



FAST BREAK

CTK CYO MONTHLY NEWSLETTER May 31, 2019

Pastor: Father Joseph Davanzo
Executive Director: John Newman
Assistant Director: Dennis Briordy
Executive Assistant: Michelle Mardiney

Director's Message

As I look at youth sports today I see a very different landscape from when I was growing up in the baby boomer era. One of the biggest differences is the year round play that each sport seems to demand from the kids that play the sport. Looking back I remember that each season(Spring, Summer, Fall, Winter) had particular sports assigned to it and you played those sports during that part of the year almost exclusively. Baseball was played from April- August, football and soccer were played from September-November and basketball was played from November to March. As we all know this is no longer the case!

Today there is no such thing as an off season and youth organizations insist the we keep our children playing or risk "falling behind." One of the results of this is that kids are specializing in a particular sport much earlier than in the past. This specialization is leading to a lot of "overuse" related injuries. I saw it happen with my own son and I see it happening with other players that I am coaching.

I recommend that everyone read a book by Dr. Tommy John, the son of the former major league pitcher who has an operation named after him, titled **Minimize Injury, Maximize Performance**. This is an excellent read which I think will open your eyes as to what is going wrong in the youth sports world and how we as parents can navigate this experience. After reading this book I personally have made modifications in my approach as I think you will too.

We should encourage our children to actively participate in as many activities as possible but also understand the importance of moderation and proper rest for the body to recuperate. Once that balance has

occurred the youth sports experience should be a wonderful and memorable experience.

WHAT'S HAPPENING



Girls Volleyball



Pictured above is Coach Curran's 7th grade volleyball team. The team made it to the finals of their division losing an exciting match to Sacred Heart. The team defeated St. Joseph, St Boniface and St Frances in it's playoff run to the finals. Great job by the girls and thanks to Coach Curran for volunteering!

Congratulations to all our teams that made the playoffs this year in their respective volleyball divisions. In only our second year of travel volleyball CTK had five of its teams in the playoffs. CTK is quickly becoming known as a volleyball power to be reckoned with. Thanks to all of our coaches that gave their time to the program and made it a huge success.



Boys Divisions

Tyro Division- Congratulations to Coach Newman's Tyro team on an outstanding Spring season. The team finished in a tie for first place with a 5-3 record. It was a very competitive league which saw the team win two of its games in overtime. The team was led by the steady leadership of its point guard Nick Gadbois. Dom Carletto-Vega and Danny Figueroa did the bulk of the rebounding and basket protection. Jake Spinelli was a big contributor with his scoring and overall play. Jake's 17 point performance against St. Matthew was key in securing that victory. Anthony Tonso did an outstanding job on defense when assigned to the opponents top players. Chris Luo was clutch all season making big shots and big plays when needed most. Dylan Cahill provided scoring punch and Danny Fitzgerald loosened up the opponents zones with his long range shooting. Evan Sachs and James Haupt provided a spark off the bench when called upon. The team played tough defense all season and came together as a group offensively sharing the ball every game. Great job!!!

Coach Goodman's Tyro team competed in the Scholastic division and finished up with a record of 4-4. The team was led by the tough post play of Sean McCune and Tyler Reyes. High energy was provided by Matt Cecere, RJ Orlowski and Brian Lanci. The team played every team tough as their defense proved to be their strong point. Nice season boys!

Grades 5-9-This summer CTK will be placing a 6th grade team(Coach Ehlers), a 7th grade team(Coach McConaghy) and a Tyro team(Coach Gitz) in the CYO travel summer league. Games will start after July 4th and

home games will be held at the CTK Gym. The schedules for all teams will be posted on the cyoli.org website.



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Girls Divisions

Senior Division(grades 11-12)-Coach Briordy competed in the tough senior division and guided his team to a 4-4 record. Highlights for the season included Rachel Aitken's buzzer beater game winner against St. Dominic's. Ryann Reynolds had 15 points to lead the team in the win over St. Dominic. Slick shooting Devin Briordy had 14 points, 12 of which came on four long three pointers, against St. Vincent. In the game against perennial power St. Bernard the team had only five players but edged St. Bernard by the score of 41-39. All five players scored in the game led by Ally Carson's 14 points and Jules Briordy's 12 points. In the last game of the season Jules Briordy hit for a season high 18 points against St. Matthew. Thanks to Coach Briordy and Coach Orlando for volunteering their time to the team.



K-1 Clinic/Developmental League

The K-1 Clinic-Our clinic finished its 10th and final session on February 10th. It was a great turnout this year as we had thirty two clinicians in the program. It was a pleasure watching the boys and girls each week honing their skills and having fun every Sunday afternoon. CTK wants to thank Travis Newman, Jay Morris, Xavier Tomeii and Chris Kraft for helping Coach Newman each week.



Individual Instruction

Coach Newman has been holding individual and small group workouts @ CTK for the past several months. Participants (boys and girls) currently range from 1st graders to 11th graders. Each session is approximately one hour in length consisting of fundamental drills involving ball handling, shooting, dribbling, one on one moves, agility and conditioning. Anyone interested in improving their game is urged to contact Coach Newman @ theace5120@aol.com to set up a session.

The Grade 2-3 Developmental Program-Our Developmental Program had its final session on February 8th culminate with a spirited five on five full court game. The program consisted of seventeen participants that came to Indian Hollow School every Friday evening under the watchful eye of Coach Newman. The first half hour was dedicated to skills improvement and the last half hour was live game play of either 3 on 3, 4 on 4 or 5 on 5. The improvement of each individual was evident as the weeks progressed which is the primary goal of the program. The 3rd graders will be moving on to structured competitive play next year and this seasons program was designed to prepare them for that endeavor. We will be having this program again next year and we ask that you register early as space will be limited.



CTK will have a girls 4th grade team for the 2019-20 season. The season begins in October and finishes in January. Coach John Newman will be coaching the team. We currently have a couple of roster spots still available for the season. The team has begun workouts and is practicing twice a week at CTK. Contact Coach Newman at theace5120@aol.com if you are interested in joining our team.

Father Joe will be leaving CTK at the end of June as he has been assigned to his new Parish Our Lady of Grace in West Babylon. We want to thank Father Joe for his support of the CYO program at CTK during his tenure. We will miss

you and wish you all the best in your new endeavor.

