1. Welcome, Opening Prayer, Staff, Introductions

2. Your Role as a Coach

3. Goals of a Young Athlete

4. Giving the Best of Yourself

5. Long Term Athlete Development Model

6. Benefits of Multi-Sport Participation

7. General Program Information
   - Sections
   - Communication Plan
   - Play Like A Champion Today
   - Website
   - We Champion Female Coaches
   - Coaching Tips
   - Habit of a Champion Team

8. Sport Specific Breakout Sessions
   - Baseball/Softball
   - Lacrosse
   - Track & Field
   - Volleyball – All

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

Loving God, you give each of us special gifts and You call us to serve You and one another in particular ways.

Help us to do the very best we can at sharing our talents and skills.

Bless our team and season. When we have the opportunity to excel, encourage us toward excellence in Heart, Mind and Body.

When challenges and obstacles come our way, remind us to fulfill our responsibilities and commitments toward each other.

Help us, Loving God, to always do our best at whatever we do. We pray this in the name of Jesus, our Lord. Amen.

LENT  A Season for FASTING, A Season for FEASTING

FAST from judging others; FEAST on seeing Christ living in all member of the human family.
FAST from harsh words; FEAST on words that build up others.

FAST from discontent; FEAST on gratitude.
FAST from yelling and anger; FEAST on gentleness and mercy.

FAST from worry and anxiety; FEAST on trusting in God’s love and care.
FAST from complaining; FEAST on taking small steps to make things better.

FAST from bitterness and cynicism; FEAST on forgiveness and letting go.
FAST from self-concern; FEAST on compassionate actions done for others.

FAST from discouragement; FEAST on hope.
FAST from social media and virtual relationships; FEAST on human relationships.

FAST from suspicion and fear; FEAST on truth and believing in others.
FAST from thoughts that weaken; FEAST on promises that inspire.

FAST from gossip and speaking ill of others; FEAST on silence, reflecting, and listening to God through others.
Our life on Earth is a journey that can take us to the pinnacles of success as well as the valleys of despair. If you have not been to both, it is difficult to appreciate either.

Jesus experienced every emotion we have experienced and many of them to a much greater degree. Although his death on the cross appeared at first to be a defeat, it was ultimately the greatest triumph we and the world will ever know.

His victory is our victory. It gives meaning to our lives making them well worth the journey.
CYO inspires young people to know God, to love God, and to serve God through athletics.
YOUR ROLE AS A CYO COACH

- Provide a safe, child-centered, Christian environment at every practice and game.
- Teach proper skills for play, competition, and teamwork.
- Help athletes develop game knowledge and skills.
- Apply child development research in an informed way.
- Model and Teach CYO Roles and Boundaries

<table>
<thead>
<tr>
<th>Children Play</th>
<th>Coaches Teach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Officials officiate</td>
<td>Parents support</td>
</tr>
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</table>

CYO inspires young people to know God, to love God, and to serve God through athletics.
“Sport is an activity that can and should promote the equality of human beings. The Church considers sports as an instrument of education when they foster high human and spiritual ideals and when they form young people in an integral way to develop in such values as loyalty, perseverance, friendship, solidarity and peace. Sport is an area of our society that promotes the meeting of all humanity, and it can overcome socio-economic, racial, cultural and religious barriers.” (Ch. 3.8 Equality and Respect)

Sport is empathic and brings together people from all walks of life, generating a culture of encounter. It has to reject a throwaway culture and has to be open, welcoming and inclusive. Sport should also allow the integration of diversity of abilities. “Everyone gets to play, not just the best, with the advantages and the limitations that each has, indeed, focusing on the disadvantaged, as Jesus did.” [84] In this way, “sport becomes an authentic service to the growth of the community.” (Ch. 5.5 Pastoral Planning, Sport for All)

“Any form of discrimination because of social or national origin, sex, ethnicity, race, physical constitution or religion must never be accepted in sport. But even beyond the immediate sporting event, sport is responsible for what is happening in its environment. Many people are affected by the preparation and execution of great sporting events, and their legitimate interests and living conditions must be respected.” (Ch. 4.1 A Humane and Just Sport)

“More than many other platforms, sport brings together the downtrodden, the marginalized, the immigrant, the native, the rich, the powerful and the poor around a shared interest and at times in a common space. For the Church, any such reality presents itself as an invitation to encounter people from many different backgrounds and in very different life circumstances. While the Church welcomes everyone to itself, she also goes out into the world. As Pope Francis says, “the way of the Church, is precisely to leave her four walls behind and to go out in search of those who are distant, those on the ‘outskirts’ of life. […] Not only to welcome and reintegrate with evangelical courage all those who knock at our door, but to go out and to seek, fearlessly and without prejudice, those who are distant, freely sharing what we ourselves freely received.” (Ch. 5.1 An Outgoing Church)

Sport as work of mercy
Sport can also become a powerful medium by making itself present to persons who are marginalized and underprivileged. There are many international sport governing bodies, private institutions and nonprofit organizations that promote and use sports as a positive tool of engagement among youth and teens who live in environments susceptible to gang violence, drug abuse and trafficking. Christian communities around the world are already involved in initiatives that use sport practices, training and events as relevant tools to draw youth away from drugs and violence. (Ch. 5.2 Sport is at home in the Church)

“Sport must always go hand in hand with solidarity, because sporting activity is called upon to radiate the most sublime values throughout society, especially the promotion of the unity of peoples, races, religions and cultures, thus helping to overcome many divisions that our world still experiences today.” (Ch.3.9 Solidarity)
The concept of courage can also be understood as something that is always personally chosen. We cannot make someone courageous, although coaches, educators and others can develop the capacity for this in those with whom they work. Indeed, we could argue that courage is seen more often before, during and after defeats and losses. To keep going when the odds are stacked against you or your team, to try to do the right thing, morally and physically when you are losing badly, to hold the group together as a team when being seen as underdogs—these occasions can all offer convincing evidence that sport is replete with moments of great courage. (Ch. 3.7 Courage)

If sport runs the risk of being the occasion to divide a family and to diminish the sanctity of Sunday as a holy day to uphold, it also can help integrate a family with other families in the celebration of Sunday, not only in the liturgy but in the life of the community. This does not mean that sport matches should not take place on Sundays, but rather, such events must not excuse families from attending Mass and should also promote the life of the family within the community. (Ch.5.3 Sport pastoral ministry)

Sport is one context in which many young people and others from all cultures and religious traditions learn how to give the very best of themselves. These kinds of experiences can serve as a “signal of transcendence.”[87] This document has shown how the experiences people have while participating in sport—of joy, encounter with others different from themselves and the building up of community, growth in the virtues and in self-transcendence—can also teach us something about the human person and his or her destiny. (Paragraph 87)

“As sportsmen, I invite you not only to play, like you already do, but there is something more: challenge yourself in the game of life like you are in the game of sports. Challenge yourself in the quest for good, in both Church and society, without fear, with courage and enthusiasm. Get involved with others and with God; Don’t settle for a mediocre “tie”, give it your best, spend your life on what really matters and lasts forever.” (Concluding Paragraph 88)
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

WHERE

LEADERS

TRAINING

COMPETITION

Active Start
Males and Females 0-6

Schools; Community recreation; Sport programs; Sport clubs; Home;

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;

Funding 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; Post-secondary institutions;

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

Schools; Community recreation; Sport programs; Sport clubs; Post-secondary institutions;

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;

Training to Win
Males 19 +/-; Females 18 +/-

Schools; Community recreation; Sport programs; Sport clubs;

N/A

N/A

Active for Life
Enter at Any Age

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

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, St. Rocco, 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, Sts. Joseph & John, St. John Neumann, St. Elizabeth Ann Seton

Section 5 – Holy Family-Parma, Mary Queen of Peace, St. Anthony of Padua-Parma, St. Bridget of Kildare, St. Charles Borromeo, St. Columbille, St. Leo the Great, St. Mary Byzantine, St. Thomas More, St. Francis de Sales, Parma, St. Matthias, Parma, St. John Bosco, 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, Beaumont School, Communion of Saints, Cleveland Central Catholic High School, 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, Benedictine High School, 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, Resurrection of Our Lord, 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. Joseph-Cuyahoga Falls, St. Mary-Hudson, St. Patrick-Kent, Our Lady of Perpetual Help, Our Lady of Victory, Walsh Jesuit High School

Section 11 – Our Lady of the Elms, Spring Garden Waldorf School, St. Anthony of Padua-Akron, St. Hilary, St. Vincent de Paul-Akron, St. Vincent-St. Mary High School, St. Victor, Archbishop Hoban High School

Section 12 – Corpus Christi Academy, Gilmour Academy, Our Lady of the Lake, Pinnacle Academy, Sacred Heart of Jesus-South Euclid, SS. Robert & William, Villa Angela - St. Joseph High School, St. Anselm, St. Clare, St. Francis of Assisi, St. Paschal Baylon, St. John of the Cross

Section 13 – Immaculate Conception, Mater Dei Academy, Notre Dame-Cathedral Latin, Notre Dame Elementary, Our Lady of Mt. Carmel-Wickliffe, St. Gabriel, St. Helen, St. John Vianney, St. Mary-Chardon, St. Mary of the Assumption, Divine Word, St. Bede the Venerable, St. Justin Martyr, St. Mary Magdalene, St. Mary-Painesville, St. Noel, Lake Catholic High School

Non-member parish located in the section Non-member parochial high school in the section

*Moved to new section

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

CYO Member Internal Communication

Athlete

Parents

Coach ➔ ➔ ➔ ➔ ➔ ➔

Sports Commissioner

Member Athletic Director ➔ ➔ ➔ ➔

Pastor/Bishop ➔ ➔ ➔ ➔ ➔

CYO Administration

External Communication

CYO Athletic Commissioners

CYO Site Director

CYO Contest Officials

CYO Program Coordinators

CYO Athletic Directors

CYO Athletic Administrator

Director, Youth & Young Adult Ministry & CYO

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

The button is on the homepage of the CYO Website at https://ccdocle.org/cyo. This button can be used to let CYO know of an issue or of a positive event deserving of recognition.

Items submitted to the CYO Commissioners/Program Coordinators/Athletic Directors 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
ADDITIONS TO THE ROSTER

Athletes are permitted to be added to your roster up to 14 days after the start of the regular season. If there are young people that wish to be added to your team, have them contact your Member Athletic Director for registration details.

If your team does not have the minimum number of players stated below, the team is permitted to add to the roster beyond the 14 day deadline, until the roster reaches the minimum number. If there are young people that wish to be added to your team, have them contact your Member Athletic Director for registration details.

**Athletes added to the team must meet the sport specific acclimation or training days needed prior to engaging in any competitions!**

- Baseball – 13 per team
- Lacrosse – 12 per team
- Softball – 13 per team
- Track & Field – 7 per competition division
- Volleyball – 8 per team

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

The Diocese of Cleveland CYO PLACT will educate, inform and train coaches to become more effective ministers and educators of a culture that promotes and transforms the whole development of the athletes they coach.

Coaches

CYO and PLACT will train and inspire coaches to be effective youth ministry leaders and promote the whole development of our youth through athletics.

As part of the continuing program each week your coaches will receive “Coach’s Notes” which will keep them up to date with the happenings of the PLACT program. Coach’s Notes will also provide coaches with “Team Activities” for their athletes.

Each note provides coaches with prayers and blessings to use prior to and after practices or events.

Parents

As a way to involve parents, we will also send Athletic Directors and Coaches “Parent Notes.”

Each parent note will challenge parents to conduct exercises with their athlete at home to support PLACT principles away from their athletic activity. We ask Athletic Directors and Coaches to SHARE the parents’ results from these activities.

This will help promote a better culture, not only in your athletic program, but also at home.

“How important it is that a coach be an example of integrity, of coherence, of good judgment, of impartiality, but also of the joy of living; of patience, of capacity to esteem and of benevolence to all, especially the most disadvantaged. And how important it is that he or she be an example of faith!”

- Pope Francis

Contact: Vic Rosato vrosato@ccdocle.org

https://ccdocle.org/cyo/play-like-champion-today

Character Education through Sports
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 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.
RESOURCES AVAILABLE TO YOU!

WELCOME TO THE DIOCESE OF CLEVELAND CYO WEB SITE

https://ccdocle.org/cyo
Home of all of your CYO athletic information needs!

Twitter & Instagram - @CYOSportsDOC
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 location.

Schedules will be posted on March 13th. Tournament Brackets will be posted at a later date on the website.

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

WE CHAMPION FEMALE COACHES

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COACHING RESOURCES

Visit the Video Library section of the CYO Website at www.ccdocle.org/cyo. To access the PlaySportsTV video library, click on a topic and enter the following password **cyovideos2011**.

The Coaches – Resources page also contains links to general and sport specific development information.
Coaching Tip #1

- Young athletes should follow the age versus hours rule. Train no more hours per week than actual age.

Coaching Tip #2

- In addition to adjusting and moderating frequency, volume and intensity of training based on players’ age and time of season, emphasize sound technique to help mitigate injury risk.

Coaching Tip #3

- Consider recommending other sport activities to your players that will help develop foundational athletic skills especially those that might transfer to other sports.
Coaching Tip #4
- Recommend varying experiences so that kids sample team and individual sports. This approach broadens and supports overall athleticism, physical skills, game sense and application of strategy and tactics

Coaching Tip #5
- Consider at least an introduction to other sports and skills that are likely to be accessible and prepare for lifetime activities

Coaching Tip #6
- Allow athletes to seek out opportunities to widen social network, meet new coaches, form new friendships with kids in other sport activities

Coaching Tip #7
- Avoid mental burnout due to the same routines, lack of variety in practices, and natural learning and performance plateaus which may cause staleness
HABITS OF A CHAMPION TEAM

WHAT MAKES A CHAMPION TEAM?

Each person on the team has to cheer for & encourage the other members on the team.

WHAT MAKES A CHAMPION TEAM?

Each person on the team has to value the other members on the team. Find one great thing and focus on it.

OWN YOUR LEADERSHIP STYLE.

Be who you are.

WHAT MAKES A CHAMPION TEAM?

Each person on the team has to believe in the other members on the team.

WHAT MAKES A CHAMPION TEAM?

Great teams are made up of individual competitors willing to commit to and compete for a mission, vision, and goal that is larger than, but still aligned with their own.

WHAT MAKES A CHAMPION TEAM?

Each person on the team has to care about the other members on the team.

WHAT MAKES A CHAMPION TEAM?

How the individuals that make up the “team” see themselves and their role on the team.

WHAT WE THINK, SAY, AND DO DETERMINES OUR DIRECTION.

Your self-talk & self-belief will either make your team stronger or it will destroy it. You choose.
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