DIOCESE OF CLEVELAND CYO

BASKETBALL
HIGH SCHOOL
2019-2020
COACHES MEETING
DIOCESE OF CLEVELAND CYO
HIGH SCHOOL COACHES MEETING

1. Welcome & Introductions
2. Program Planner
3. Multiple Rosters
4. Blackouts/Reschedules
5. Guest Player
6. Inclement Weather
7. Coaches Development Program/Credentials
8. Uniforms
9. Bench Personnel
10. Code of Conduct
11. Spectator Management
12. Managing the Score
13. Sanctioned Events
14. NFHS Rules Changes
15. Conferencing
16. Grade Specific Points of Emphasis
17. Gratitude & Prayer
18. Attendance Cards
19. Question Card

CYO inspires young people to know God, to love God, and to serve God through athletics.
October 25  Winter season opens; practices may begin
28  Coaches Meeting at Mayfield High School, 6:00pm
   6116 Wilson Mills Rd., Mayfield Heights, 44143
29  Coaches Meeting at Our Lady of the Elms High School, 6:00pm
   1375 W Exchange St. Akron, 44313
30  Coaches Meeting at Magnificat High School, 6:00pm
   20770 Hilliard Blvd., Rocky River, 44116

November 6  High school winter sports early registration ends
8  High school winter sports season regular registration ends
9  Coaches Development Program at St. Basil the Great, 9:00am
   8700 Brecksville Rd. Brecksville, 44141
10  High school winter sports late registration ends
11  High school team fees and Fee Summary Forms due
    Last day to enter high school teams’ blackouts
21  Coaches Development Program at St. Raphael, 6:00pm
    525 Dover Center Rd., Bay Village, 44140

December 3  Coaches Development Program at St. Sebastian, 6:00pm
   476 Mull Ave. Akron, 44320
4  High school winter sports schedules available on CYO website.
13  Deadline to register high school athletes and coaches to online SportsPilot rosters
14  Regular Season high school competitions begin
3  Last day to add high school athletes to rosters to meet minimum number
23-Jan. 3  Christmas Break – No regular season games

January 3  Last day to add to the high school athletes rosters to meet minimum number
11-12  Parents’ Day at the games
19  Team Mass Sunday

February 8-March 1  Diocese of Cleveland CYO Winter Sports Championships

March 1  Winter Season Ends
7-9  Ohio State CYO High School Basketball Tournament in Canton

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

- A player in grades 9-12 may participate in other non-CYO leagues like recreation and community leagues.
- A player in grades 9-12 may not participate on rosters governed by the OHSAA. For example, they may not play on their high school or parochial, or public school team as well as on a CYO team. This is for purposes of eligibility.

BLACKOUTS/RESCHEDULES

Blackouts for grade school teams are due on November 4th and for high school teams on November 11th. Remind your Member Athletic Director to input all blackouts before this deadline. Blackouts will not be accepted after the deadline. Submitted requests must identify the date, time, and reason a team cannot compete. Submitted requests must reflect the minimum and maximum amount of “blacked out” time needed, and a detailed reason for the request. Team conflict dates with a description submitted at the time of entry will be considered in the following rank order priority:

A. Religious events for athletes – Sacraments, Rehearsals, Retreats, etc.
B. School academic events for athletes – Science Fair, Music/Writing Competitions, etc.
C. School other events for athletes – Plays, Socials, Field Trips
D. Coach related conflicts – Specific family events, etc.

Blackout dates without a description will not be honored.

Once schedules are published, reschedules will be very limited. Make sure to remind your Member Athletic Director to look at the parish/school calendar before the blackout deadline.

GUEST PLAYER

If a team has fewer than 7 athletes at a game, a guest player may be moved from the member’s other CYO basketball teams to fill the positions at the start of a game under the following restrictions:

1. The athlete meets the age/grade restrictions of the team he/she will assist.
2. The guest player is reported by means of the button on the Coaches Information page of https://ccdocle.org/cyo before the game in which he/she will be used. It is recommended that this be done by the Member Athletic Director and according to Bylaw 5-3-2-C-6 are reported on or before the day of the game.
3. The same individual may be invited as a guest player for no more than two (2) games during the season with any team. Once an individual is a guest player twice, they may not be invited by any other team for the remainder of the season by any other team for the remainder of the season.
4. The athlete complies with Game and Time limits as outlined in Section 1-H.
5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
6. Guest player movements are to be reported on the basketball scoresheet before the competition begins. The guest player’s name should be listed after all of the regular team athletes and put “GP” next to their name.
7. Guest player playing restrictions - If the guest player is the sixth and/or seventh player on the roster, they cannot start the first segment of the first quarter of the game. Coaches are encouraged not to play guest players play more segments than players on the original roster.
8. Uniform Requirements
   a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
   b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
9. Guest players cannot be used for sanctioned events or CYO championship competitions.
INCLEMENT WEATHER
A. Inclement weather may deter games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games are canceled due to inclement weather.
B. Announcements related to the status of competitions will be posted on the main page of the schedule website, telephone announcement lines, Twitter, Instagram (@CYOSportsDOC) and media as needed.
C. Contests that are suspended because of inclement weather and cannot be resumed within a reasonable time at the same site will be canceled and not rescheduled, unless deemed necessary by the CYO Administration.

COACHES DEVELOPMENT PROGRAM/CREDENTIALS
All CYO Coaches must be CYO certified through the Coaches Development Program. CYO Credentials must be worn around the neck and visible at all times. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year. If you have not taken a Coaches Development Program, register for one of the following through the website: ccdcle.org/cyo
• Saturday, November 9th, 9:00am @ St. Basil the Great
• Thursday, November 21st, 6:00pm @ St. Raphael
• Tuesday, December 3rd, 6:00pm @ St. Sebastian
See website for all coach’s requirements: Lindsay’s Law, Concussion Management, Fingerprinting etc.

UNIFORMS
• Players must wear matching uniforms, including shirts and shorts, playing in the Girls & Boys 12th Grade Divisions.
• Players must wear matching jerseys and predominately the same color shorts if playing in the Boys 10th Grade Boys and 10th Grade Girls Divisions. The shorts do not need to match the jerseys and all players must wear the same color of shorts.
• NO nicknames are permitted on the back of the jersey.
• Teams that wear an illegal uniform will not be able to enter the game after the first week of the season. After the first week of the regular season, if a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.

BENCH PERSONNEL
Bench personnel is limited to the players listed on the eligibility roster and no more than three (3) certified non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

CODE OF CONDUCT
10-1-4: Parents and Spectators are to be Christian role models for the athletes and other spectators. They are to conduct themselves in a Christian manner and remain in the spectator area at all sporting events. They must abide by the decisions made by site directors, officials, and coaches. They are not to make derogatory comments or act in an abusive manner toward athletes, coaches, officials, administrators or fans.
10-1-5-B: Athletes, coaches, parents, or fans who are removed from an athletic event are automatically barred from attending the next scheduled competition for that team. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator requesting CYO diocesan administration to permit the individual to attend future competitions.
10-1-5-F: Actions by athletes, coaches, parents, or fans that are in conflict with the standards of the Diocese of Cleveland CYO may be assessed consequences as outlined in Bylaw 11, even when the persons involved were not ejected or addressed at the time of the event.

SPECTATOR MANAGEMENT

Coaches are responsible for the supervision of their team and spectators before, during and after the game. The coach may be called upon during a game to speak to their unruly spectators.

MANAGING THE SCORE

The game of basketball is most fun and instructive for everyone when it is a challenge. When teams run up the score or blow-out their opponent, the joy of the game is eliminated, the quality of the experience is diminished and athletes are denied the opportunity to learn.

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

Here are some expectations to better manage the score:

When ahead by twenty at any point in the game:
- Clear the bench and give weaker players more playing times – minimize the playing time of your dominant players
- No fast breaks
- Layups Only – No outside shots
- A minimum of 5 passes before a shot – must use the bounce pass
- No 3-pointers
- No pressure defense or trapping
- Defense must set up inside the arc
- No pressure on the ball handlers
- Move players to unfamiliar positions so they learn the entire game
- Your ball handlers must dribble with their non-dominant hand
- Slow down your offense and play a more deliberate game but don’t embarrass the opponent by “quitting” on them.
- Practice a more complex offense with plenty of passing
- No player to player defense for grades 6-HS.
- Work on new plays.

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

When managing the scores, coaches teach young people the value of winning.
FAQ’s ABOUT SANCTIONED EVENTS

Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition and to raise funds for their programs. Refer to the “Sanctioned Events” tab on the CYO website: ccdocle.org/cyo/

1. When can I register for a sanctioned event?
   Whenever the event is listed on the CYO website.

2. Are there A-B-C levels for 7th & 8th grade teams for Sanctioned Event Tournaments?
   No, Sanctioned Events for 7th and 8th gr. teams are to be structured according to ‘competitive balance. Consult your Athletic Director for more information. Bylaw 6-3-2A, 6-4-2.

3. Is it okay to register a team for a tournament under the assistant coach’s name, since the head coach will not be at most of the games?
   No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach’s name. However, an assistant coach can certainly be in charge at the games.

4. May I write a personal check for a Sanctioned Event entry?
   No – team entry fees must be paid with an official check from the member’s account.

5. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?
   No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. Your AD is to provide each coach with a copy of their roster at the start of the season.

6. We have (3) 6th gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?
   No – each athlete can only play for the CYO team for which he/she is officially rostered.

7. How many Guest Players may I use during Sanctioned Event Tournaments?
   ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2C7

8. Can we enter a community-sponsored event if we use our nickname rather than the parish name?
   No – CYO teams are only eligible to participate in CYO sanctioned events. Bylaw 4-3-1F

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

10. If an athlete or coach is ejected from a sanctioned event, do they sit out the next scheduled CYO game or the next SE game?
    The athlete(s) or coach must sit out the next scheduled game whether it is a SE game or a CYO game. Bylaw 10-1-5B

11. We are scheduled for an 8:15 pm game. I thought we couldn’t play after 8 pm. What should I do?
    Contact the Event Director and your AD Director immediately. Inform mhuber@ccdocle.org as well. Please refer to Bylaw 4-4-1 and sports specific rules for clarification/exception.

12. Due to bad weather, our SE games got postponed. Can a SE be extended after the CYO season closes?
    No, events need to be concluded by the published CYO end of the season date for that sport.
2019-2020 CYO Basketball Important Notes

Modifications of NFHS Rules

1. Requirement of home team wearing white or light-colored jersey does not apply (3.B.3.c)
2. If both teams have the same or similarly colored uniforms, the official will flip a coin to
determine which team will wear pinnies. The home team will call the flip. (3.3.3.e)
3. Undergarments (t-shirts, compression items, etc.) must be of a solid color and of the same color
for all players wearing an undergarment. (3.B.4.a)
4. **Officials will issue a conduct warning to coaches and players when appropriate and record
those warnings on the official scoresheet. (WILL NEED NEW RULES REFERENCE)**
5. The following free throw regulations apply ONLY to 3rd/4th/5th grade basketball:
   a. Use of the 12-foot line is permitted but not required (11.D.1)
   b. The lane space closest to the shooter will be vacant. The first required occupied space
      will be below the block. (11.D.3)
   c. In 3rd grade basketball ONLY, the free thrower may cross the free throw line after
      release

   **Note:** The free thrower is allowed to cross the 12-foot line for the purposes of balancing
themselves but may not try and rebound the basketball. If the free thrower uses the 15-
foot line, they may still cross the 12-foot line for the purposes of balancing themselves,
but not rebounding.

6. In 3rd/4th/5th grade basketball, when any player, coach or bench personnel receives an
unsportsmanlike technical foul, the opponent will automatically receive two points and the ball
at the division line opposite the table for a throw-in. (11.G)

Points of Emphasis

1. Jewelry, glitter, face paint, or other inappropriate items may not be worn and may not be
covered with band-aids, tape or pre-wrap, or material deemed illegal by the game officials.
(3.B.9)

   **Note:** if a medical alert bracelet or medal is worn, by NFHS rule, the medal or bracelet
must be taped to the person securely while the medical information is visible.
Regardless of the type of material the medical alert bracelet is of, it must be taped to the
arm securely with the medical information visible. NFHS Rule: 3-5-7 // NFHS PoE 2019-2020

2. A pre-game conference will be held between the officials, coaches, and captains. (4.E)

   **Note:** this is recommended in 2019-2020 and will be a requirement beginning 2020-
2021.

3. In 3rd/4th/5th grade basketball – Officials will focus on stalling restrictions by the offensive team
in the front court by enforcing the five second rule in a more consistent manner.

4. Conduct warnings will be issued to coaches and players when appropriate by game officials.
These warnings should be recorded on the official scoresheet.

   **Note:** Conduct warnings are to be issued to coaches and players only when deemed
necessary. Warnings may not be issued to bench personnel as the head coach is
responsible for everyone in the team bench area.

CYO rule book referenced unless indicated otherwise.

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

- Teams in the 10th and 12th Grade divisions will be placed into conferences used for scheduling based upon grade levels, and the geographic location of the CYO member. Regular season standings will be kept and playoffs may be held. Members may sponsor sanctioned events for these levels and team strength and record may be utilized for placement or grouping for the games in this division.

CYO POINTS OF EMPHASIS

UNIFORMS AND EQUIPMENT

- Mouth guards can be worn. It is recommended that the protector be properly fitted, protecting the anterior (leading) dental arch.
- Headwear and wristbands may be worn. Headbands cannot exceed 3 inches in width. Headbands may not have extensions. If worn, only one wristband can be worn on each wrist and cannot exceed 4 inches in width. Each item shall be white, black, beige, or a single solid school color for all participants.
- Chains, earrings, other jewelry, glitter, face paint, or other inappropriate items may not be worn during the game. Earrings may not be covered with tape, band aids or pre-wrap.
- Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes and bobbi pins are prohibited. Hair-Control devices are not required to meet color restrictions.
- Team Jerseys - Must include the player’s number, which will be at least 6 inches high on the back and at least 4 inches on the front. Numbers on the jersey are MANDATORY.
- All players must have the CYO Emblem on their uniform either sewn or stenciled.
- NO nicknames are permitted on the back of the jersey.
- Uniform Penalty- Teams that wear an illegal uniform will not be able to enter the game after the first week of the season. After the first week of the regular season, if a player wearing an illegal uniform or equipment attempts to enter the game or is discovered in the game, the head coach will be assessed a technical foul and the player shall be removed from or not permitted to enter the game until the illegal equipment is removed or made legal.

PRE-CONTEST RESPONSIBILITIES

- CYO Credentials are to be worn around the neck and visible at all times.
- Credentials cannot be given to another coach at any time.
- Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year.
- Coaches are responsible for the supervision of their team and spectators before, during and after the game. The coach may be called upon during a game to speak to their unruly spectators.
- A pre-game conference will be held between the officials, coaches, and captains.

TECHNICALS

- See Technical Chart for High School. (pg. 12-13)
- If any player receives two (2) or more unsportsmanlike or flagrant technical during the course of the year, this is just cause for removal from the program.
• Any player that chooses to play on any team other than the team they are rostered on, without following the guest player rule, will be suspended for the remainder of the regular season & tournaments.
• Ejection of two (2) or more members from the same team during the course of the season is just cause for removal of the entire team for the remainder of the season.
• Charter Bylaw 10-1-5B is in effect. Anyone ejected from a game must meet with the Member Administrator about the incident and obtain a signed letter from the Member Administrator asking the CYO administration to attend upcoming competitions.
• Players, coaches and or spectators that are ejected from a game cannot attend practices and or a game until reinstated by the CYO office.

PARTICIPATION
• A player in grades 9-12 may participate in other non-CYO leagues like recreation and community leagues.
• A player in grades 9-12 may not participate on rosters governed by the OHSAA. For example, they may not play on their high school or parochial, or public school team as well as on a CYO team. This is for purposes of eligibility.

COMPETITION RULES
• The length of the game shall be four eight (8) minute quarters for all high school divisions. There will be a five-minute rest period between halves and a one-minute rest between quarters.
• Any extra period will be three (3) minutes for all divisions.

PLAY OFF COMPETITION RULES - 12th Grade Boys & Girls playoff games:
• The length of the game shall be four eight (8) minute quarters with a five-minute rest period between halves and a one-minute rest between quarters.
• The clock stops for every whistle throughout the game.
• The clock does not stop for every whistle during the fourth quarter when a team has a twenty (20)-point lead.
• Overtime periods will be three (3) minutes for Boys & Girls teams all divisions.
• 10th Grade Boys and 10th Grade Girls playoff games will follow the procedures used during the regular season.
# CYO Athletics

## Basketball

### UNSPORTSMANLIKE TECHNICALS

If the **COACH** receives a technical in any of the following categories, it will be classified as an **Unsportsmanlike Technical**.

**INFRACTION**

<table>
<thead>
<tr>
<th>ARGUING</th>
<th>DELAY of GAME</th>
<th>VIOLATION of RULES</th>
<th>LACK of RESPECT</th>
<th>TANTRUMS</th>
</tr>
</thead>
</table>
| • with opposing coaches, site directors, officials or CYO staff  
  • OTHER | • any behavior leading to a delay including challenging officials’ call  
  • repeated interruptions at the scorers table  
  • OTHER | • refusal to enforce the CYO rules including: improper uniform, violation of the participation rule  
  • OTHER | • toward players  
  • disrespect at anytime during the prayers and post game handshake  
  • poor control of team  
  • disrespect of facility  
  • OTHER | • throwing or slamming things down to the floor, onto the bleachers  
  • kicking the bleachers, the ball or chairs  
  • OTHER |

**ACTION:** **IMMEDIATE EJECTION** from the gym. Suspended for that game only. Any such technical received during the last two (2) minutes of the game that individual will be ejected from the next game. Any individual ejected regardless of when they were ejected must meet with Member Administrator. The Member Administrator must decide whether to reinstate the coach or not. Coach cannot resume duties until the CYO administration receives a written statement from the Member Administrator to reinstate the individual. Any individual who receives two in the same season will be removed from the program. **Cannot attend practice or games until reinstated by CYO.**

If the **PLAYER** receives a technical in any of the following categories, it will be classified as an **Unsportsmanlike Technical**.

**INFRACTION**

<table>
<thead>
<tr>
<th>ARGUING</th>
<th>DELAY of GAME</th>
<th>VIOLATION of RULES</th>
<th>LACK of RESPECT</th>
<th>TANTRUMS</th>
</tr>
</thead>
</table>
| • with opposing players, league directors, officials or CYO staff  
  • OTHER | • any behavior leading to a delay including challenging officials’ call  
  • repeated interruptions at the scorers table  
  • OTHER | • improper uniform, removal of uniform before the end of the game  
  • OTHER | • toward players  
  • disrespect at anytime during the prayers and post game handshake  
  • disrespect toward spectators or any staff member  
  • disrespect of facility  
  • OTHER | • throwing or slamming things down to the floor, onto the bleachers  
  • kicking the bleachers, the ball or chairs  
  • spitting, biting or kicking a player  
  • OTHER |

**ACTION:** **IMMEDIATE EJECTION** from the gym. Suspended for that game only. Any such technical received during the last two (2) minutes of the game that individual will be ejected from the next game. Any individual ejected regardless of when they were ejected must meet with Member Administrator. The Member Administrator must decide whether to reinstate the player or not. The individual cannot resume participation until the CYO administration receives a written statement from the Member Administrator to reinstate the individual. Any individual who receives two in the same season will be removed from the program. **Cannot attend practice or games until reinstated by CYO.**
### FLAGRANT TECHNICAL

**If the COACH receives a technical in any of the following categories, it will be classified as a Flagrant Technical.**

<table>
<thead>
<tr>
<th>INFRACTION</th>
<th>PROFANITY</th>
<th>OBSCENE GESTURES</th>
<th>INAPPROPRIATE BEHAVIOR</th>
<th>FIGHTING</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>any inappropriate language including using the Lord’s name in vain</td>
<td>any inappropriate gesture</td>
<td>including grabbing or pushing any individual roughly abusive behavior toward the CYO staff, officials, opposing coach orFiltering</td>
<td>at anytime and anywhere on the premises of a CYO game</td>
<td>any flagrant act not covered in previous categories</td>
</tr>
<tr>
<td></td>
<td>OTHER</td>
<td>OTHER</td>
<td>OTHER</td>
<td>OTHER</td>
<td>OTHER</td>
</tr>
</tbody>
</table>

**ACTION:** IMMEDIATE EJECTION from the gym. Suspended for the next game. Cannot attend practice for one week. Meeting with Member Administrator. Member Administrator must decide whether to reinstate the coach or not. The coach cannot resume duties until CYO administration receives a written statement from the Member Administrator to reinstate the individual. Any individual who receives two in the same season will be removed from the program. Cannot attend practice or games until reinstated by CYO.

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### If the PLAYER receives a technical in any of the following categories, it will be classified as a Flagrant Technical.

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<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>any inappropriate language including using the Lord’s name in vain</td>
<td>any inappropriate gesture</td>
<td>abusive behavior of opposing team members, including any inappropriate remarks, ABSOLUTELY NO TAUNTING</td>
<td>at anytime and anywhere on the premises of a CYO game</td>
<td>slamming the ball with the intent to hit someone deliberately throwing the ball hard at the officials, shoving, deliberate physical contact toward another person</td>
</tr>
<tr>
<td></td>
<td>OTHER</td>
<td>OTHER</td>
<td>OTHER</td>
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<td>OTHER</td>
</tr>
</tbody>
</table>

**ACTION:** IMMEDIATE EJECTION from the gym. Suspended for one game. Cannot practice for one week. Meeting with Member Administrator. Member Administrator must decide whether to reinstate the coach or not. A player cannot participate until CYO administration receives a written statement from the Member Administrator to reinstate the individual. Any individual who receives two in the same season will be removed from the program. Cannot attend practice or games until reinstated by CYO.

**ZERO TOLERANCE**
**Section 1** – Elyria Catholic High School, Holy Trinity-Avon, Sacred Heart Chapel-Lorain, St. Anthony of Padua-Lorain, St. Joseph-Amherst, St. Joseph-Avon Lake, St. Jude, St. Mary of the Immaculate Conception, St. Mary-Elyria, St. Mary-Vermilion, St. Peter-Huron, St. Peter-Lorain, St. Thomas the Apostle-St. Teresa of Avila, Holy Spirit-Avon Lake, St. Francis Xavier Cabrini

**Section 2** – St. Angela Merici, St. Bernadette, St. Brendan, St. Raphael, St Ladislas

**Section 3** – Lakewood Catholic Academy, Metro Catholic, Our Lady of Angels, Our Lady of Mt. Carmel-Cleveland, St. Christopher, St. Edward High School, St. Ignatius High School, St. Ignatius of Antioch, St. Luke, St. Mark, St. Patrick-Cleveland, Urban Community School, St. Patrick Bridge Street, Cleveland Magnificat School, St. Joseph Academy

**Section 4** – Incarnate Word Academy, St. Adalbert-Berea, St. Bartholomew, St. Mary of the Falls, St. Mary-Berea, St. Peter-North Ridgeville, Sts. Joseph & John, St. John Neumann

**Section 5** – Holy Family-Parma, Mary Queen of Peace, St. Anthony of Padua-Parma, St. Bridget of Kildare, St. Charles Borromeo, St. Columbkille, St. Leo the Great, St. Mary Byzantine, St. Thomas More, St. Francis de Sales, Parma, St. Matthias, Parma, Holy Name High School, Padua Franciscan High School

**Section 6** – Assumption, St. Albert the Great, St. Ambrose, St. Francis Xavier, St. Colette, St. Emilian, St. Martin of Tours, Valley City, St. Sava, Holy Martyr

**Section 7** – Archbishop Lyke, Communion of Saints, Gesu, Holy Name, St. Adalbert-Cleveland, St. Agnes-Our Lady of Fatima, St. Aloysius-St. Agatha, St. Dominic, St. Francis, St. Jerome, St. Stanislaus, St. Thomas Aquinas. Holy Rosary, Beaumont School, Benedictine High School, Cleveland Central Catholic, St. Martin de Porres High School

**Section 8** – St. Barnabas, St. Basil the Great, St. Benedict Catholic School, St. Joan of Arc, St. Michael, St. Monica, St. Rita, Holy Angels-Chagrin Falls, Mother of Sorrows, Sts. Cosmas & Damian, Trinity High School

**Section 9** – Emmanuel Christian Academy, Queen of Heaven, Sacred Heart of Jesus-Wadsworth, SS. Philip & James, St. Augustine, St. Francis de Sales-Akron, St. Matthew, St. Sebastian. SS. Peter & Paul, St. Paul-Akron

**Section 10** – Holy Family-Stow, Immaculate Heart of Mary, Seton Catholic School, St. Mary-Hudson, St. Patrick-Kent, Our Lady of Perpetual Help, Our Lady of Victory, Walsh Jesuit High School

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5 TIPS TO HELP BASKETBALL COACH’S RUN THEIR DRILLS MORE EFFECTIVELY

By Jeff Haefner

Tip #1 - Add a competitive aspect to the drill.
Adding a competitive flavor to a basketball drill can make it much more effective because kids will generally work harder and get more focused to master the drill. Without the competitive aspect, players will quickly get bored and simply go through the motions. We all know you need to be focused and work on the little things to get better. Use your imagination when adding competition. The possibilities are endless...

- If the drill requires shooting, you can keep track of made baskets and award the winner.
- You can add special rules like: 2 points for charges, 1 point for ball deflections, and 2 points for steals.
- You can award "permissions" every time you notice a kid really doing a good job with the drill. Award the 3 kids with the most "permissions" at the end of practice.
- You can award teams that don't drop a single pass during the entire drill.

These are just a few examples but I'm sure you can come up with more.

Tip #2 - Developing good habits.
It's common for coaches to make the mistake of showing a drill and then walking away trying to get ready for the next drill. Or coaches just aren't watching close enough to notice some bad habits forming. You need to watch your players very closely and make sure they do the little things. For example, when running a shooting drill, make sure each player has their knees bent when they catch the ball, pivots correctly, squares their feet to the basket, holds their follow through, and so on. For a defensive drill you need to make sure they always see man and ball, keep their hands out, keep a wide base, and so on. Your players will no doubt slide if you don't watch them closely and correct their slippage at all times. You run drills to develop good basketball habits. And it's impossible to develop good habits unless you watch closely.

Tip #3 - Write down your "points of emphasis".
To avoid forgetting important points, you should have a cheat sheet for every single drill that you run. I personally have a "points of emphasis" section on every practice plan. These are the things you want to watch closely during the drill to make sure your players are performing this aspect properly.

For example, on a rebounding drill you might put something like:
- Keep elbows out after grabbing the ball.
- Always grab the ball with two hands.
- Use your feet to get under the ball and then go get it.
- Block out.
- Anticipate the rebound and get good position. It's all about positioning.

If you don't write down the important points, it's just too easy to forget them.

Tip #4 - Break things up.
Split drills up throughout practice to break up the monotony. Players generally lose focus after working on the same thing. The more variety the better. For example, you could do 10 minutes of defensive drills and then change things up to a competitive shooting drill that they enjoy.

Tip #5 - Don't overlook the simple drill
Often times the simple drills that have been around forever are the best ones. Don't forget those drills or overlook them just because they are simple. They are often the most effective.
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