



INTRODUCTION

In the Catholic setting, the realm of school sports takes on a deeper significance, where the pursuit of athletic excellence is seamlessly woven into the fabric of spiritual growth and character development. Catholic Youth Athletic Programs offer students a unique platform to not only hone their physical skills but also to embody the core values of every school in RCAMES Cluster 3 where athletes not only strive for victory on the field but also for personal enrichment and moral growth.

Engaging students in a comprehensive educational experience extends beyond classroom learning, and the inclusion of a healthy sports program in Catholic schools is grounded in a well-founded rationale. Such programs offer far-reaching benefits that align with the core principles of Catholic education, contributing to the holistic development of students. Here, we explore the rationale behind Catholic Youth Athletic Program.

Incorporating an authentic sports program into Catholic education serve different purpose such as follows:

1. To show the importance of youth sports and the relationship of the Catholic Youth Athletic Program to the holistic development of the student-athletes
2. To help the parents/guardians to understand their roles in the different athletic activities of children and illustrate how they can support their children in the said program
3. To highlight the responsibility of the coach, the parents/guardians and other stakeholders to provide excellent experiences in sports for the young athletes and to attain skills, confidence, and strong sense of self-worth and values
4. To enlighten the student-athletes the things that should be avoided to protect the youth from diminishing the athletic experience
5. To clarify the mission of the Catholic Youth Athletic Program and advocate the mission of the program to the youth
6. To explain the place of the coach in the program, the coach's relationship with the child, and the parent's relationship with the coach
7. To outline ways in which the parents/guardians' attitude, behavior, and actions will contribute either to the positive development or the negative and growth-inhibiting experiences provided for young people by sports; and
8. To emphasize that the benefits inherent in youth athletics should transcend the immediate season and win-loss record and become values that are absorbed and internalized for life.

PURPOSE OF CATHOLIC YOUTH ATHLETIC PROGRAM



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Sports and Personal Development

Catholic Youth Athletic Programs (CYAP) are organized sports programs for Catholic youth, typically affiliated with Catholic churches or schools. These programs aim to provide young athletes with opportunities for personal development, physical fitness, teamwork, and character building, all within a faith-based context.

Catholic Youth Athletic Programs (CYAP) play a vital role in the personal development of Catholic youth by promoting physical fitness, teamwork, and character building within a faith-based framework. Through CYAP sports, young athletes develop physical fitness and agility while learning the values of good sportsmanship, fair play, and ethical behavior. They also acquire essential life skills such as discipline, time management, goal setting, and leadership, all of which contribute to their overall growth. CYAP programs foster resilience, perseverance, and a strong moral foundation, while the sense of community and fellowship they provide enhances the spiritual and social dimensions of personal development. In essence, CYAP sports aim to nurture well-rounded individuals who are not only skilled athletes but also compassionate, principled, and spiritually connected members of their communities.

In summary, Catholic Youth Athletic Programs not only focus on developing athletic skills but also prioritize the holistic personal development of young athletes. They aim to instill values, discipline, and a sense of community while providing opportunities for physical fitness and sportsmanship within a faith-based context.

Sports and our Faith

The connection between sports and faith is profound, as sports often become a platform for individuals to manifest and embody their religious beliefs. Through sports, virtues like humility, integrity, and perseverance, which are central to many faith traditions, are put into practice. Athletes who exhibit integrity, humility in victory, and grace in defeat, while also persevering through challenges, align themselves with the ethical and moral teachings of their faith. Additionally, sports teams foster a sense of community and teamwork, reflecting the value of unity and fellowship emphasized in various religious contexts. The discipline and self-control required in athletics resonate with the spiritual discipline encouraged by faith. Moreover, the moral decision-making inherent in sports can mirror the ethical choices advocated by faith. For many, the physical well-being promoted by sports aligns with the idea of stewardship over one's body upheld by numerous religious beliefs. Athletes often find moments of prayer and reflection within sports, and their success can serve as a platform for giving back to their communities or supporting charitable causes, reflecting the principle of service to others. In times of adversity, faith provides athletes with solace and strength, helping them cope with injuries, losses, or setbacks in their sporting journeys. Overall, the



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interplay between sports and faith is a dynamic and meaningful intersection that can profoundly shape an athlete's character and actions.

Sports and the Catholic faith can have a strong and interconnected relationship, with each influencing the other in various ways:

- **Moral and Ethical Values:** Catholicism places a significant emphasis on moral and ethical values, such as honesty, integrity, and compassion. These values align with the principles of fair play and sportsmanship that are essential in sports. Catholic athletes are often encouraged to demonstrate these virtues on and off the field, setting an example for others.
- **Teamwork and Community:** Catholicism underscores the importance of community and unity. Sports teams provide a microcosm of this community, where individuals come together, work collaboratively, and support each other to achieve common goals. This teamwork and sense of belonging can resonate with Catholic teachings about the importance of caring for one another.
- **Discipline and Self-Control:** The discipline required in sports, including rigorous training, adherence to rules, and self-control in the heat of competition, can mirror the spiritual discipline advocated by the Catholic faith. Athletes often learn to balance their physical and mental efforts, a skill that aligns with the call for balance in one's life found in Catholic teachings.
- **Physical Health and Well-being:** Catholicism views the body as a gift from God and encourages its care and well-being. Engaging in sports promotes physical fitness and health, which aligns with the idea of stewardship over one's body as promoted by Catholic doctrine.
- **Prayer and Reflection:** Many Catholic athletes incorporate their faith into their sports routines by praying before or after games or using the solitary nature of physical activity as a time for meditation and connection with God.
- **Service and Giving Back:** Catholic athletes may see their sporting success as an opportunity to give back to their communities or support charitable causes, reflecting the Catholic principle of serving others and helping those in need.
- **Inspiration and Role Models:** Catholic athletes often serve as inspirational figures and role models within their faith communities, using their platform to promote positive values and encourage others in their faith journeys.



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- **Coping with Adversity:** The Catholic faith provides a source of strength and comfort for athletes during times of adversity, such as injuries or losses. Many Catholic athletes turn to prayer and their faith for resilience and solace in challenging moments.

In summary, sports and the Catholic faith can intersect in meaningful ways, with sports providing a platform for individuals to live out their religious values, develop character, and build a sense of community while promoting physical health and well-being. Faith, in turn, can serve as a source of inspiration, guidance, and strength for Catholic athletes as they navigate their sporting endeavors. This interplay between sports and Catholicism can be a powerful force for personal growth and spiritual enrichment.

THE CATHOLIC YOUTH ATHLETIC PROGRAM ORGANIZATION

Mission

The mission of a Catholic Youth Athletic Program (CYAP) revolves around nurturing the comprehensive development of young individuals within a faith-based context. These



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programs prioritize the cultivation of a strong Catholic faith through prayer, spiritual reflection, and the infusion of Catholic values into sports and daily life. Simultaneously, CYAP places a significant emphasis on physical fitness and well-being, encouraging regular physical activity and healthy lifestyle choices. Character development is at the core, aiming to instill virtues such as respect, honesty, integrity, humility, and compassion, using sports as a platform to teach these values and promote good sportsmanship. CYAP fosters a sense of community and fellowship, while also encouraging participants to engage in acts of service and outreach to reflect the Catholic principle of serving others. Inclusivity is paramount, ensuring that young people of all backgrounds and abilities can participate and flourish. Ultimately, the mission of CYAP extends beyond sports, striving to prepare young individuals to become responsible, compassionate, and spiritually grounded members of society, carrying these lifelong values with them.

Facilities and Equipment

Catholic Youth Athletic Programs (CYAP) require specific facilities and equipment to support their sports and activities. These typically encompass sports fields, courts, indoor gymnasiums, swimming pools, and track and field facilities, depending on the sports offered. Adequate meeting spaces for team gatherings and discussions are also essential. In terms of equipment, CYAP programs need uniforms, sports-specific gear like balls and protective equipment, safety gear as necessary, maintenance equipment for fields and courts, first aid supplies, scoreboards, and storage facilities. Transportation for participants, public address systems, timing and scoring equipment for certain sports, and coaching aids are additional considerations. Ensuring that these facilities and equipment are accessible, well-maintained, and safe is crucial for providing a positive and productive environment for young athletes.

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- D. PROCEDURE FOR JOINING COMPETITIONS
- E. PARTICIPATION AND EXPECTATIONS
- F. BEHAVIORS AFFECTING CONTINUING ELIGIBILITY TO PARTICIPATE AND CONSEQUENCES
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ADDENDUM – CONCUSSION AND SUDDEN CARDIAC ARREST INFORMATION

I. OVERVIEW OF CATHOLIC YOUTH ATHLETIC PROGRAM CODE

A. PHILOSOPHY

The philosophy of a Catholic Youth Athletic Program (CYAP) is rooted in the harmonious integration of faith, sports, and character development. CYAP aims to provide young individuals with a holistic development experience that nurtures their physical, mental, and spiritual growth. Central to this philosophy is the infusion of Catholic values, including integrity, respect, humility, and sportsmanship, into every aspect of athletic participation. These programs foster a sense of community, inclusivity, and service, encouraging young athletes to give back to their communities and those in need. While promoting competitive excellence, CYAP emphasizes that success is not solely measured by victories but by the values upheld and the integrity maintained on and off the field. Through prayer, reflection, and faith-based discussions, CYAP aims to facilitate spiritual growth and a deeper connection



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with God. Ultimately, CYAP seeks to produce not just skilled athletes but also morally upright, compassionate, and service-oriented individuals who positively contribute to their communities and society as a whole.

B. GOALS

Participating in the different Sports Program activities as a privilege (not a right) is an integral part of school experience, is an extension of the school day, and provides learning experiences beneficial to the student-athletes participating. The Catholic Youth Athletic Program aims for:

- The student-athlete development
 - **Physical Health:** Sports encourage regular physical activity, helping participants improve their overall health and fitness levels. Regular exercise through sports can reduce the risk of obesity, cardiovascular diseases, and other health-related issues.
 - **Mental Health:** Engaging in sports can reduce stress, anxiety, and depression. Physical activity stimulates the release of endorphins, leading to an enhanced mood and better mental health.
 - **Skills Development:** Sports provides opportunity for athletes to acquire and develop various skills, such as teamwork, leadership, discipline, time management, and goal setting. These skills are transferrable to other aspects of life, including academics and career.
 - **Social Development:** Sports encourage interaction and cooperation among individuals from diverse backgrounds. Team-based activities foster a sense of camaraderie, build relationships, and promote social integration, breaking down barriers and promoting inclusion.
 - **Values Formation:** Sports often involve challenges and competition.
- Promoting and Marketing of School through different sports activities
 - **Increase Visibility and Awareness** - Utilize sports activities as a platform to generate heightened visibility for the school within the local community. Through well-publicized events, partnerships, and participation in sports competitions, the school can become a focal point of attention, attracting the interest of prospective students and their families.
 - **Showcase Holistic Education** - Highlight the school's commitment to holistic education by demonstrating the integration of sports, academics, character development, and spiritual growth. Showcase how sports activities contribute to the overall well-rounded development of students and align with the school's mission.
 - **Strengthen Community Bonds** - Organize sports events that invite the participation of parents, alumni, local businesses, and community members. By creating a sense of belonging and fostering community engagement, the school



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becomes a hub where individuals come together to support and celebrate their shared affiliations.

- o **Diverse Sporting Offerings** - Offer a diverse range of sports activities that cater to different interests and talents, thereby attracting a wider audience. This approach allows the school to tap into a broader pool of students and families who may be drawn to specific sports or activities.
- o **Strategic Partnership** - Collaborate with local sports clubs, organizations, and leagues to participate in regional and national competitions. Building alliances with established sports entities not only enhances the school's credibility but also expands its reach beyond the immediate community.
- o **Engage digital and Social Media** - Leverage digital platforms and social media to extensively promote upcoming sports events, share real-time updates, highlight achievements, and showcase the vibrant sports culture within the school. Engaging content can attract a broader online audience and create a buzz around the school's sports initiatives.

C. PURPOSE OF CATHOLIC YOUTH ATHLETIC PROGRAM CODE

The RCAMES Cluster 3 schools accept the responsibility to develop policy and procedures and establish resources for the purpose of providing an optimal environment for the spiritual, mental, physical, social, and emotional development of its students. In addition to scholastic pursuits, students are provided an opportunity to develop self-respect and respect for others, a willingness to accept responsibility, and the ability to make sound decisions and interact effectively. Providing an environment conducive to developing these skills requires an active combined effort of home, Church, School, and Community.

D. EFFECTIVITY OF Catholic Youth Athletic Program Code

The CYAP code handbook applies to all Student-athletes from Elementary, Junior high school, and Senior High School over the course of their school years and includes the signing of the “Athletic Code Agreement”. This requirement and agreement begin at the start of the annual school year. This code shall remain in effect throughout the entire school year including any summer league and practices following school completion and graduation.

The rules and regulations set forth in the CYAP Code Handbook are to apply effective immediately upon adoption and proper communication to the RCAMES Cluster 3 Schools. Any new updates to the code approved by the administrations shall require the signing of the new “Athletic Code Agreement”.

E. SUPERVISION

Student-athletes are students first. Therefore, those who normally supervise students: administration, faculty, and support staff, continue to have the duty to supervise



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student-athletes when those student-athletes are participating in a school activity, even if that activity is outside normal school hours or off of school property.

Head coaches, assistant coaches, In-house coaches and the Sports Program Coordinator are specifically charge with the duty of supervising student-athletes during practice and competition times. This includes during times of school sponsored transportation and clean-up after the games and practices.

F. SUMMARY NOTE TO PARENTS/LEGAL GUARDIANS AND STUDENT-ATHLETES

In the participation of your student in the Catholic Youth Athletic Program is a privilege (not a right), the expectations of this code by the RCAMES Cluster 3 schools for your student-athlete are high but not impossible. They are however, necessary in order for our teams, your teams, to be competitive, faith-filled, and the best possible.

What we ask for on your part is dedicated commitment to your fellow student-athletes, teams, and coaches. In return you shall be extended the privilege of representing your school, and for some, to be able to receive school, conference, and state awards and recognitions.

Lastly, we ask that you enter into this contract in good faith and fully live up to all responsibilities and rules therein.

II. CODE OF CONDUCT

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

Code of Conduct

1. Place academic achievement as the highest priority
2. Attendance of every spiritual formation
3. Exhibit the Core Values of the School on every game
4. Show respect for teammates, opponents, officials and coaches
5. Respect the integrity and judgement of game officials
6. Exhibit fair play, sportsmanship and proper conduct on and off the playing field
7. Maintain a high level of safety awareness
8. Refrain from the use of profanity, vulgarity and other offensive language and gestures
9. Adhere to the established rules and standards of the game to be played
10. Respect all equipment and use it safely and appropriately
11. Refrain from the use of alcohol, cigarette including E-cigarettes, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the Food and Drugs Authority and other Sports Organizing Body
12. Faithfully follows the rules and regulations written on the Diary (Student Handbook)



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13. Any offense that merits suspension will be ground to the termination from the line-up but the scholarship will remain for 1 school year.

Academic Policy

1. Student-athletes must recognize that they are a student first and foremost and maximizing academic success should be their first priority.
2. In order to maintain eligibility to participate in any sports event, student-athletes must maintain satisfactory progress towards their academics.
 - 2.1 All student-athletes must comply on the given academic task given by their subject teacher.
 - 2.2 Student-athletes who will miss a summative and formative assessments due to an official game will be given special assessment by their subject teachers.
 - 2.3 Student-athletes will communicate to their subject teachers for the reconsideration for deadlines of academic requirements if the deadline will fall on the date that they have games to be attended.
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