

DIOCESE OF CLEVELAND CYO



WINTER 2021 GENERAL COACHES MEETING



CATHOLIC
CHARITIES
Diocese of Cleveland



WINTER COACHES MEETING GENERAL SESSION AGENDA



Objectives: As CYO Coaches and Leaders, together we will:

- Reflect on CYO mission, pray together as Christian community;
- Manage psychological/physical risks of coaching in a pandemic;
- Learn about rule changes, safety requirements for basketball;
- Begin ongoing conversation to address racist behaviors/racism in CYO;
- Express commitment to operating CYO basketball and Cheer as safely as possible while modeling our CYO mission and values.

Opening Comments and Prayer

Welcome/gratitude – We are here because our young people deserve the best that we can give

Opening Prayer – St. Francis of Assisi Peace Prayer

Lord, make me a channel of your peace. Where there is hatred, let me sow love;
Where there is injury, pardon; where there is doubt, faith;
Where there is despair, hope; where there is darkness, light;
Where there is sadness, joy.

O Divine Master, grant that we may not so much seek to be consoled as to console, to be understood as to understand; to be loved as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned and it is in dying that we are born to eternal life. Amen

Partner 1:1 dialog instructions and conversations (5 minutes)

- For the upcoming CYO season, I am most hopeful that...
- For the upcoming CYO season, I am most concerned that...
- Upon returning, type your hopes and concerns in meeting chat board

Psychology of Coaching in a Pandemic Environment

- How are you doing? How are you managing your stress? Help children...
- *"If it is mentionable, it is manageable."* Fred Rogers
- **Pandemic Fatigue Risk**– *"I just want it to be done already!"* at time of greatest infection numbers, highest risk for specific populations;
- Tools, skills, humility, persistence re details of risk mgt.; Take ***facts not fear*** approach;
- Critical to have a parent meeting (virtually) to clarify expectations, build support; coaches are responsible to work with your CYO A.D. to help parents follow spectator/safety rules;
- Good news – Vaccine, an end in sight; Thanks be to God!!!
- Bad news - after basketball season; all safety precautions required NOW.

Review resources, game rule changes, safety requirements for basketball

- Athlete Monitoring Form – every practice, game; give to site director at games; give to your Athletic Director for practices;
- Coaches must wear masks at ALL times; all practices & games – NO exceptions; May not lower mask to yell at officials or players or during timeouts – Ever!!!
- Only two credentialed coaches may be on the bench with physical distancing;
- Players must wear masks when sitting on the bench; entering and leaving gym;
- No Jump balls; no guest players; post season tournament only 8th grade;
- Only two spectators per athlete may attend games – no exceptions;
- CYO will continue to monitor safety of CYO basketball; risk of shutting season down based on local, state, trends; CDC, and with our Catholic HS's;
- Move forward with a spirit of vigilance and humility; *facts not fear* approach.
- Vulnerability - do all that we can, acknowledging that it could all change in a moment

CYO Reflection and Conversation about Racist behaviors and Racism in CYO

- Framing the conversation regarding racism in society, youth sports, CYO;
- Read reflection and conversation resource regarding African American's experience in CYO

CYO Coaches → Read → Reflect → Pray → Act

- As I read these comments about the experiences of African Americans in CYO, I feel...
- As I reflect on these comments about others experiences, it strikes me that...
- What behaviors can I do as a coach and can we do at our facility to build an environment and CYO culture that welcomes children and families of all races in CYO as the beautiful children of God that they are?
- As a CYO Coach, I will...
- CYO is committed to providing a welcoming, loving, and safe environment for all children and families. Every CYO site has a Site Director. If there is an incident of concern at any CYO game or contest, speak with the site director first. The site director will determine if law enforcement needs to be called.

Gratitude Conversation and Closing Prayer

- I am glad I was here because or one gift I received in this conversation is...
- Closing prayer and blessing

All Coaches need to go to CYO Website; watch your sport specific video – Coaches Meeting

- Sport Specific Video and packet for Grades 3 -5; 6-8; High School and Cheer
- Game Day Safety Protocols

**Beginning Reflections and Conversations about Race and Racism in CYO
CYO Coaches Meetings January 2021**

1. We have to play a black team; they are not even Catholic Charities. This was spoken by a white parent in the stands at a CYO game.
2. We are treated differently because of our skin color and that hurts.
3. We need an advocate in settings when we feel racially isolated. It hurts when we are treated with suspicion as a group of black kids.
4. I feel helpless when our kids are judged by the color of their skin before anything happens.
5. I am hoping for understanding; our children want to play and enjoy CYO. When others see our kids as threatening or to be feared, our kids can begin to see themselves that way.
6. Why are our kids who are from a different area feeling targeted by officials and parents of opposing teams made up of white kids?
7. Looking to be treated fairly. When our kids go to white facilities, they feel that they are bad or to be feared.
8. Everyone, especially parents, should not be saying racially charged statements in the stands, hallways, or to refs. We have seen that happen and I have heard the remarks personally.
9. I hope for fairness in how all parties are treated across the board.
10. My 5th year at the school. From the stands (I am a middle school coach) I would see several things go wrong. As a white woman on the bench, I can speak up. Yet when a male black coach is there and speaks up, he is treated very differently. Frustrating...
11. I have one kind of interaction and experience as a white woman in CYO. I can see that black male coaches are treated differently. They are treated with mistrust and suspicion.
12. I hope that all the team coaches and parents can interact and see our kids as people and not as a black kid and team that feels objectified.

13. CYO shouldn't be another place where our kids are treated with suspicion and judgment. It feels like our kids are being judged and treated as a number.
14. We shouldn't have to face racial judgment and rejection in Catholic schools and in CYO.
15. When police are called to these games, it is a serious step and a negative experience. Calling the police means different things to our black children and parents. It is not a positive thing.
16. A spirit of excellence... what is the across the board standard that is expressed strongly and clearly by all levels of CYO staff, site leaders, coaches, parents, officials about how we treat each other and care for each other in a Christian environment?
17. I expect other schools to welcome our children the way that we welcome all children.
18. The black kids are in CYO now – they are great, they are awesome, and they are ours!
19. Cultural competence training for CYO Officials – calls and how our kids and coaches are treated is affected by race. Black kids are seen as older and more aggressive.
20. CYO needs clear policies about police being called to game so that we are not criminalizing our black youth and black families at a CYO game that is supposed to be fun and play.
21. CYO is supposed to be fun for the kids. When our kids feel that they are not safe as black kids in a white CYO environment, that is a problem.
22. Use coaches meetings to build community between the coaches and to have conversations about things that matter. Cultural diversity training at our CYO coaches trainings.
23. How can we get children together to mix with each other racially and see each other as children to have fun, play, and enjoy each other before it becomes only competition?
24. Have an opening season event that sets a tone and welcomes all children, coaches, and parents to interact in racially inclusive ways.
25. Fan behavior toward African American children, parents, and fans is problematic in CYO.

26. Being treated as if we are under suspicion is offensive and hurtful to the African American community. How can people at CYO sites change that dynamic in an intentional manner?
27. We are used to getting treated badly because of race. That is just another day for us. This is too often our daily reality because of our race. It can't be like that in CYO!
28. Be mindful of all the taking away from our children that happens all too often. Our kids and many parents are grieving and feeling a sense of loss.
29. Cultural Competency training for officials and coaches is badly needed.
30. Racism exists. CYO's leadership awareness and acknowledgement of racism in CYO gives me hope. Your acknowledging racism and wanting to change it makes me grateful.
31. We can't change this alone. CYO administration has a particular role and moral responsibility to act on behalf of all of its members, not just some members.
32. Grateful to know that our voices are being heard, that our voices matter, and that this will lead to change in CYO.
33. When we have courageous conversations about race (book – Courageous Conversations) it is a powerful thing.
34. Mary Ann King from CYO has consistently advocated for our kids and families to feel valued and we are grateful for her and for her doing that.

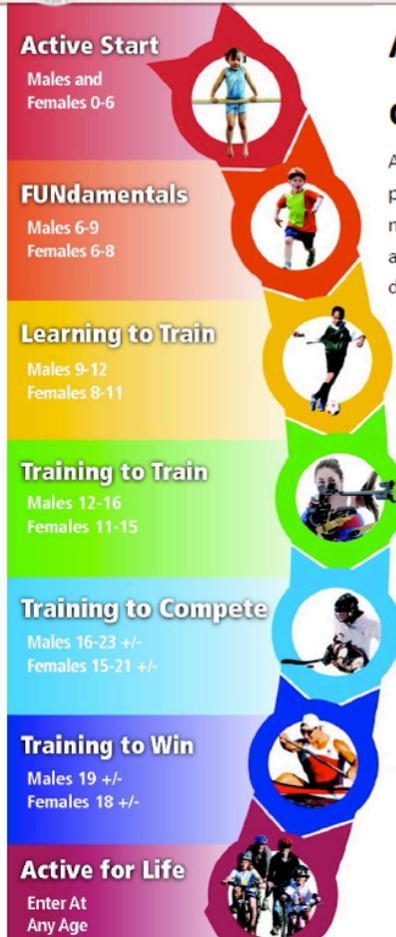
CYO Coaches  **Read**  **Reflect**  **Pray**  **Act**

As I read these comments about the experiences of African Americans in CYO, I feel...

As I reflect on these comments about others experiences, it strikes me that...

What behaviors can I do as a coach and can we do at our facility to build an environment and CYO culture that welcomes children and families of all races in CYO as the beautiful children of God that they are?

I will...



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)

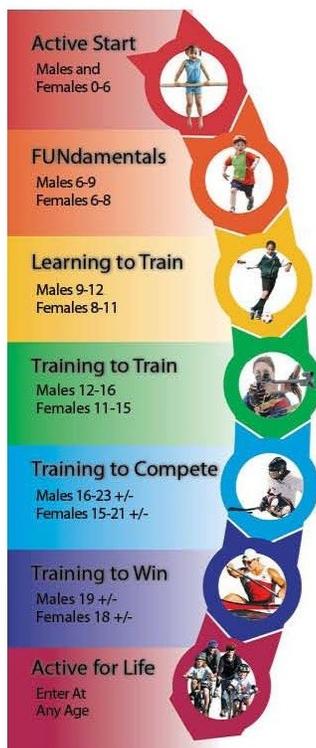
Overall sports skills development
Major skill learning stage: all basic sports skills should be learned before entering next stage
Integrated mental, cognitive, and emotional development
Introduction to mental preparation
Talent identification
Sport specific training 3 time a week; participation in other 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



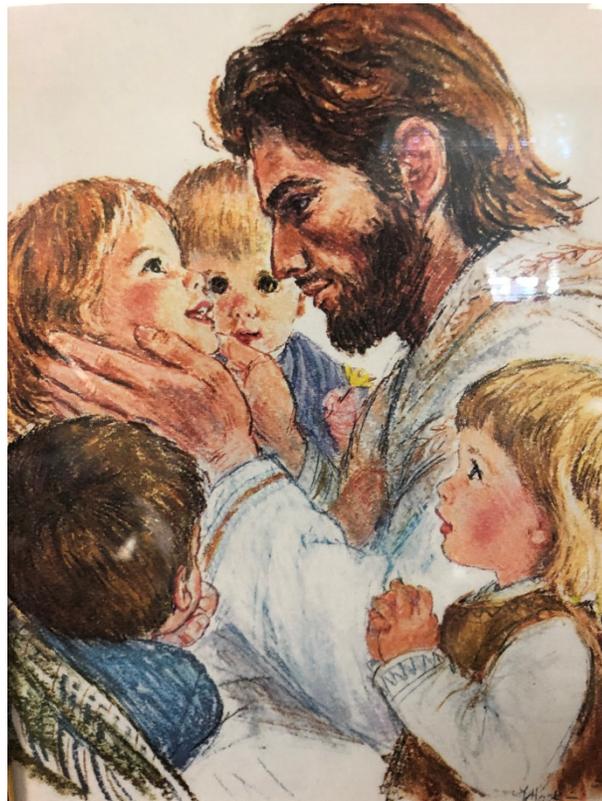
WHERE	LEADERS	TRAINING	COMPETITION
Home; Day care; Sport programs; Pre-schools; Community recreation;	Parents; Pre-school & Kindergarten teachers; Day care providers;	None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching;	None
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;
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;
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;
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;
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;
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.

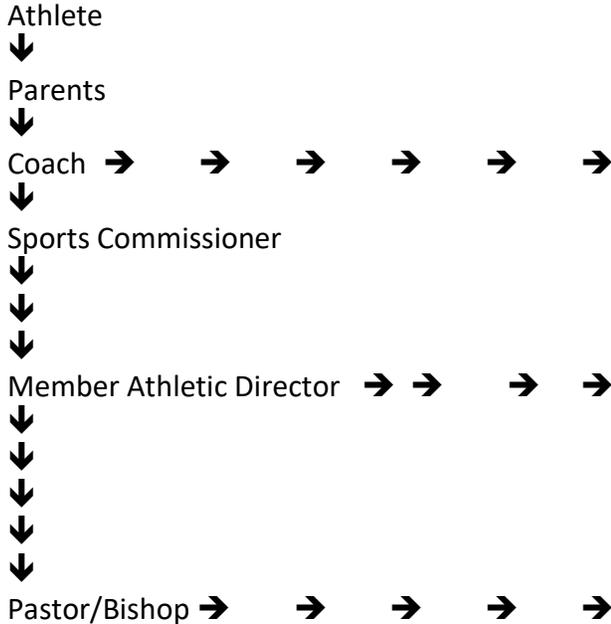
Top 10 Benefits of Multi-sport Participation

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 MEMBERSHIP COMMUNICATION PLAN

CYO Member Internal Communication



CYO Administration External Communication



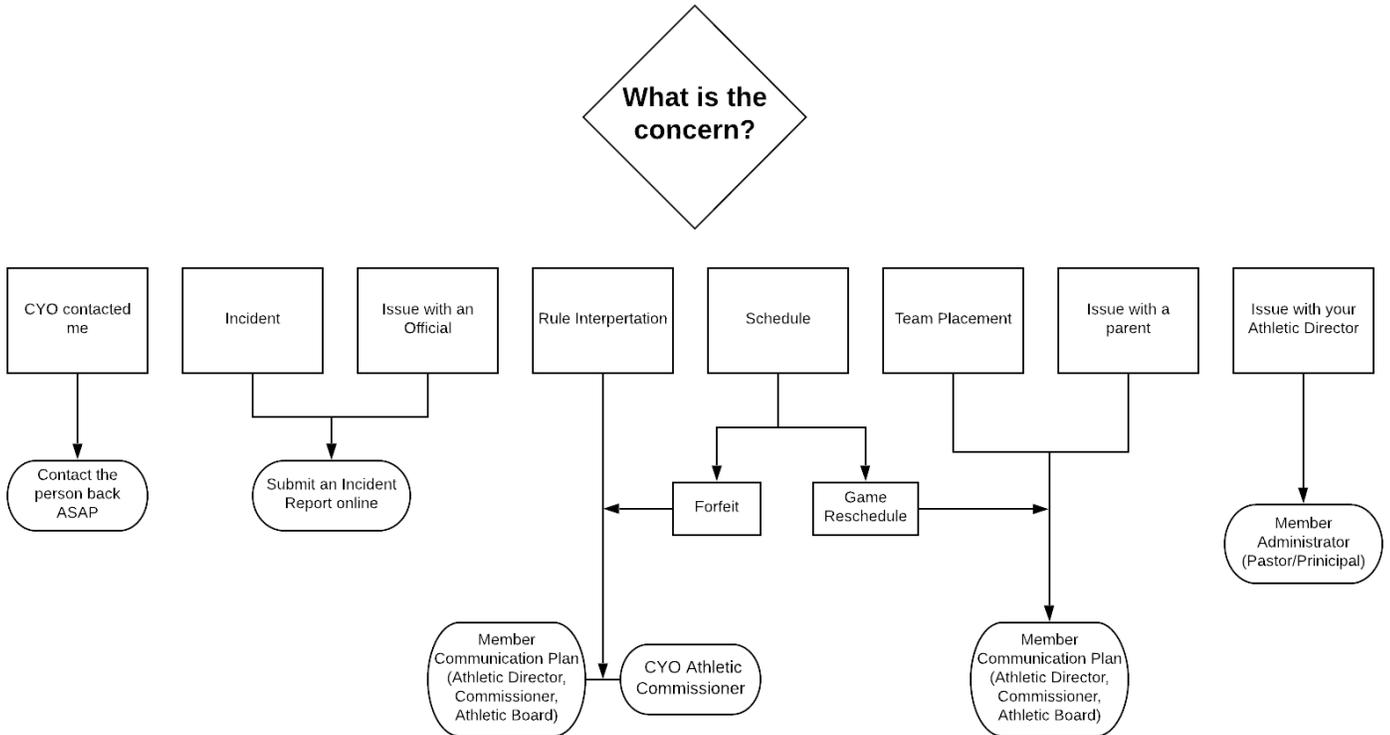
Note the internal and external lines of communication. The situation will determine which line of communication the coach uses.

Items submitted to the CYO Commissioners/Program Coordinator/Athletic Director will be responded to within 48 hours on a business day (weekend contact will be returned by Tuesday evening). Responses will be directed to the correct party via this plan and in this context:

1. **Is this an emergency situation that requires immediate action? What and by whom?**
2. **What is the context and where and with whom does it belong – Parish? Athletic Director? CYO? Has the issue been communicated directly to correct parties?**
3. **Have you checked the CYO Charter & Bylaws, Parish CBL, and sports rules re: the issue?**
4. **What is the right thing to do morally, ethically, and legally?**
5. **What Catholic teaching and values apply to this situation?**

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

HOW TO COMMUNICATE TO CYO AS A COACH



Sudden Cardiac Arrest and Lindsay's Law Information for the Coach



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Coaches have specific responsibilities under Lindsay's Law:
 - 1) Annual completion of the required SCA training course approved by the Ohio Department of Health
 - 2) Preventing the following students from participating in athletic activities until the coach receives written clearance by a licensed health professional. This written clearance must be shared with any school or sports official:
 - a) A youth whose biological parent, sibling or child has previously experienced SCA
 - b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- **Warning signs** in a youth athlete's family that indicate the youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- **Warning signs** of SCA. If any of these things happen with exercise, the youth athlete should be seen by a health care professional:
 - o Chest pain/discomfort
 - o Unexplained fainting/near fainting or dizziness
 - o Unexplained tiredness, shortness of breath or difficulty breathing
 - o Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
 - If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete **MUST** be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
 - Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.
- Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
 - Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another healthcare provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
 - Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AED may be near the athletic facilities, or the AED may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
 - If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
 - ❖ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ❖ Link 2: Early CPR
 - Begin CPR immediately
 - ❖ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ❖ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.



TAKE **\$10 OFF**
YOUR PURCHASE OF \$50 OR MORE

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS.



P00044772

Limit one coupon per customer per transaction. Minimum purchase of \$50. Excludes taxes, prior purchases, gift cards, extended warranties, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Clearance Outlet locations. Valid 1/1/21 - 12/31/21.

GET THE MOST OUT OF YOUR GEAR. CHECK OUT OUR IN-STORE SERVICES AT DICKS.COM/THEPROS