

# Regular Season Football & Cheerleading Program

## A Little Bit About Us...

Welcome to the CYO Football and Cheerleading programs. We are excited to have you aboard and would like to make your experience a memorable one.

## Mission Statement...

CYO/Camp Howard is based on Christian principles that reinforce sound human and social values. It exists to provide opportunities for people of any race, nationality or religion to discover and be reassured of their self-worth as individuals and as valuable members of society. It provides activities of a social, cultural and recreational nature. From this awareness, people will be encouraged to use their talents in service to others of their community.

## Athletics and Youth Ministry...

CYO athletics are a vital and important part of youth ministry. Through youth ministry we work to construct an environment that encourages the development of relationships between youth and adults who share their faith in a wide variety of situations. All contests and activities begin with prayer. Coaches are reminded that their role includes being a witness of Christ to the athletes and that our sport program is an extension of the Catholic School System.

## Season...

The regular season football and cheerleading program runs from mid August until mid November culminating with a football championship. Boys and girls, grades 3 through 8, are placed into the following leagues for football:

## Leagues...

- Grades 3 & 4 dress in full uniform and play flag football
- Grades 5 & 6 dress in full uniform and play tackle football
- Grades 7 & 8 dress in full uniform and play tackle football

## Regions...

Schools are placed in geographic regions and come together to a regional site to practice and play games. **(You must play within the geographic region closest to your home or school. If you have questions about which Region you will play for, please contact the CYO office.)** CYO Football is open to youth of all denominations.

### Region 2 - Northeast Portland (Black) "Bishops"

**Athletic Director – Martin Pinder 503-282-0328 / martinp@premier-press.com**

All Saints, Archbishop Howard, Cathedral

### Region 3 - Southeast Portland (Purple) "Kings"

**Athletic Director – Tom Hutson III 503-347-2290 / twhiii@msn.com**

Holy Family, Our Lady of the Lake, St. Agatha, St. Stephen, St. Ignatius, Our Lady of Sorrows

### Region 4 - Clackamas County (Orange) "Eagles"

**Athletic Director – Ron Dowhaniuk 503-238-7477 / ron.dowhaniuk@srsre.com**

Christ the King, St. John the Apostle, St. John the Baptist

### Region 5 - Southwest Portland (Columbia Blue) "Saints"

**Athletic Director – Troy Werner v3twerner@aol.com**

St. Anthony, St. Clare, St. John Fisher, St. Thomas More, St. Francis (Sherwood)

### Region 6 – Beaverton (Royal Blue) "Knights"

**Athletic Director – Marc Franck 503-957-1402 / m1franck@mac.com**

Holy Trinity, Pilgrim Lutheran, St. Cecilia, St. Mary of the Valley, St. Pius X, Valley Catholic Middle School, St. Francis (Banks), St. Matthew

### Region 7 - Vancouver, WA (Cardinal Red) "Cardinals"

**Athletic Director – Jim Drell 360-772-3976 / jim.drell@kiewit.com**

Our Lady of Lourdes, St. Joseph, St. John the Evangelist

### **Region 8 – Stayton (Yellow) “Rams”**

**Athletic Director – Debbie Fessler 503-8445-6407**

St. Mary’s School

### **Region 9 - East Portland (Maroon) “Disciples”**

**Athletic Director – Luciana Fisher 503-997-9861 / LuFischer@gmail.com**

St. Therese, Portland Lutheran

### **Region 11 – Salem (Gray) “Cavaliers”**

**Athletic Director – Russ and Chrystie Jones 503-362-9208 / cyosalemclub@earthlink.net**

Blanchet School, St. Joseph, St. Vincent DePaul, Queen of Peace

### **Region 12 – Portland Christian (White with Purple Lettering) “Royals”**

**Athletic Director – Anthony Baugher anthony.baugher@pscshools.org**

Portland Christian, Crossroads Christian, Cornerstone Christian

### **Region 13 – North Portland “Spartans”**

**Athletic Director – Ralph Balducci 503-286-6106 / [ralphb@silvereaglemfg.com](mailto:ralphb@silvereaglemfg.com)**

Holy Cross, Holy Redeemer, The Madeleine

### **Region 14 – Corbett (Silver) “Cubs”**

**Athletic Director – Brian Davis 503-695-6555 / [brian.davis@providence.org](mailto:brian.davis@providence.org)**

Corbett

### **Full Contact Football Camp -- \$ 175 per session**

Players get an opportunity to get back in the swing of football during the summer with two fun, full contact day camps each year. The first is at Valley Catholic from July 12-16. The second is at Central Catholic High School from July 26-30. Both are from 8:00 am – noon, Monday through Friday. Friday will consist of Scrimmagathon games. Players will be issued gear on Sunday preceding camp from 3:00-5:00 pm, at the football warehouse, (Location TBD). If you are registered and paid in full for regular season football at the time of camp, you can keep the equipment for the regular season and receive your game jersey and game pants on the last day of camp, thus skipping other uniform checkout.

### **Comments, Concerns, Complaints...**

Any coach, athlete, parent, or spectator can make a comment, voice a concern, or register a complaint regarding rules, officiating, playing conditions, etc. This must be done in writing, to the CYO Regional Athletic Director within 3 days of the incident. (Communication form is on the web site: click ‘Football,’ then ‘Forms’)

### **Coaches...**

CYO coaches are volunteers who invest many hours of time and energy to make great memories for kids. Coaches are required to be certified through the Archdiocese-mandated “Call To Protect” class, take the ASEP course (American Sport Education Program), attend the CYO Contact Clinic, be background checked every year, and attend all required coaches meetings. **Only certified coaches may assist with the team and occupy the team side of the field. Coaches must wear their CYO-issued coaching badge at all times.**

### **Football Weight Limits...**

There are no weight limits preventing participation. However, there are restrictions in the type of play when weight exceeds the stated weight guidelines.

### **Games...**

Games are played every Saturday beginning the first Saturday after Labor Day until roughly the end of October. Playoffs are the following two Sundays in November. A game schedule is given to all coaches as soon as it becomes available. The schedule will also be available on our website: [www.cyocampoward.org](http://www.cyocampoward.org).

### **Gate Fee...**

There is a gate fee (\$2.00 per adult and \$1.00 per school-age child through high school) charged for all CYO regular season football games and playoff games. CYO Football Coaches wearing their badges, and players

wearing their football jersey are free. This fee helps defray the expense of site monitors, officials and field rentals, and keeps participant fees from increasing.

### **Officials...**

If you are interested in becoming a Football Official, CYO would be happy to direct you to the proper training meetings. Please check the Calendar section of the web site for more information, or call the CYO office.

### **Equipment...**

Equipment is owned and maintained by CYO. It is distributed prior to the start of the season to all participants by region. At the end of the season the equipments is collected, cleaned, recertified, inventoried and stored.

**Equipment must be returned at the playoff/championship venue, after your team's last game, to avoid fees/charges being charged for late return and/or replacement equipment.**

### **Equipment & Uniform Distribution...**

Please see below for specific check out times and dates. **BEFORE YOU CAN CHECK OUT EQUIPMENT, THE FULL REGULAR SEASON FEE OF \$255.00 MUST BE PAID.** The fee may be paid in the form of a check, cash or a valid credit card. **A parent must accompany participant to equipment check out and check in.**

### **Equipment Care During Season...**

Helmet – wash inside and out weekly with a soft rag and soapy water, rinse and air dry.

**Grandma Cynthia says,** *“Wash jersey after each game. Tide with color safe bleach and 20 Mule Team Borax will keep the uniform clean and odor free. Do not to wash white pants with colored jersey. **Do not use bleach on pants or jersey.** Fels Naptha, a bar soap available at WinCo or Fred Meyer, is great for scrubbing those tough stains on football pants.*

For Cheerleading Uniforms: Wash sweaters & skorts in **cold** water & gentle detergent and **hang to dry.**  
**DO NOT USE BLEACH.**

### **Equipment Return Policy...**

All equipment (helmet, shoulder pads, jersey) will be returned following each team's final game, at the game site. The pants are yours to keep. Equipment returned after this time will be subject to a \$100.00 late fee.

**Equipment not returned by Wednesday November 17, 2009 will be billed at full replacement cost.**

### **Uniform Replacement Cost:**

Helmet: \$100.00	Shoulder Pads: \$75.00	Jersey: \$30.00
Sweater: \$75.00	Skort: \$50.00	Poms: \$25.00

# 2010 Football & Cheerleading Schedule

**August 7 Uniform Check Out – Stayton and Salem only**

@ Salem - TBD

@ Stayton - TBD

ALL OTHER UNIFORM CHECKOUTS WILL BE AT THE FOOTBALL WAREHOUSE  
(LOCATION T.B.D.)

**August 2 Uniform Check Out**

Region 3 – 5:00 to 6:30 pm

Region 7 – 6:30 to 8:00 pm

**August 11 Uniform Check Out**

Region 4 & 12– 5:00 to 6:30pm

Region 1 & 9 – 6:30 to 8:00pm

**August 3 Uniform Check Out**

Region 5 – 5:00 to 6:30 pm

Region 4 – 6:30 to 8:00 pm

**August 12 Uniform Check Out**

Region 7&10&14 – 5:00 to 6:30 pm

Region 5 & 6 – 6:30 to 8:00 pm

**August 4 Uniform Check Out**

Region 6 – 5:00 to 6:30 pm

Region 12–6:30 to 8:00 pm

**August 14 Uniform Check Out**

All Region – 1:00 to 4:00 pm

**August 5 Uniform Check Out**

Region 9 – 5:00 to 6:30 pm

Region 10–6:30 to 8:00 pm

**August 18 Late Registration and**

**Uniform Check Out**

All Region – 5:30 to 7:00 pm

**August 9 Uniform Check Out**

Region 14 – 5:00 to 6:30 pm

Region 2–6:30 to 8:00 pm

**August 23 Football & Cheer**  
**practice begins**

**August 24 Late Registration and**

**Uniform Check Out**

All Region – 5:30 to 7:00 pm

**August 10 Uniform Check Out**

Region 1 – 5:00 to 6:30pm

Region 2 & 3 – 6:30 to 8:00pm

**August 30 Contact Practice begins**

**September 11** 3<sup>rd</sup> & 4<sup>th</sup> grade Football Jamboree

AND Football & Cheerleading – Week 1

**September 18** Football & Cheerleading – Week 2

**September 25** Football & Cheerleading – Week 3

**October 2** Football & Cheerleading – Week 4

**October 9** Football & Cheerleading – Week 5

**October 16** Football & Cheerleading – Week 6

**October 23** Football & Cheerleading – Week 7

**October 30** 3<sup>rd</sup> & 4<sup>th</sup> grade Playoff Jamboree & Uniform Return

AND Football & Cheerleading – Week 8

**November 7** 3<sup>rd</sup> & 4<sup>th</sup> grade Championship Game & Uniform Return

AND Football Playoffs Round 1 & Uniform Return

**November 14** Football Championships & Uniform Return

## Regular Season Football Step by Step

All forms are available through the CYO Office / 503-231-9484 or on the web at : [www.cyocamphoward.org](http://www.cyocamphoward.org). Registration and payment can be completed online.

1. \_\_\_Register and pay either a \$50 deposit OR in full at [www.cyocamphoward.org](http://www.cyocamphoward.org).
2. \_\_\_Schedule an appointment for a physical - All participants **must** have a physical every two years. Take the *Health History & Exam Form* to your doctor's appointment. **Your doctor must sign this form EVERY year.** The form is located on the web under football.
3. \_\_\_Turn in your completed *Health History & Exam Form* signed by the doctor and a parent to the CYO office via fax at 503-231-9531 or via email to [barbc@cyocamphoward.org](mailto:barbc@cyocamphoward.org) **BEFORE** you attend your first practice or full-contact football camp.
4. \_\_\_Uniform Check Out - Wear shorts and a t-shirt to make it easier to try on the equipment. **(Uniforms will only be issued if current season fees are paid in full and there is no outstanding balance from the prior season.)** A parent must accompany student to check out equipment. Players will be photographed in their uniform for a yearbook at checkout.
5. \_\_\_Practice Begins August 23, 2010.
6. \_\_\_Return Uniform - Equipment return will follow each team's final playoff game at the game site. Game pants are yours to keep.
7. \_\_\_Uniform Deposit – A \$100 late fee will be billed unless equipment is returned on time. If equipment is not returned by Wednesday, Nov. 18, 2010, the full equipment cost will be due.

**For Additional Information:** Contact your Region Athletic Director (listed above), Head Coach, the CYO Office / Football Director, Barb Canaday, or access our web site at: [www.cyocamphoward.org](http://www.cyocamphoward.org)

### Catholic Youth Organization / Camp Howard

825 NE 20<sup>th</sup> Avenue, Suite 120, Portland, OR 97232/ Phone: 503-231-9484/ Fax: 503-231-9531

#### CYO/Camp Howard Executive Director

Sister Krista von Borstel S.S.M.O.

#### Director of Football & Cheerleading

Barb Canaday

#### Director of Volleyball, Basketball, High School Programs

Randy Cannon

#### Director of Track & Field, Swimming

Mark Lee

#### Director of Communication

Jolie Phanton

#### Insurance, Exceptions, Special Projects

Dana Wheeler

#### Business Director / Office Manager

Ally Hood

#### Camp Howard Director

Slater Swan

#### Camp Howard Office Manger

Renee Wood

#### Camp Registrar

Janine Ellsworth