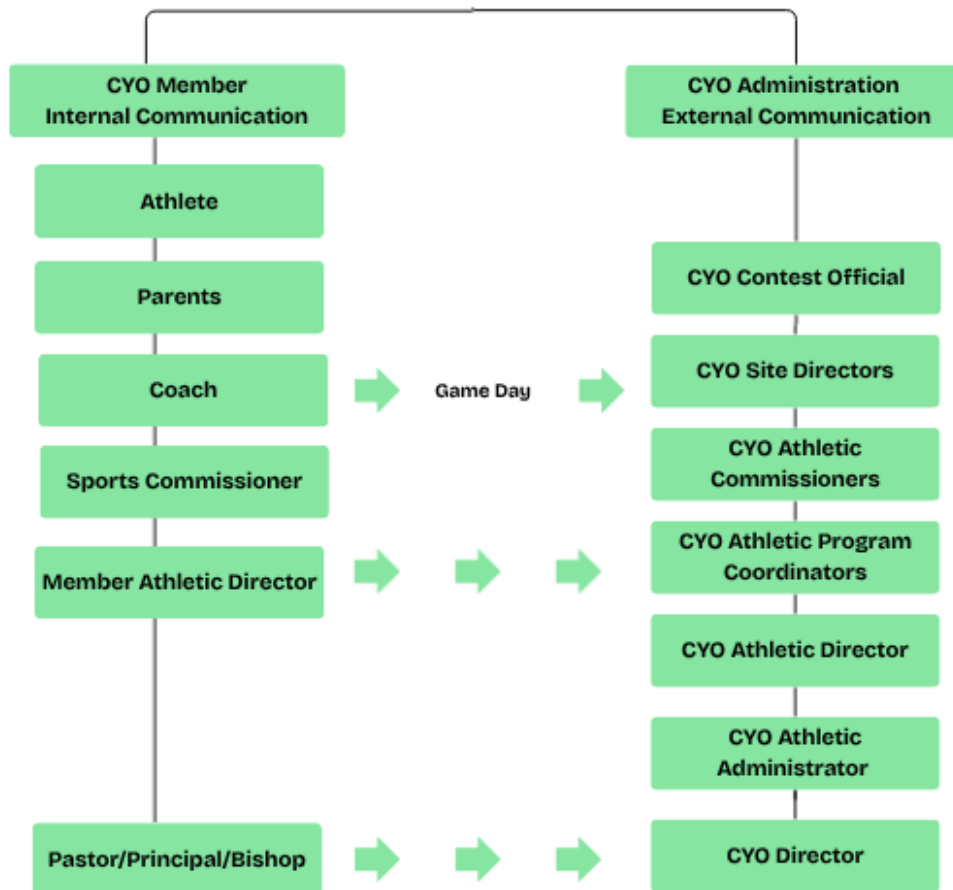
Archbishop Lyke, Emmanuel Christian Academy, Incarnate Word Academy, Lakewood Catholic Academy (Restricted Provisional: St. Clement, St. James, St. Luke, Transfiguration), Metro Catholic, Notre Dame Elementary, Pinnacle Academy, Seton Catholic School (Restricted Provisional: St. Mary-Hudson), St. Francis-Cleveland, 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.***

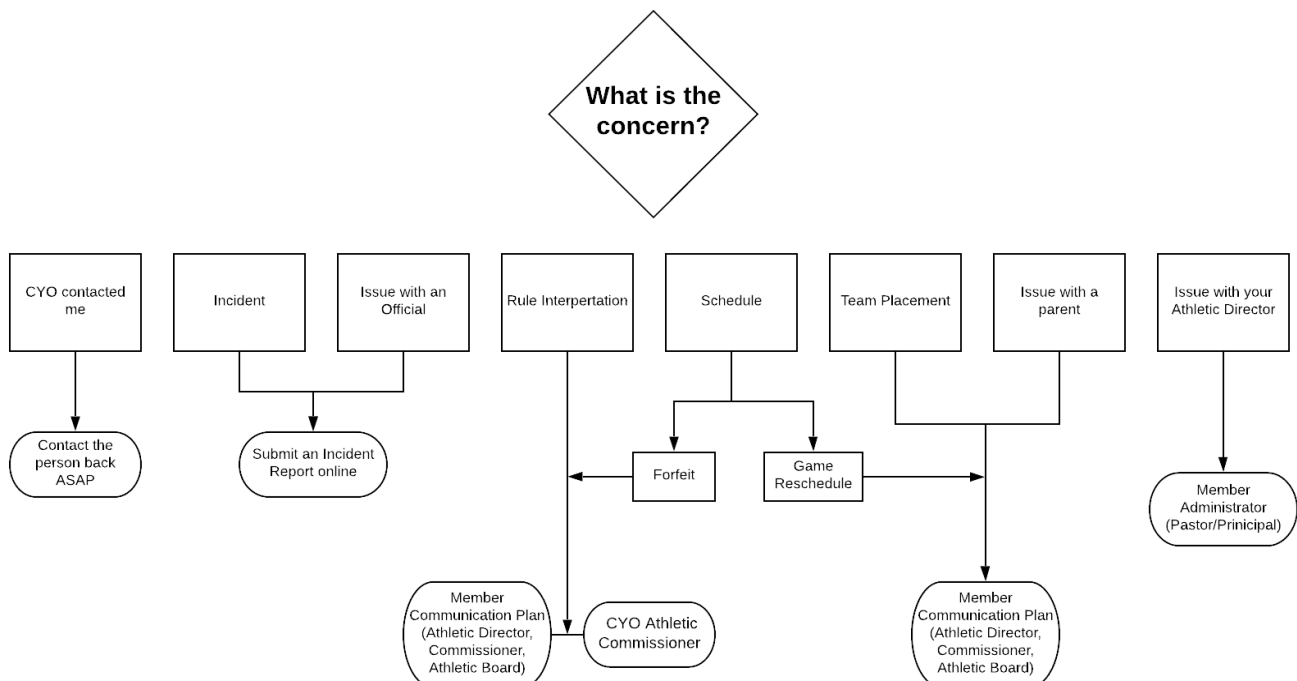
CYO inspires young people to know God, to love God, and to serve God through athletics.



CYO MEMBERSHIP COMMUNICATION PLAN



HOW TO COMMUNICATE TO CYO AS A COACH



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



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?



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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 and X handle: [@CYOSportsDOC](#) for prompt game day announcements and cancellations.

[PlaySportsTV](#) – Password: cyovideos2011.

CYO Website Navigation Pro Tips

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

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

On a mobile device, scroll to the top of the page, and click on “In This Section” will display the items listed in the sidebar on the Desktop

Scan to go to the CYO Website



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

Active Start

Males and
Females 0-6



FUNDamentals

Males 6-9
Females 6-8



Learning to Train

Males 9-12
Females 8-11



Training to Train

Males 12-16
Females 11-15



Training to Compete

Males 16-23 +/-
Females 15-21 +/-



Training to Win

Males 19 +/-
Females 18 +/-



Active for Life

Enter At
Any Age



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
10. Continuous Improvement

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 3 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 and mental challenges of competition

WHERE

LEADERS

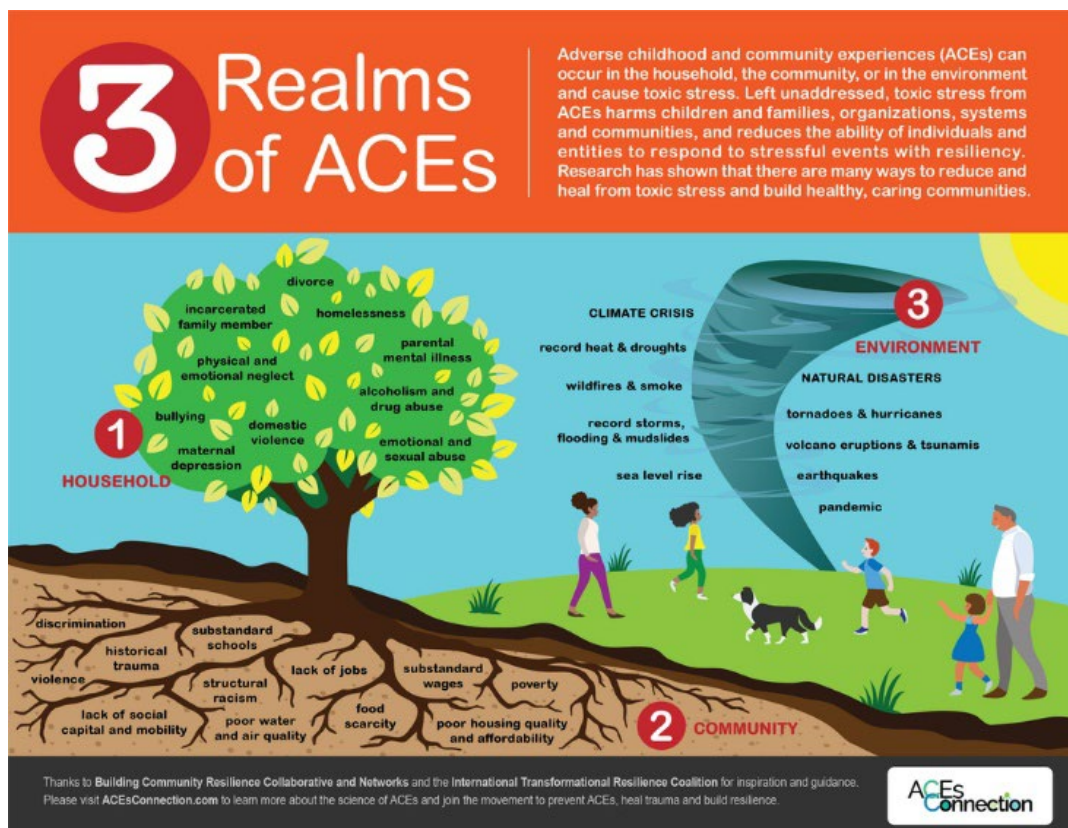
TRAINING

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

Top 10 Benefits of Multi-sport Participation

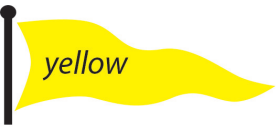
1. Greater overall athleticism
2. Improved foundational motor skills and transferable skills
3. Lower chance of drop-out
4. Increased fun and enjoyment
5. Wider circle of social relationships
6. Reduced chance of overuse injuries
7. Longer sport career and involvement
8. Promotion of life-long physical 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.**

HOW TO RECOGNIZE AND TREAT THE VARIOUS EXERTIONAL HEAT ILLNESSES

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

IMPORTANT

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

[illegible]