



# CATHOLIC YOUTH ORGANIZATION BROOKLYN/QUEENS DIOCESE NEWSLETTER Volume IV —Issue II - SPRING 2020



## Welcome



Catholic Youth Organization  
of the Diocese of Brooklyn  
7200 Douglaston Parkway, Douglaston, NY 11362  
Tel.: 718.281.9548  
Fax.: 718.281.9557

CYO Community,

We hope everyone in the CYO community and their families are doing well during this unprecedented time. During the past few months, our world has been turned upside down due to the COVID-19 pandemic. We all miss our routines, our religious gatherings, our Church, our social events and outlets and of course youth sports. Sports engage our children, our whole family and our community.

As our country begins to re-open, and when we are able to resume activities locally, there will be many questions for parents about how to allow our children to safely return to sports. Currently the CYO staff is addressing this issue with a number of youth sports organizations such as Play Like A Champion Today, Project Play- Sports and Society, NCAA- Resocialization in Sports and many CYO programs in dioceses across our nation. There will be many new guidelines and protocols in place to assure the continued safety and health of our children, parish leaders, coaches, officials, parents and spectators.

As we are a Catholic Sponsored League, one that was the foundation of youth sports for many decades, the CYO will continue to step up our efforts by offering a level of play that is competitive but also sane enough for families to exercise temperance and balance participation with a quality of family life. Our sport system will continue to include these important values; child-centered, affordable, focus on bringing Christ into practice and competition, and teaching character through athletic participation.

On behalf of the entire CYO staff, I wish all members of our wonderful CYO community well. Each of you are in our daily prayers, we miss seeing everyone especially the children playing sports on the fields, courts, pools, etc. We look forward to our active programs and will see you all soon. Stay well, healthy and in good spirits.

God Bless,

*Robert Caldera*

Executive Director- Catholic Youth Organization

## Spring Sports Update

In Mid-March, ALL CYO EVENTS were POSTPONED until further notice due to the Coronavirus crisis. At that time we were very hopeful for only a short postponement. We followed all diocesan, city and state guidelines. This crisis became a changing event day by day with new guidelines and expanded periods of NY on PAUSE by our governor. Schools will be closed for the remainder of the academic year and NYC Parks Department Permits are suspended. It has become clear that we will be unable to have a CYO Spring Sports Season, therefore the CYO 2020 SPRING SPORTS SEASON is officially CANCELLED. During these next few months the CYO staff will be working very hard planning for our upcoming Fall and Winter season, one we are hopeful to have, including possible special events involving spring sports team. Please visit the CYO website, [www.cyodob.org](http://www.cyodob.org) for further details and updates on each sport.

## CYO Administration

Vist our website @ [www.cyodob.org](http://www.cyodob.org)



## Resources for Staying Active at Home

COVID-19 Resources for Parents and Families:

It is so important during these days of uncertainty to take specific measures to care for your whole health.

**Start your day with a prayer** - Remember that JESUS is with us, especially at our most difficult moments.

**Stick to a daily routine** - Days are clearly different than previously, but having the discipline of a schedule is critical to productivity and happiness.

**Space out your work** - School work doesn't have to be done all at one time. Our Schools have developed excellent remote learning opportunities and schedules. Movement breaks, meditation and social connecting (via appropriate social distancing) is important.

**Eat a Healthy Diet** - It may be tempting to binge on "comfort food", but remember to do this in moderation. Eat plenty of fruit and vegetables and limit salty and sweet snacks.

**MOVE EVERYDAY** - Play Like a Champion has created a web-page dedicated to resources and ideas to keep them physically active while at home. Our children are used to physical activity, and during this time when they are unable to participate in organized sports it is important to keep them active.

WE POSTED THIS WEB PAGE RESOURCES ON THE HOME PAGE OF THE CYO WEBSITE ([www.cyodob.org](http://www.cyodob.org)) PLEASE SHARE THIS WITH ALL THE CYO ATHLETES IN YOUR PARISH PROGRAM.

## Fitness & Fun Activities

In the current environment and consistent with the views of public health experts, The Aspen Institute recommends engagement in the following low risk activities with the necessary safety precautions (protective gear and safe play):

**BICYCLING:** use your own indoor cycle, ride outside alone or with household members in less populated setting.

**RUNNING:** run on personal equipment, do sprints at home, run alone or with members of household in uncrowded areas keeping physical distance.

**BASEBALL/SOFTBALL:** participate in any fun or training activities (swing drills, catch, solo toss, footwork) alone or with household members at home with your own sanitized equipment.

**BASKETBALL:** dribble, shoot and participate in other ballhandling drills or activities alone or with household members at home in driveway or backyard with own sanitized equipment.

**FOOTBALL:** train or engage in fun activities (catch, footwork, sprints) alone or with household member at home using own sanitized equipment.

**SOCCER:** train or enjoy exercises at home (juggle, cone drills, footwork, passing) alone or with household members and with your own equipment.

**VOLLEYBALL:** 3 Simple Volleyball Workouts you can do at home

Warm up for your volleyball workout by jogging for 20 minutes, then stretching your arms, shoulders, hamstrings, hip flexors and ankles (all the muscles you use most during volleyball).

Leg Drills Lunges (Sets/Reps: 3x20) Wall sits (3 sets. First set is 30 seconds, then 45 seconds, then 60 seconds) Jumping Jacks (3x50)

Quick Feet: Jump Rope Series Normal pace jump, 30 seconds Right foot only, 30 seconds Left foot only, 30 seconds Double right, double left, 30 seconds Fast as you can go, 30 seconds Repeat 3 times with a 1-minute rest between sets.

Abdomen Workout Sit-Ups (3x50) Plank (3 sets. First set is 30 seconds, then 45 seconds, then 60 seconds)

**SWIMMING:** swim in your own chlorinated pool (laps, tread water) engage in dryland training at home alone or with household members.

## CYO—RETURN TO SPORTS SURVEY

In collaboration with our neighboring CYO diocesan programs, Archdiocese of NY and Diocese of Rockville Centre, the CYO of the Diocese of Brooklyn and Queens is inviting parents/guardians to participate in our 3 question "Return to Play" survey. The results for our diocese will be posted live on the CYO website.

We will need to reimagine how the return to play will look and how the new normal may be formed. We will work together to find a safe and healthy environment once deemed appropriate by city, state, diocesan and local health officials for youth sports to continue.

We want to hear from our CYO community to know your current comfort level and concerns around returning to youth sports. We understand many variables will weigh on how you respond but your participation in this brief survey will serve as our foundation for what the future of youth sports holds for the CYO community.

To access the on-line survey please follow this link <https://forms.gle/6hhz2CzEQitBWAnF7>

## John Bennett—CYO Hall of Famer

The CYO of the Diocese of Brooklyn and Queens has sadly lost a track icon. John Bennett, who devoted nearly 50 years to the CYO track community recently passed away. John is a member of the CYO Hall of Fame, inducted in 2015. In his many years of service, he held a number of roles and fully committed himself to the children of the organization. We thank John Bennett for his nearly half a decade of dedicated service, he will truly be missed.

Please read the tribute article written by Jim Mancari on the The Tablet website at <https://thetablet.org/cyo-mourns-loss-of-influential-track-lifer-john-bennett/>



## CYO SPORTS

Prior to the start of the Coronavirus crisis and CYO postponements, the CYO hosted a few BOYS basketball championship games. Congratulations to the following championship teams!!

### 2019-2020 CYOBOYS BASKETBALL DIOCESAN CHAMPIONS:

**PEE WEE Division II:** St. Andrew

**TYRO: High School Division** - St. Helen

**JUNIOR: High School Division** - OL Lourdes



Congratulations to the following Inaugural CYO BASKETBALL KINGS COUNTY LEAGUE 2019-2020 CHAMPS!

**PEE WEE:** St. Athanasius

**NOVICE TIER I:** St. Bernard

**NOVICE TIER II:** St. Mark

**BANTAM TIER I:** St. Bernard

**BANTAM TIER II:** St. Athanasius

**ROOKIE TIER I:** St. Patrick

**ROOKIE TIER II:** St. Mark

**INTERMEDIATE TIER I:** St. Bernard

**INTERMEDIATE TIER II:** OL Angels



\*Visit the CYO website for listing of the 2019-2020 CYO Girls Basketball Diocesan Champions from the games played in February 2020.

## Virtual Basketball Training

Dimitri & Evan Sirakis - both standout basketball players at St Francis Prep HS are proud to collaborate with the CYO in offering virtual Basketball training tips through videos on their Youtube channel. Dimitri is a graduate of St. Joseph College and was the captain of the Men's basketball team for four years. He went on to score over 1,000 points in his college career. Evan, also on the St. Joseph Basketball team is entering his sophomore year in college. Both Dimitri and Evan are currently basketball trainers and coaches for the St. Adalbert CYO program in Elmhurst NY. For more information on Sirakis basketball training please checkout their social media links below.

YOUTUBE: <https://www.youtube.com/channel/UCKoG9nCW9rvrcY5cuyTIYlw>

FACEBOOK: <https://www.facebook.com/sirakistraining/>



Secretariat for Evangelization and Catechesis

ROMAN CATHOLIC DIOCESE OF BROOKLYN



## Closing Prayer for Our time in Need

Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas.  
We fly to you today as your beloved children.  
We ask you to intercede for us with your Son, as you did at the wedding in Cana.

Pray for us, loving Mother,  
and gain for our nation and world,  
and for all our families and loved ones,  
the protection of your holy angels,  
that we may be spared the worst of this illness.

For those already afflicted,  
we ask you to obtain the grace of healing and deliverance.  
Hear the cries of those who are vulnerable and fearful,  
wipe away their tears and help them to trust.

In this time of trial and testing,  
teach all of us in the Church to love one another and to be patient and kind.  
Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence,  
knowing that you truly are our compassionate mother,  
health of the sick and cause of our joy.

Shelter us under the mantle of your protection,  
keep us in the embrace of your arms,  
help us always to know the love of your Son, Jesus. Amen