



March E-Letter

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For more information about the Office for Youth and Young Adult Ministry, visit us online at www.seattleoyyam.org/

Dear CYO Athletics Community,

Ash Wednesday signals the beginning of Lent and with it the Lenten observances that often result in many of us swearing off of chocolate. There is a common misperception that Lent is about denying ourselves pleasures we will once again indulge once Easter is upon us. What we are really called to is being more intentional about removing from our lives those things that separate us from God and adding in or including those things that bring us closer to God. We are striving to make a lasting change in our lives. It is easier to say and harder to do. That is why it takes discipline.

When conducting our "Play Like A Champion Today" coaches' trainings, we sometimes incorporate the question, "What 3 values do you want to pass on to your players?" One of the common answers is discipline. In athletics, discipline means willingness to make sacrifices, to make decisions for the good of the team not the individual, to exercise good judgment, to devote ourselves in practice to perfect our abilities. Our goal as coaches usually entails this discipline being acquired through the experience of athletics not just for that season but for a lifetime of growth beyond sports.

Our faith life is not separate from who we are within an athletics experience. It is no coincidence that disciple and discipline come from the same word root. It takes discipline to achieve "success". A spiritual discipline is, when practiced faithfully and regularly, a habit or pattern in your life that brings you back in relationship to God. An athletic discipline is, when practiced faithfully and regularly, a habit or pattern in your life that brings you ever closer to maximizing your ability as an athlete.

In concert with our "Play Like A Champion Today" materials, we define a Champion as an individual or a team who maximizes their potential. Because CYO Athletics brings our faith and sports together, it is important that we strive to be a Champion in a way that our discipleship is not separated from who we are in the athletic arena.

During this season of Lent as we prepare for the coming celebration of Easter, let us all work to exercise the necessary discipline and encourage our youth to do the same so that we may make lasting changes in our lives that will help us move toward God and Champion status as athletes and disciples.

[Here is a link to a resource](#) from John R. Wooden, UCLA basketball coach who knew a little something about becoming a Champion and also was a man of faith. It is a version of his "Pyramid of Success".

Lenten blessings,

~Tauno Latvala
Director of CYO Athletics

March - Important CYO Athletics Dates

March 13 - Baseball season begins

March 18 - Baseball roster deadline

2010 WNBA Champions, the Seattle Storm Invite CYO Athletics to Opening Day 2011

Join the Seattle Storm for their Celebration of Champions for an extremely affordable price! You won't want to miss this extraordinary event on Opening Day, **Saturday, June 4th at 12pm. vs. Phoenix**

Mercury for the Championship ring ceremony and the unveiling of the **2010 WNBA Championship Banner**. Receive an exclusive discounted (**up to 40% off**) ticket offer for this game as a participant, team, family and friend of the Catholic Youth Organization. This will be one of the only games this season where the Upper Bowl will be open, allowing for some of the lowest priced tickets you can find all season, at \$15 per ticket.



Please call **Lisa Nielsen**, Storm Account Representative at 206-272-2525 or email at lnielsen@stormbasketball.com to reserve your tickets for this unforgettable experience! Seats will be assigned on a first-come, first-served basis. Group seating is available so bring your team!

Also look for the Storm to announce the date of their Faith & Family night

in the coming months.

Spring Break Soccer Camp Reminder

As announced in last months E-Letter, Pete Fewing Soccer Camps will be providing their Catholic Spring Break Soccer Camp again this year during the week following Easter, April 25th through April 29th at Lower Woodland Park. [Click here](#) for registration information.

**Please note, this organization is independent and is not part of the Corporation of the Archbishop of Seattle. They are not sponsored, directed, administered or managed by the Archbishop of Seattle, pastors or archdiocesan staff.*

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