

Ulster CYO Fall Newsletter

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Upcoming Events

- ◆ Speed & Agility
- ◆ Fitkids
- ◆ Shining Stars

From the CYO desk

This will be the first installment in a quarterly newsletter that I will post regarding CYO-related news and events.

The newsletter will allow me to highlight children, volunteers, and coaches who make a difference in our Ulster CYO program.

While CYO has been typically known for its basketball program, I have worked hard to showcase some of the different ways CYO provides enrichment to the youth in our community.

We have a wide-range of talented children ranging from art show contestants, those participating in athletic endeavors, to children in our community being recognized as “Shining Stars” for being good role models.

Shining Stars Event to be held in November

I am pleased to announce this year that Ulster County will be holding its 1st annual Shining Stars event that will recognize the youth in our County who are good role models in their community or have overcome some hardship in their lives.

Many times, children are recognized for their athletic achievements but the spirit of this award allows for children to be nominated by a pastor/principal that highlights their work in the community.

The Shining Stars event will take place as a Saturday brunch in November at the Catholic Charities Community Center in Kingston as a way to celebrate the honorees with friends and family.

Walter Gaceta
Ulster CYO Director



Catholic Charities
Community Services

Providing Help. Creating Hope.

Since I started in this position last November, it has been a pleasure getting to know many of the children, parents, and school/parish administrators.

I look forward to looking for ways to improve our existing programs with much of the feedback I have received as well as bringing new programs to Ulster County.

Regards,
Walter Gaceta

Details regarding the nominees and the event will be forthcoming in the Winter newsletter.

It is not too late for your parish or school to submit a nomination - for more information, please contact me at (845) 340-9170 ext. 107 or Walter.Gaceta@archny.org



2 new CYO programs launched this past Spring



Rec. Volleyball and Instructional Lacrosse launched this past spring!



This past spring, Recreational Volleyball and Instructional Lacrosse were added to the CYO Program offerings in Ulster.

Rec. Volleyball was offered as 2 sessions, one for grades 3rd through 7th and another for grades 8th through 12th. Every Wednesday night, we worked on basic volleyball skills along with playing some spirited yet fun games against each other. We even had a couple of parents join in some sessions and a great time was had by all!

On Saturday mornings, our Instructional lacrosse program was held for boys and girls in grades Pre-K through 4th grade. Many of the children had never picked up a lacrosse stick before, and at the end of 8 weeks they really came away having improved by leaps and bounds with their cradling, throwing, catching and shooting. All of the necessary equipment was provided for the kids to use, and we usually ended each session with yours truly getting chased around by a bunch of kids with sticks!

Both of these programs will be offered again next April. More information and pictures from both of these programs can be found on our website at www.ulstercyo.net

Summer Golf Clinics

The Summer Golf clinics at Alapaha Golf Course have been a staple of Ulster CYO summer programming for many years now.

The clinics are offered as 3 different week-long sessions where the kids participate as part of the Hook-a-Kid-on-Golf program. We have young golfers of all different levels and abilities, but with the instruction of golf professional, John Durcan, the kids all learn all of the nuances of the game from proper etiquette to swing technique which allows all of the kids to take their game out to the golf course

Each week-long session ends with a “tournament day” which allows the kids to put everything together that they learned during the week.

Pictured (right) are the children from Session 2 after their tournament day.



Kingston Cross Country Summer Series



Working together with the Irish Cultural Center of the Hudson Valley, the Kingston Cross Country Summer Series has been a fixture for many of the local area runners.

The 5 race series features runs on the Hurley Rail Trail, Twin Lakes Resort, John A. Coleman High School, and Williams Lake. This year we had over 175 adults and 50 children participate. The kids (ages 14 and under) can choose to run either a half mile or a 1 mile course each week.

This year’s Summer Series was dedicated to our very own Tom Kelly, for his many years of service to the event and was commemorated on the water bottle that was given to all of the participants this year.

Soccer Clinic at the Mount Academy

Ulster County CYO this year had the pleasure of holding a soccer clinic, for boys and girls ages 3 to 10, at the Mount Academy. The clinic was led by local coaching legend, George Vizvary, and one of his former players Tom Mulroy along with assistance from The Mount Academy Boys Varsity Soccer Team.

Coach Vizvary led SUNY Ulster to over 500 wins during his 39 year career as head coach and is currently the head coach of the new semi-pro Kingston Stockade Football Club.

Coach Vizvary brought in one of his most decorated players, Tom Mulroy, to help lead this year's clinic. "Soccer Tom" as the kids referred to him, was inducted into the NJCAA Hall of Fame along with Coach Vizvary.

The kids all had a great time learning the game of soccer and the hospitality of the The Mount Academy, its Boys Varsity Soccer Team, and the Bruderhof community all made for a wonderful clinic.

The day concluded with each of the kids getting a signed soccer ball from Coach Vizvary and Soccer Tom to take home with them and practice the skills that they learned.



Speed & Agility / Fitkids program launches in August

The Speed & Agility/ Fitkids program launched at the end of August.

Both sessions met 3x per week and worked on all aspects of speed, agility and conditioning.

The Fitkids program is geared towards the younger age group, grades Pre-K to 2nd grade which will allow children to

work through the drills in a fun environment.

The Speed & Agility program for children in grades 3rd through 12th is designed to be a more rigorous and challenging session to help prepare them for their respective sports.



The next session will run in mid-November, please check the website www.ulstercyo.net for more information.



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We're on the Web!
www.ulstercyo.net

Volunteer Opportunities

The success of all of our programs is directly related to the people who devote their time and efforts whether it is as a coach, assistant, team manager, or a helper during our programs.

If you are able to help out in any way, there is a place for you. No experience is necessary and you will often find that the experience is truly rewarding.

There are many opportunities for students who need community service

or confirmation hours to help out with CYO programs, our Food Pantry and food drives that we run throughout the year.

For more information regarding volunteer opportunities, please contact Walter Gaceta at (845) 340-9170 or Walter.Gaceta@archny.org

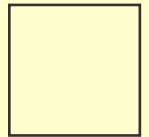
On the horizon

CYO Basketball will be having signups soon in your various parishes and schools. If you have any questions regarding the upcoming CYO Basketball season or are interested in your son or daughter participating, please contact me at the Ulster CYO office so I can direct you to the Athletic Director for

your CYO Basketball program.

We had a wonderful season last year and excited to have a playoff system at the end of our season this year to determine who moves on to the Archdiocese playoffs.

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