



## Summer E-letter

### Greetings!

We hope you found the Summer restful and rejuvenating. CYO Athletics is getting ready to start soccer season, and wants you to be informed of the new things in store for this year. First off, take a few minutes and check out our new [CYO Athletics Blog](#). This website will be your primary resource for information regarding CYO Athletics. Also new to CYO Athletics this year is the impact of the **Zachary Lystedt Law**, regarding head injuries in youth sports. Please review the information in this e-letter and on our website regarding your new legal responsibilities.

As our lives become ever busier, especially as school starts, and obligations seem to pile up, we must all keep our focus on the Lord.

"I wait for you, O Lord. I lift my soul to my God. In you I trust; do not let me be disgraced. No one is disgraced who waits for you, but only those who lightly break faith. Make known to me your ways, Lord; teach me your paths. Guide me in your truth and teach me, for you are God my Savior. For you I wait all the long day, because of your goodness, Lord."

Psalm 25: 1-5

"The Lord promises that all who trust in him will never be put to shame. The Lord asks us to go upstream, to go against the easy path. The world wants to bind us, force us to follow a different direction than God calls us to go. When David was first told that he would become king, David was so committed to God's direction that he was willing to wait over 10 years before finally

### Quick Links

[CYO Athletics Blog](#)  
[Play Like A Champion Today](#)  
[Archived E-letters](#)

### Contact Us

[cyo@seattlearch.org](mailto:cyo@seattlearch.org)

becoming king. Through his loyal patience to God's plan, he became one of Israel's greatest kings ever. God calls us all to live a life of loyal patience to God's plan, especially in times of uncertainty."

Clint Richardson  
Associate AD

## **Zachary Lystedt Law HB 1824**

The Washington State legislature has taken a serious stand against the dangers of playing sports after experiencing a concussion. The new law requires all coaches, parents and athletes to be aware of the risks of head injuries while participating in youth sports, as well as mandates that all players with head injuries must receive written approval from certified medical professionals before returning to play. This law affects all youth sport programs that use public school facilities, which includes CYO Athletics. Everyone has a legal obligation to be educated on this issue.

For more information, please visit the [CYO Athletics website](#) or the [WIAA website](#).

## **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.

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

## **Dads and Daughters Series at UW**

The University of Washington is once again offering the Dads and Daughters series for 2009-2010 Husky athletic events. [Click here](#) for more information.

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, 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