



Catholic Charities CCCYO Athletics and Physical Education

About

Catholic Charities CYO Athletics and CYO 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.

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 healthy, productive lives.

As a response to the lack of green spaces available in the urban environment, CCCYO Physical Education utilizes programs like CATCH, which enable youth to be physically active in small spaces with organized games and facilitation. Blacktops are utilized with stencils, and program equipment and creative games make fun ways to engage students. Another partner, Fork Farms, has assisted Catholic Charities partner sites with hydroponic garden systems. These systems only take up 9 square feet of growing space and can yield up to 28 pounds of leafy greens in a 30-day harvest period, giving urban students the same opportunity to engage with gardening as their peers with access to outdoor green space and soil gardens. Produce that is grown in the hydroponic gardens is used in the monthly nutrition education classes and handed out to participants who do not have the resources to purchase their own produce.

2025 Impact Stats

21,844

total clients served

Athletics:

- **18,344** athletes served
- **45%** of athletes played more than one sport
- **6,817** games played

PE & Nutrition:

- **3,510** PE and Nutrition clients served
- **8** schools served
- **3** summer program sites
- **845** pounds of produce harvested from hydroponic gardens

Services

- Full time Childcare and Preschool
- Priority Enrollment
- Financial Aid Assistance to low/middle income families
- Bilingual Staff
- Free Food Program
- Mental Health Consultant on Site Weekly
- Health Screenings: Vision, Dental, and Hearing