



# CYO SPORTS UPDATE



CYO sports are open for all St. Vincent de Paul and St. Theresa parishioners.

## Mandatory Parent Like A Champion Workshop Registration

To register a child athlete in a CYO Athletics sports offering (Grades K-8), it is mandatory that one parent/guardian register and complete the 1-hour Parent Like a Champion Workshop. This is a one-time requirement. The workshop is now offered virtually online.

Click "Use Coupon Code" and Enter "**Parent2025**" - **DO NOT PAY FOR THE COURSE**

<https://www.teamsideline.com/sites/seattlecyo/content/34433/Parent-Like-a-Champion-Today>  
or scan QR code →



## Soccer (K-8)

### ATTENTION 4<sup>TH</sup>/5<sup>TH</sup> GRADERS:

St. Philomena has openings for their soccer teams for 4<sup>th</sup>/5<sup>th</sup> grade boys and girls.

Tuesdays & Thursdays (Boys: 3:30-4:30) (Girls: 5:00 – 6:00)

*Practices/Games will be at St. Philomena School  
(Register by Thursday, 9/4)*



Registration is now **CLOSED!** Good luck this season!

Full game schedules. →



## Cross Country (K-8)

Registration is **STILL OPEN** until **Thursday, 9/4!**

Practices are Tuesdays & Thursdays from 3:45-4:45

at Celebration Park near Soccer Field #8 (by restrooms near playground).

### Meet Schedule

Meet 1 – September 21, 2025 Pool A 1:00pm / Pool B 3:15pm

Meet 2 – September 28, 2025 Pool B 1:00pm / Pool A 3:15pm

Meet 3 – October 5, 2025, Championship K-3 1:00pm / 4-8 3:30pm

(We are Pool A) Meets are held at Woodland Park Zoo

(Meets are **NOT** scheduled at the same time as Soccer Games)



## Basketball (4-8)

Registration will open soon! Practices will start in October.

**We need a coach before we can open the team up for registration.**

\*\*\*If you are interested in coaching a team, please contact the Basketball Coordinator [cyobasketball@stvs.us](mailto:cyobasketball@stvs.us). All coaches need to complete volunteer and coaches training.\*\*\*



For more information and for registration for CYO please visit [www.stvs.us/parents/cyo.cfm](http://www.stvs.us/parents/cyo.cfm) (click on TeamSideline link) or scan QR Code.

\*\*Please create an account, so you don't miss out on announcements for registrations or special events from CYO.\*\*

Basketball Coordinator: James Pogue ([cyobasketball@stvs.us](mailto:cyobasketball@stvs.us))

CYO Athletic Director: Barbara Gambill ([cyo@stvs.us](mailto:cyo@stvs.us))

