

CYO SPRING SPORTS INFORMATION

QR Code to register:

The link will be active from 2-4-26 until 3-5-26



Participation fee: \$90 for volleyball and \$60 for track & field. Can pay with cash, check (made payable to MQP sports boosters) or credit card in school office. You will not be able to make your payment online. Payment must be turned into Mrs. Childers on or before Mar 20, 2026

Practices will start the week of Feb 23, 2026. You will be notified of the days and times.

Physicals, Lindsay Law, and behavior contract must be turned into Mrs. Childers on or before Mar 13, 2026



Behavior Contract

BYLAW 9 - CODE OF CONDUCT

9-1-1 CYO is dedicated to fair play and Christian behaviors. All CYO athletes, coaches, parents, spectators, administrators, officials and the greater community are required to contribute to the Christian culture of CYO.

9-1-2 Athletes are expected to compete within the spirit and letter of the rules. Athletes are to demonstrate good behavior toward opponents, officials and teammates. They are to uphold the dignity of site personnel and to be a positive influence on relationships with their team, with opponents, and with officials.

9-1-3 Coaches, Officials and Administrators are to conduct themselves in a Christian manner. They are to administer the program within the spirit and letter of the rules and demonstrate good behavior toward athletes, opponents, officials and administrators at all CYO venues. They will uphold the dignity of every CYO athlete.

9-1-4 Parents and fans are to act as Christian role models. They must follow decisions made by site directors and officials, remain in the spectator area and may not enter the playing or coaching areas. Any parent/fan who enters into the playing contest space is subject to disciplinary action. They may not make abusive or demeaning comments or act in an abusive manner toward officials, athletes, coaches, site personnel or fans.

9-1-5 CYO is dedicated to the safety of every child, parent and adult. We will not tolerate any form of aggressive or abusive behavior in the CYO community. Examples include: yelling at officials or site personnel; physical intimidation or threatening behavior; verbal or physical harassment; and any disruptive behaviors. If any of these behaviors occur, consequences will be assessed that include the following:

A. Athletes, coaches, parents and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel must depart immediately. If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal. There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.

B. Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.

C. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

D. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

E. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

Student's Signature: _____

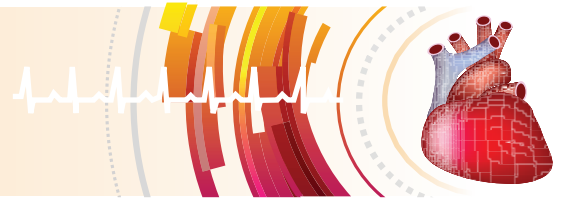
Date: _____

Parent/Guardian's Signature: _____

Date: _____

Sudden Cardiac Arrest and Lindsay's Law

Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

Parent/Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date

Student First & Last Name _____ DOB / /

HISTORY AND PERMISSION FORMS MUST BE COMPLETED PRIOR TO PHYSICAL EXAM

STUDENT'S HEIGHT _____ WEIGHT _____ BP _____ PULSE _____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Muscular skeletal			

***Station-based
examination
only.**

OPTIONAL TESTS	
URINALYSIS	
ALBUMIN	_____
SUGAR	_____
MICRO (IF ABOVE TEST ABNORMAL)	

BLOOD COUNT	
(FOR FEMALES)	
HGB.	_____
OR	
HCT.	_____

SHOULD THERE BE ANY LIMITATIONS PLACED ON ATHLETIC PARTICIPATION? YES _____ NO _____

RECOMMENDATIONS:

I certify that I have on this date examined this student and that, on the basis of the examination requested by the CYO authorities and the student's medical history as furnished to me, I have found no reason which would make it medically inadvisable for this student to compete in supervised athletic activities. (NOTE: EXCEPTIONS IN RECOMMENDATIONS AREA).

PHYSICIAN'S SIGNATURE: _____ DATE: _____

PHYSICIAN'S TELEPHONE NO.: _____

PHYSICIAN'S NAME, ADDRESS & PHONE (STAMP OR PRINT)