



# CCCYO Athletics and CCCYO Physical Education

## 2021 YEAR-END IMPACT REPORT

### ABOUT

Catholic Charities CCCYO Athletics and CCCYO Physical Education programs provide healthy growth and development opportunities for children and youth in San Francisco, Marin, and San Mateo through age-appropriate athletics. The CCCYO Athletics after school and summer sports programs nurture leadership skills such as collaboration, personal integrity, respect, judgment, and emotional intelligence while helping participants develop healthy fitness habits. Sports offered include baseball, basketball, cross-country, soccer, track and field, and volleyball.

Catholic Charities CCCYO Physical Education takes place during the school day and provides students with essential skills and knowledge to maintain a physically active and healthy lifestyle. The integrative and individualized learning environment allows for physical, cognitive, and social achievement.

In addition to traditional sports, students are exposed to new activities such as yoga, martial arts, and dance, while healthy lifestyle and monthly cooking classes based on USDA nutritional guidelines introduce students to activities and skills needed to live a healthy, productive life.

### SERVICES

- Sports education in a safe, supervised setting
- Leadership and team skills with lifelong benefits
- Coaching clinics teaching skill-based fundamentals and sportsmanship for youth sports
- 8-32 hours per week of on-site physical education, nutritional cooking, and garden programming for K-8 schools

## 1,642 STUDENTS ENGAGED IN CCCYO ATHLETICS AND CCCYO PHYSICAL EDUCATIONS PROGRAMS

### IMPACT

# 100,000

hours of physical education  
provided

# 5,000

hours of nutrition education  
provided virtually  
and in-person

# 342

athletes participated in team  
sports and conditioning clinics

COVID-19 had a significant impact on the number of clients we served during 2021 due to state and county shelter-in-place ordinances that temporarily closed some of our programs as we worked to keep our clients and employees as safe and healthy as possible.