



Summer E-Letter

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About Us

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

Dear CYO Athletics Community,

Summer greetings!

As you may remember from June's e-letter, Scott and I attended the Play Like A Champion Today® Sports Leadership Conference last month. It was a very fruitful experience. First of all, in order to be consistent with the Notre Dame program, we will now refer to it by the acronym of "PLC". More importantly, the opportunity once again grounded us in the values of the program as we head into our fifth year of utilizing the curriculum as a foundational tool for enhancing CYO Athletics.

Susan Saint Sing, a well respected collegiate coach, accomplished member of the U.S. World Rowing team and author of several books was one of our speakers.

In her book, "Spirituality of Sport - Balancing Body and Soul", she states, "To use the tools and techniques of sport and training to overcome the hurdles of life, to transcend, is the greatest gift a coach can give or an athlete can learn."

In order to empower the athletes we coach and the children we raise to be resilient and to maximize their gifts, we need to be equipped to do so. That is one of the fundamental reasons for the training we do. PLC is just one aspect of that training. Trainings in the prevention of sexual abuse and in concussion awareness are also required. We recognize that coaches are volunteers and have many other responsibilities but we believe that our youth deserve this investment of time and resource.

We know from our evaluations, surveys and anecdotally that these trainings have had a positive impact on our community. We have also heard how these trainings have impacted the community beyond CYO Athletics. We have heard how coaches have taken the values of the PLC training to effect a change of attitude and values in other sports programs they are involved with. We heard a story about how a coach used his newfound knowledge of concussions to assist in getting a child from the parish school who did not participate in CYO Athletics diagnosed and treated.

We also offer coaches clinics in the technical aspects of the sports we run. In addition to what CYO Athletics offers, there are many other community resources available for gaining skills to become proficient in a particular sport. Among them is the Washington Youth Soccer Association, of which Brian Warn, a coach of CYO Athletics from St. Catherine, shares his personal reflection:

"My oldest son wanted to play and his team needed an assistant coach. I had never coached before but I nonetheless raised my hand to help out in whatever way his coach needed. I figured I should at least know something about coaching if for no other reason than not wanting to embarrass myself in front of the kids. More importantly, I wanted to do a good job to enable the players to learn valuable skills that would serve them well during practices and weekend games. Consequently I looked through many types of coaching resources that I could find. In addition to availing myself of online-coaching helps and clinics such as those offered by CYO Athletics, I stumbled upon a two-day USSF "E" License course that a local club offered. That single course taught me much among other tasks in knowing how to put together coaching plans, knowing what skills to teach, knowing how to teach those skills, managing player behavior, and knowing how to analyze a game's progression in order to know what topics to emphasize or otherwise cover during the following week's training sessions. I came away from the "E" License sessions with a tremendous amount of knowledge and corresponding confidence that served me well during my coaching experience. If I could offer no other piece of advice to those parents who want to position themselves well during their coaching years, I would heartily encourage such parents to take one of the "E" License courses that are offered in their area."

May we ever strive to be better as coaches, administrators and parents so that our youth see our desire for growth and improvement and seek that for themselves in everything they do.

Blessings,

~Tauno Latvala
Director of CYO Athletics

Summer - Important CYO Athletics Dates

August 12 - Soccer Team Registrations due to CYO Athletics

Soccer Coaches Certifications

Soccer coaches certifications in the Seattle area including the "E" License can be found on the [Washington Youth Soccer Association](#) website.

Free Soccer Coaches Clinics

CYO Athletics will be providing free pre-season coaches clinics for CYO Athletics soccer coaches, two Beginners Clinics and one Advanced Clinic. All soccer coaches are welcome to attend any of the clinics and no registration is required.

Beginners Coaches Clinics -

Thursday, August 18th at 6:30pm at the Lakeside HS Soccer Field. The trainer will be Andy Hendricks, CYO Athletics soccer commissioner and Seattle Prep soccer coach.

Wednesday, August 24th from 6:00-8:00pm at Seattle University's Championship Field. The trainer will be Rich Schreiner, Assistant Coach of the Seattle University Women's Soccer Team.

Advanced Coaches Clinic -

Sunday, August 28th at 4:00pm at Championship Field. The trainer will be Brad Agoos, Head Coach of the Seattle U Men's Soccer Team. [Click here](#) to read more!

Seattle U's Championship Field is located on 14th Ave and E Jefferson St.

Seattle U Men's Soccer will come to your practice!

CYO Athletics has partnered with Seattle University's Men's Soccer team to bring their soccer players out to your soccer practices. CYO Athletics soccer coaches can contact Ed Moore with SU Men's Soccer to line up pre-season soccer practices between August 29th and September 9th. [Click here](#) for more information.

PLC Coaches Trainings

CYO Athletics has updated the [Play Like A Champion Today @ \(PLC\) website](#) with next year's training dates. We will once again be providing training opportunities following the pre-season coaches meetings. Please also note we are providing two training opportunities the last weekend of

August. We will have a training on Saturday, August 27th from 9-noon at [St. Catherine](#) in Seattle and also a training on Sunday August 28th from 1-4pm at [Sacred Heart](#) in Bellevue. Please use the registration form on the website to sign-up for the weekend trainings. We need at least 15 coaches at the training, or we will have to cancel.

USATF Level 1 Coaching School

USA Track and Field is putting on a Level 1 coaching class for Track coaches at the University of Puget Sound in Tacoma from August 5-7. A CYO Athletics Track coach recommended this training for all beginning track coaches, saying the USATF philosophy is "Athletes first, winning second." For more information and to register for the course, [Click Here](#).

Brave 5K

Bishop Blanchet High School invites CYO Athletics runners out for their Brave 5K Event on August 27th. This is a 5K and 1mi kid's fun run!

Walkers are welcome. All proceeds will benefit the Bishop Blanchet High School athletic teams. [Click here](#) for more information.

Seattle Prep Cross Country Camp

Coaches Ben Sauvage and John "Doc" Robertson would like to invite CYO Athletics Cross Country runners to attend Seattle Prep's 3rd annual youth cross country camp, which is open to all kids ages 5-14. The intent of this camp is to get kids excited about cross country running and to educate them on how to be more successful runners. Topics to be covered will include: nutrition, warm-up, stretching, pacing, racing, supplemental training and running attire. Each day will also include a running workout and a game.

Ben Sauvage has coached youth track and cross country for 18 years, the last 11 being at St. Anne School, as well as 13 years of high school coaching, including head coach at Seattle Prep. Doc Robertson has been the head cross country coach at Seattle Prep for 14 years where he led the Panthers to 12 top 4 state meet finishes. Doc also is a sports

medicine doctor who has been the team doctor at many international competitions.

The camp will run from August 22nd-August 26th, from 12:00-2:00, at the upper area of Lower Woodland park.

Cost of the camp will be \$50.00, which will include camp shirt and snack.

[Click Here](#) for more information

Seattle Parks and Recreation 5K Fun Run/Walk

Seattle Parks and Recreation are hosting a 5K Fun Run and Walk at Magnuson Park on Saturday, August 27. Register online, or at any Seattle Parks community center. **Online registration deadline is Aug 24.** Registration is \$20 per participant **or** \$25 per person on the day of the event. We'll hold a FREE 1K run at the conclusion of the 5K for Kids 10 and younger. Event shirt, goody bags, and prizes are included in entry fees. Proceeds will support youth sports scholarships. Register at http://www.seattle.gov/parks/healthyparks/big_day.htm

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