

Dear San Mateo County Pastors and Parish Secretaries,
Catholic Charities CYO Athletics is excited to announce our new Conditioning & Training Program for youth in the 2nd through 8th grades. Registration opens October 5th for the second session to handle the overflow of interested youth. We invite you to share this opportunity with your parish/school parents and youth who may be interested in your e-bulletin, website or Facebook page. Thank you!



Abbreviated Version

Youth Embrace CYO Athletics New Conditioning & Training Program *Online Registration for Second Session Opens October 5th*

Catholic Charities CYO Athletics launches its first-ever Conditioning & Training program on October 6th for eager elementary-age youth who have been longing for safe athletics outlets during the pandemic. The new program is open to 2nd through 8th grade youth in the Bay Area and offers one-hour drills, conditioning, and hand-eye coordination skills in basketball, volleyball, and soccer. No games or scrimmages are allowed in keeping with coronavirus safety protocols.

The first three-week session from Oct 6-24 reached capacity of 96 young athletes before marketing materials even got out the door. A second session is being offered to handle the overflow of interested youth. **Landry advises young athletes to [register online](#) for the second session as soon as registration opens on October 5th at 8 am.** The second session runs from Oct 22 – Nov 14.

CYO hosts the program at two locations: Serramonte High School Gym in Daly City for basketball and volleyball; and an open field for soccer at the Minnie & Lovie Ward Rec Center in San Francisco. CYO Athletics is keeping an eye on Marin County Public Health guidelines to see if a similar type of partnership might eventually emerge there: “We want to get kids out of the house to build a healthy lifestyle through conditioning,” Landry notes.

The new program is being offered in partnership with the San Francisco Recreation and Parks Department. For additional information, please contact Tabia Ye, CYO Athletics and Physical Education Manager, at tye@catholiccharitiessf.org or visit athletics.ccyo.org/current-programs



From left: CYO Athletics Director Melvin Landry with seventh-grader Steel Labagh a parishioner at St. Brendan's, and CYO Athletics Manager, Tabia Ye.

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