



September E-letter

CYO Athletics Community,

One of the foundational principles of the Play Like A Champion Today! philosophy, is to re-prioritize youth sports. Priorities are important to keep in perspective in all aspects of life, but almost even more importantly in sports. Everyone involved in sports can understand the idea of having "one-pointedness of mind". Sports are challenging, fun, and engaging activities, because the mind remains focused on the task at hand, and can subconsciously cast aside all other concerns. Anxieties at work, at home, even with your relationship with God can become afterthoughts during the game itself. This can be one of the strengths of sports, as it can provide temporary relief. But it can also be one of the most dangerous aspects of sport, if an individual spends too much time focusing on sports and forgets that God, family, and work should all be higher priorities in life than sports.

Sports face an unfortunate reality, that the intensity of competition often requires the task at hand to be the number one priority in the moment. Our young athletes learn what is important by listening to coaches and parents. When coaches and parents lose sight of the big picture in the heat of competition, they are actually leading people away from Christ. They teach our athletes that in competition it is acceptable to mistreat people. Kids learn at a very early age that most things in life are a competition. They compete with peers in school, they compete with siblings for the attention of their parents. We as the body of Christ must teach our children that competition is not about

Quick Links

[CYO Athletics Blog](#)

[Play Like A Champion Today](#)

[Archived E-letters](#)

Contact Us

cyo@seattlearch.org

humiliating your opponent, but is about bringing out the best in people, and helping people grow.

"He said to his disciples, 'Things that cause sin will inevitably occur, but woe to the person through whom they occur. It would be better for him if a millstone were put around his neck and he be thrown into the sea than for him to cause one of these little ones to sin.'"

Luke 17:1-2

"We are seeing and hearing about absolutely ridiculous behavior at soccer games, both by young athletes and adults. The fact is, this occurs when people lose sight of God, and focus on themselves. People are being selfish, and children are learning this behavior from adults. We must use sports as a tool to teach kids how to treat people as God intended, not reinforce worldly views of selfishness, and this fictitious reality that we glorify ourselves by putting others down. Christ very strongly rebukes any adult who does not set the appropriate example for God's children. Let's stay focused on the right values and priorities as athletes, coaches and parents on the field of competition."

Clint Richardson
Associate AD

October Schedule - Important Dates

October 11 - Cross Country K-3 Championship @ Woodland Park

October 16 - CYO Athletics Basketball Team Registration Deadline

(check your school/parish program for individual athlete registration deadlines as that would occur before CYO's official team deadline)

October 18 - Cross Country 4-8 Championship @ Woodland Park

October 31 - Soccer Season Ends. (All 6th-8th grade coaches must call in their scores immediately following their games as playoff brackets will be posted that evening, for playoff games that start Sunday, November 1st)

Sportsmanship Award Nomination Process

Remember to submit your nominations for the CYO Soccer Sportsmanship Award. Each coach in 6th-8th grade should send an e-mail nomination to cyo@seattlearch.org nominating a team in their division that they played who showed the best

sportsmanship out of all their opponents this year. In this e-mail the coach should include a brief explanation as to why this team is so deserving.

Play Like A Champion Today! - for Parents

For the past two years, CYO Athletics has been training coaches using the Play Like A Champion Today! curriculum from Notre Dame's Center for Ethical Education. The program applies recent research in youth sports, and adapts it to apply Catholic principles of youth ministry, to the most current information we know about psychological and social development in youth. The program does not serve as a "magic pill" that solves all of today's problems in youth sports, but it does provide a great foundation of knowledge that our community can share.

Notre Dame has developed a workshop for parents, to provide an opportunity for parents to receive this information and be on the same page with the coaches in the program. Unlike the 3 hour coaches training, the parent workshop should only last an hour and a half. CYO Athletics would like to pilot this program this year, and are looking for willing parents who would like their community to share this foundation of knowledge and research. This training would not require adding another meeting to an already busy schedule, but could take place during a PTA meeting, or another gathering that is already scheduled.

Interested parent groups should contact their parish or school Athletic Director, and CYO Athletics will work with the AD's to schedule a workshop.

Thank you for your commitment to CYO Athletics. If you have not received all of our E-letters this year, or would like to review previous months, you can find them on our website or [click 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