



# CYO/CAMP HOWARD 2017 - 2018



## Youth Sports & Summer Camp





# Welcome to CYO/Camp Howard



Sr. Krista von Borstel S.S.M.O.  
Executive Director  
srkrista@cyocamphoward.org

## Welcome

I'm pleased to welcome you to Catholic Youth Organization/ Camp Howard. CYO is Portland's largest private youth sports program, offering eight sports, as well as middle school dances during Fall, Winter and Spring seasons. Camp Howard provides summer camp experiences for children of all backgrounds, in a beautiful setting in the Mt. Hood Wilderness. Our programs are an extension of our Catholic/Christian Schools and Parish programs. We are supported by a wonderful volunteer staff of coaches, athletic directors and event personnel who are parents and parishioners just like you.

## Why participate in CYO/Camp Howard Programs:

Youth enjoy sports and camp experiences in a faith-based environment. The incorporation of the teachings of the Catholic Church into every activity that we offer is what makes us different. Sports programs serve all youth in Oregon & Southwest Washington. Camp experiences build teamwork, character and can-do attitudes in our youth, resulting in healthier and more active communities.

## Your invitation to participate:

Please consider registering your child up for a CYO or Camp Howard experience.

- For Club Sports including Volleyball, Basketball, Track & Field contact the Athletic Director (AD) for your Parish or School. The list of ADs is posted on our website: [www.cyocamphoward.org/club-ad](http://www.cyocamphoward.org/club-ad).
- For Regional Sports including Football, Cheer, Lacrosse, and Baseball contact Director Scott Kneefel at [scottk@cyocamphoward.org](mailto:scottk@cyocamphoward.org).
- For Summer Camp and CYO Dances contact our office at [info@cyocamphoward.org](mailto:info@cyocamphoward.org).

If you have any questions or if we can be of further assistance then please contact us as soon as possible.



**SCHOLARSHIPS:** Are available for all CYO Sports and Camp Howard. An application process is required and forms are available on the website.



*"I love CYO sports because they teach so many different values. Working hard and treating everyone compassionately provide an alternative path to dealing with adversity. I believe my children are learning as many essential life lessons playing CYO sports as they do while attending school."*

*– Parent of CYO Scholarship athletes*

## Programs Include:

Baseball  
Basketball  
Camp Howard – Summer Camp  
Cheer  
Dances  
Football  
Lacrosse  
Swimming  
Track & Field  
Volleyball

## Annual Fundraiser:

Champions of Faith Benefit Dinner





## Volleyball | Girls | 3<sup>rd</sup> - 8<sup>th</sup> Grade

- Season: August - November
- Schedule: 8 Weeks, Saturday Games
- Optional Tournaments: Pre-season Challenge, Mid-Season Invitational, Spike Championship
- Approximately 1,400 participants compete in CYO Volleyball
- Three different CYO leagues are offered, which allows all athletes to have a skill-appropriate competitive experience from those learning the fundamentals to those looking to cultivate more advanced techniques.
- Online Registration: Opens May
- [www.cyoyouthvolleyball.org](http://www.cyoyouthvolleyball.org)



### Why CYO?

CYO teaches sportsmanship and teamwork.

### Why CYO?

CYO has minimum playing time requirements.



#### JENNA BASS

Director of CYO Volleyball  
[jennab@cyocamphoward.org](mailto:jennab@cyocamphoward.org)  
(503) 231-9484 Ext. 107



# CYO Football & Cheer



## Hot Shots Flag Football

Co-ed | K - 2<sup>nd</sup> Grade

- Season: August - October
- Grade Division: K - 2<sup>nd</sup>
- Schedule: 8-9 Weeks, Saturday Games
- Online Registration: Opens March
- [www.cyoyouthfootball.org](http://www.cyoyouthfootball.org)

## Contact Flag Football

Co-ed | 3<sup>rd</sup> - 8<sup>th</sup> Grade

- Season 1: August - October
- Grade Divisions Fall: 3<sup>rd</sup> - 4<sup>th</sup>
- Season 2: May - June
- Grade Divisions Spring: 3<sup>rd</sup> - 4<sup>th</sup>, 5<sup>th</sup> - 6<sup>th</sup>, 7<sup>th</sup> - 8<sup>th</sup>
- Schedule: 8 - 9 Weeks, Saturday Games
- Online Registration: Opens March, November
- [www.cyoyouthfootball.org](http://www.cyoyouthfootball.org)

## Tackle Football

Co-ed | 5<sup>th</sup> - 8<sup>th</sup> Grade

- Season: August - October
- Grade Divisions: 5<sup>th</sup> - 6<sup>th</sup>, 7<sup>th</sup> - 8<sup>th</sup>
- Schedule: 8 - 9 Weeks, Saturday Games
- Online Registration: Opens March
- [www.cyoyouthfootball.org](http://www.cyoyouthfootball.org)

## Cheer | Co-ed | K - 8<sup>th</sup> Grade

- Season: August - December
- Grade Divisions: K - 2<sup>nd</sup>, 3<sup>rd</sup> - 5<sup>th</sup>, 6<sup>th</sup> - 8<sup>th</sup>
- Saturday Games & Special Events
- Online Registration: Opens March
- [www.cyoyouthcheer.org](http://www.cyoyouthcheer.org)

### Why CYO?

CYO helps youth evolve in faith and prayer.



### SCOTT KNEEFEL

Director of CYO Football and Cheer  
[scottk@cyocamphoward.org](mailto:scottk@cyocamphoward.org)  
(503) 231-9484 Ext. 109





## Swimming

### Boys and Girls | K - 8<sup>th</sup> Grade

- Season: October - January
- Schedule: 5 Weekend Developmental Meets
- Polliwog Championships, Divisional Championships, and optional qualifying All-Star Meet
- Over 800 participants compete in CYO Swim
- Co-ed Grade Divisions:
  - K - 3<sup>rd</sup> Polliwogs
  - 4<sup>th</sup> - 6<sup>th</sup> Cubs
  - 7<sup>th</sup> - 8<sup>th</sup> Cadet
- Online Registration: Opens June
- [www.cyoyouthswimming.org](http://www.cyoyouthswimming.org)

### Why CYO?

CYO youth may compete in multiple sports year-round.

### Why CYO?

CYO teaches respect for competitors, coaches and referees.



**MARK LEE**

Director of CYO Swimming  
[mark@cyocamphoward.org](mailto:mark@cyocamphoward.org)  
(503) 231-9484 Ext.103  
(971) 253-9498 Cell



# CYO Basketball



## Hot Shots Basketball

Co-ed | 1<sup>st</sup> and 2<sup>nd</sup> Grade

- Seasons: September - November, and December - February
- Schedule: 7 Regular Season Games on Saturdays
- Optional Post Season Tournament
- Online Registration: Opens May, September
- [www.cyoyouthbasketball.org](http://www.cyoyouthbasketball.org)

## Grade School Basketball

Boys and Girls | 3<sup>rd</sup> - 8<sup>th</sup> Grade

- Season: December - March
- Schedule: 8 Regular Season Games on Saturdays
- Optional Tournaments: Jamboree and City Tournament
- Online Registration: Opens September
- [www.cyoyouthbasketball.org](http://www.cyoyouthbasketball.org)

### Why CYO?

CYO coaches  
are passionate  
about their  
respective sports.

## High School Basketball

Boys and Girls | 9<sup>th</sup> - 12<sup>th</sup> Grade

- Season: December - February
- Schedule: 7 Regular Season Games on Sundays
- Optional Post Season Tournament
- Online Registration: Opens September
- [www.cyoyouthbasketball.org](http://www.cyoyouthbasketball.org)

## Info

- Over 3,500 participants compete in CYO Basketball
- Founded in 1946 and Going Strong
- Three different CYO leagues are offered for Grade School Basketball, which allows all athletes to have a skill-appropriate competitive experience from those learning the fundamentals to those looking to cultivate more advanced techniques.



### JENNA BASS

Director of CYO Basketball  
[jennab@cyocamphoward.org](mailto:jennab@cyocamphoward.org)  
(503) 231-9484 Ext. 107





## Track and Field

Boys and Girls | 3<sup>rd</sup> - 8<sup>th</sup> Grade

- Season: March - May
- Schedule: 4 Developmental Meets on Saturdays
- Championships: Roadrunner Championships, Meet of Champions
- 2,000 participants in CYO Track and Field
- Grade Divisions:
  - 3<sup>rd</sup> - 4<sup>th</sup> Roadrunners
  - 5<sup>th</sup> - 6<sup>th</sup> Cubs
  - 7<sup>th</sup> - 8<sup>th</sup> Cadets
- Online Registration: Opens January
- [www.cyoyouthtrack.org](http://www.cyoyouthtrack.org)

### Why CYO?

CYO teaches that success is found in striving for victory.

### Why CYO?

CYO Track and Field is nationally recognized by Youth Runner Magazine.



**MARK LEE**

Director of Track & Field  
[mark@cyocamphoward.org](mailto:mark@cyocamphoward.org)  
(503) 231-9484 Ext.103  
(971) 253-9498 Cell



# CYO Lacrosse



## Hot Shots Lacrosse

Co-ed | K - 2<sup>nd</sup> Grade

- Intro Format: Soft Stick Lacrosse
- Season: May - June
- Grade Division: K - 2<sup>nd</sup>
- Schedule: 6 Weeks, Saturday Sessions
- Online Registration: Opens November
- [www.cyoyouthlacrosse.org](http://www.cyoyouthlacrosse.org)

## Girls Lacrosse | 1<sup>st</sup> - 8<sup>th</sup> Grade

- Season: March - May
- Grade Divisions: 1<sup>st</sup> - 2<sup>nd</sup>, 3<sup>rd</sup> - 4<sup>th</sup>, 5<sup>th</sup> - 6<sup>th</sup>, 7<sup>th</sup> - 8<sup>th</sup>
- Schedule: 8 - 9 Weeks, Saturday Games
- Online Registration: Opens November
- [www.cyoyouthlacrosse.org](http://www.cyoyouthlacrosse.org)



## Boys Lacrosse | 1<sup>st</sup> - 8<sup>th</sup> Grade

- Season: March - May
- Grade Divisions: 1<sup>st</sup> - 2<sup>nd</sup>, 3<sup>rd</sup> - 4<sup>th</sup>, 5<sup>th</sup> - 6<sup>th</sup>, 7<sup>th</sup> - 8<sup>th</sup>
- Schedule: 8 - 9 Weeks, Saturday Games
- Online Registration: Opens November
- [www.cyoyouthlacrosse.org](http://www.cyoyouthlacrosse.org)

### Why CYO?

CYO offers leagues that are both competitive and fun.



**SCOTT KNEEFEL**

Director of CYO Lacrosse  
[scottk@cyocamphoward.org](mailto:scottk@cyocamphoward.org)  
(503) 231-9484 Ext. 109





## Hot Shots Baseball

Co-ed | K - 2<sup>nd</sup> Grade

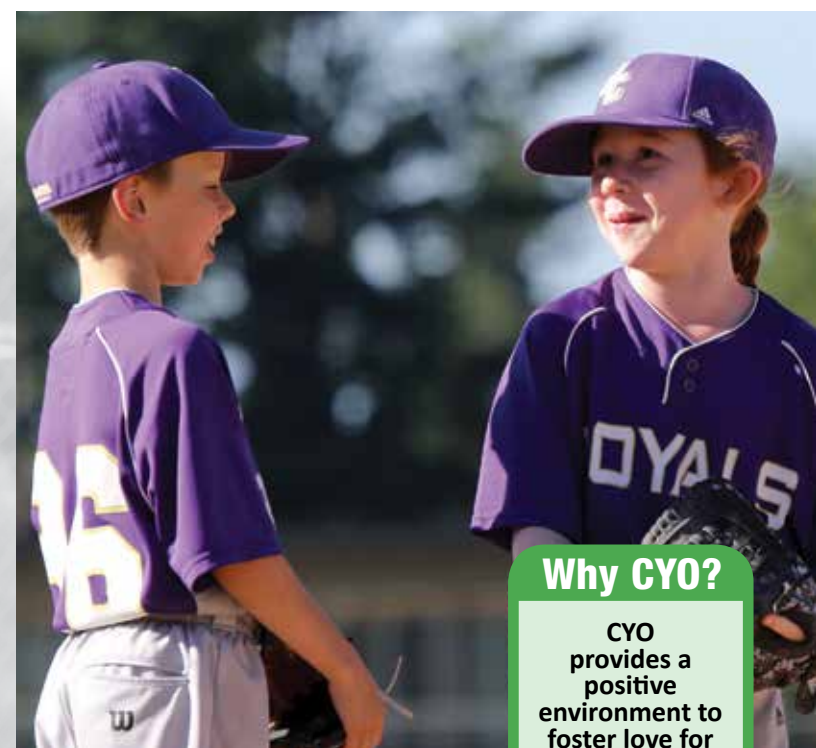
- Intro Format: Tee-ball and Coach Pitch
- Season: May - June
- Grade Divisions: K - 2<sup>nd</sup>
- Sessions: 6 Week Schedule on Saturdays
- Online Registration: Opens November
- [www.cyoyouthbaseball.org](http://www.cyoyouthbaseball.org)

## Baseball | Co-ed | 3<sup>rd</sup> - 8<sup>th</sup> Grade

- Season: March - July
- Grade Divisions: 3<sup>rd</sup> - 4<sup>th</sup>, 5<sup>th</sup> - 6<sup>th</sup>, 7<sup>th</sup> - 8<sup>th</sup>
- Schedule: 8 - 10 Weeks
- Online Registration: Opens November
- [www.cyoyouthbaseball.org](http://www.cyoyouthbaseball.org)

### Why CYO?

CYO strives to enable youth to be strong leaders who make positive contributions.



### Why CYO?

CYO provides a positive environment to foster love for the game.



**SCOTT KNEEFEL**

Director of CYO Baseball  
[scottk@cyocamphoward.org](mailto:scottk@cyocamphoward.org)  
(503) 231-9484 Ext. 109



# CYO Dances

## Middle School Dances

Co-ed | 7<sup>th</sup> and 8<sup>th</sup> Grade

- Monthly from September - May
- Friday evenings 7-10 PM at Oaks Park Dance Pavilion
- 7<sup>th</sup> - 8<sup>th</sup> Graders attending a Catholic School/Parish or current CYO or Camp Howard Participant
- \*May dance is outdoors and open to 6<sup>th</sup> Grade
- Pizza is included with the cost of admission
- Meet new friends!
- Online Registration: Opens September
- [www.cyoyouthdances.org](http://www.cyoyouthdances.org)

### Why CYO?

CYO is Based on Christian principles that give positive and sustaining values.

### Why CYO?

CYO provides experiences that build self-esteem and confidence.



## Champions of Faith

A photograph of two young girls with blonde hair, smiling and looking towards the camera. They are wearing light-colored clothing.

—SAVE THE DATES—

*The Annual*

CYO/CAMP HOWARD

Champions of  
**FAITH**

BENEFIT DINNER

TUESDAY, OCTOBER 17, 2017  
TUESDAY, OCTOBER 9, 2018  
OREGON CONVENTION CENTER

## Benefit Dinner

We invite you to experience a fun-filled evening of camaraderie and philanthropy:

- Visit with friends, sport coaches and community leaders
- Meet the Portland Catholic Community
- Enjoy an inspiring keynote speech by a true sports icon
- Collectively fund scholarships to ensure our youth can participate in CYO and Camp Howard programs

Here are some facts to whet your appetite:

- 100% of the evening's proceeds contribute to sports and camp scholarships, capital projects and endowment
- Over \$550,000 in scholarships have been awarded in the past six years
- All sports and camp scholarship requests have been granted due to the generosity of Champions of Faith supporters



To learn more about event tickets and sponsorship opportunities visit:

[www.champions-of-faith.org](http://www.champions-of-faith.org)

**LISA SANDERS**

*Development Director*

[lisas@cyocamphoward.org](mailto:lisas@cyocamphoward.org)

(503) 231-9484 Ext.102

[www.champions-of-faith.org](http://www.champions-of-faith.org)



# Camp Howard Summer Program



## Summer Camp

We invite you to join in the FUN! Camp Howard was established in 1953 to offer a recreational camp experience, emphasizing Christian values. Youths from all walks of life participate and enjoy a week of camping in a breathtaking 240-acre setting overlooking Mount Hood and the Bull Run Reservoir.

### Camp Offerings:

- We are a fully accredited, residential youth camp located about 30 miles from Portland in the scenic Mt. Hood Wilderness above the Bull Run River. Camp Howard is owned and operated by the Catholic Youth Organization (CYO).
- Weeklong residential Summer Camps are available from July to mid-August; Sunday-Friday
- 3-4 Day Mini-camp, Day Camp and a Weekend Family Camp are also offered
- Experienced staff including an on-site registered nurse will ensure a summer of FUN for your child
- An amazing Zipline (ages 13+), Giant Swing (ages 13+), and Laser Tag (ages 11+) are offered to campers.

### Camp Programs:

- **General Camp** offers campers a wide variety of activities – from Archery, Arts & Crafts and BB guns to beating the heat and enjoying a trip down the ever popular, 100ft long Slip'n'Slide; and so much more! Open to campers ages 6-14.
- **Specialty Camps** rev things up a bit with a two-hour immersion into a specific area of interest. Specialty

campers, such as Archery, Fishing, Fun Food Factory and Survival camp are very popular. New additions to the lineup include, Drone Piloting, Nail Art and Jewelry Making camps.

### Additional Activities For Campers:

- We've added both pedal kart racers and Corcls to our list of activities for the **6-10 year olds**.
- In 2016, we added Laser Tag for campers **11 and older** and both a Zipline and Giant Swing for campers **13 and up**. This year we added a second leg to the Zipline, as well.

### Camp Offers Youth Opportunities To:

- Build their faith
- Develop new and varied friendships with youth from all over the North West
- Escape from electronics, experience the beauty of the outdoors, leave with a fresh perspective on life.

### Sign Up Now:

- Online Registration: Opens December
- [www.camphoward.org](http://www.camphoward.org)



**NORA GRAVENGAARD**  
Summer Program Director,  
Camp Howard  
norag@cyocamphoward.org  
(503) 231-9484 Ext.102





# CYO/CAMP HOWARD 2017 - 2018

## Youth Sports & Summer Camp Program Opportunities



**CYO/Camp Howard**  
825 NE 20th Ave. Suite 120  
Portland, OR 97232  
[info@cyocamphoward.org](mailto:info@cyocamphoward.org)  
(503) 231-9484  
[www.cyocamphoward.org](http://www.cyocamphoward.org)



The CYO/Camp Howard Staff is always here to help you!



**Sr. Krista von Borstel, SSMO**  
Executive Director



**Jolie Abraham Phanton**  
Director of  
Communication



**Mark Lee**  
Director of  
Swimming/Track & Field



**Karen von Borstel**  
Property Director,  
Camp Howard



**Jenna Bass**  
Director of  
Basketball & Volleyball



**Nora Gravengaard**  
Summer Program Director,  
Camp Howard



**Tammy Scanlon**  
Executive Assistant



**Cathy Foy**  
CYO Club Accountant



**Carrie Keeler**  
Receptionist



**Scott Kneefel**  
Director of Football, Cheer,  
Lacrosse, and Baseball



**Lisa Sanders**  
Development Director



**Virginia Martinez**  
Business Director



**Connor Garcia**  
Social Media Manager

### Why CYO?

CYO teaches  
honor, core  
values, and  
citizenship.



## Learn More and Register Now

[info@cyocamphoward.org](mailto:info@cyocamphoward.org)  
(503) 231-9484  
[www.cyocamphoward.org](http://www.cyocamphoward.org)