



January E-letter

CYO Athletics Community,

"As we bring our basketball season to a close, I want to thank everyone for their participation this year in CYO basketball, especially all the commissioners, administrators, coaches, parents and parishes for the use of their facilities. We appreciate all the work that people do and sacrifices people make to support this program. In scripture, we are called to be doers of the word, not just hearers.

'Know this, my dear brothers: everyone should be quick to hear, slow to speak, slow to wrath, for the wrath of a man does not accomplish the righteousness of God. Therefore, put away all filth and evil excess and humbly welcome the word that has been planted in you and is able to save your souls. Be doers of the word and not hearers only, deluding yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his own face in a mirror. He sees himself, then goes off and promptly forgets what he looked like.'

James 1:19-24

We all have circumstances that show us our need to listen before we speak. We're naturally tempted to come to quick judgement and react angrily. This basketball season has been stressful, and incidents of bad behavior came across my desk regularly. The book of James gives us three practical ways to deal with life's stressful situations. Be swift to hear, slow to speak and slow to wrath. In life's stresses, let us be doers of the word and take time to listen and show restraint in our words and our anger. Listen to

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cyo@seattlearch.org

understand, and then speak with love. Let us continue to carry this discipline through the remainder of the CYO Athletics seasons this year, and the next."

Clint Richardson
Associate AD

February Schedule - Important CYO Athletics Dates

- February 6** - Basketball Championships @ Lakeside HS and St. Joseph Seattle.
- February 6** - Volleyball Coaches Clinic for Beginner coaches, w/ Paula Lavalley, CYO Head Volleyball Commissioner, @ St. Louise, 9:00am-noon
- February 8** - Volleyball Coaches Clinic for Advanced coaches, w/ Seattle U Head Volleyball Coach Shannon Ellis, @ St. Catherine, 7:00-9:00pm
- February 9** - First of two Volleyball Coaches Meetings, 7:00pm
- February 13** - Seattle U Men's Basketball Game at Key Arena, 1:00pm
- February 16** - Second of two Volleyball Coaches Meetings, 7:00pm
- February 16** - Seattle U Men's Basketball Game at Key Arena, 7:10pm
- February 19** - Deadline to purchase CYO discounted Sounders FC tickets (see below)
- February 19** - Baseball Team Registration Due (contact your parish for individual parish deadlines, individuals must register through their parish or school)
- February 20** - Volleyball Season Begins
- February 24** - CYO High School Basketball Playoffs Begin
- February 26** - Volleyball Rosters Due
- February 27** - Seattle U Men's Basketball Game at Key Arena, 7:10pm
- February 28** - CYO High School Basketball Championships

Seattle U Men's Basketball at Key Arena

CYO Athletics community members get FREE tickets to all Seattle U men's basketball home games by using a printable Voucher that can be redeemed for tickets on game day at Key Arena. For voucher details, please e-mail Scott Bailey at scott.bailey@seattlearch.org

Tickets Available for Sounders FC



Celebrate CYO Athletics with the Sounders FC!

\$16-\$20 Discounted Group Tickets:
vs. NY Red Bulls 4/3/2010 - 7:30pm
vs. Chicago Fire 8/28/2010 - 7:30pm

For more information contact
Maryann Boddy at (425) 203-8308
or MaryannB@SoundersFC.com.

SOUNDERSFC.COM

Seattle Sounders FC have very limited group tickets available for the 2010 season. Because CYO Athletics had two CYO Night's at the Sounders FC last year, our community is considered a repeat buyer, and gets first opportunity to purchase tickets this year for the April 3rd game vs. New York, and the August 28th game vs. Chicago. This opportunity is **limited time only**, and tickets must be purchased before **February 19th** to reserve your seats. After that cutoff date, they will offer the tickets to new groups, and we may not have this opportunity in future years.

Who: Sounders FC vs. FC New York Red Bulls Saturday 4/3 7:30pm
Sounders FC vs. Chicago Fire Saturday 8/28 7:30pm

What: CYO Athletics Discounted Group Seating

Where: Qwest Field and Events Center

How much:

\$16 non-alcoholic, family friend seats in 100-101

\$16 south end zone seats in 126

\$20 covered seat in 214

Step 1:

Click on <https://oss.ticketmaster.com/html/go.html?l=EN&t=seattlemls&o=243&q=23> to purchase your seats individually within the CYO group seating.

Step 2:

Enter Special Offer Code "**cyosports**". You **must enter this** to be able to access the seats!

Step 3:

Set up an account with Ticketmaster. There will be a \$1.25 Ticketmaster fee/seat.

For more information, contact Maryann Boddy at (425) 203-8308 or MaryannB@SoundersFC.com

FREE Soccer Coaches Clinic with Seattle U

Seattle University Men's Soccer has invited CYO Soccer Coaches of ALL grade levels to come out for a free coaches clinic on March 6th, from 10:00 to 11:30am. Seattle U understands that most CYO soccer coaches are mom's and dad's with a passion for sports, a commitment to serve, and a desire to spend time with their children. However, many times these individuals are not presented with affordable and age appropriate opportunities to learn more about the craft of coaching. This clinic should provide coaches with valuable insights on how to put together and implement an effective practice that develop skills, while keeping the game fun and engaging for the athletes.

Please RSVP for the clinic by February 26th, by e-mailing scott.bailey@seattlearch.org

Faith Bowl III

A round-table discussion produced by Family Theater Productions will bring together professional Catholic athletes, including former Mariner Mike Sweeney, to discuss how they live out their faith in the public arena of professional sports and what challenges to family life they face. [Click here](#) for more information.

Thank you for your commitment to CYO Athletics. If you have not received past E-Letters, they can be found on our Website by [clicking here](#). Please also continue to send us stories at cyo@seattlearch.org, the moments of grace that make our program special, and remind everyone why we do the work we do.

Sincerely,

CYO Athletics
Office for Youth & Young Adult Ministry, Archdiocese of Seattle