



## CYO COACHING REQUIREMENTS

If you would like to coach a team in a *CYO* tournament or league, you must be **at least 21 years of age** and complete the following requirements through your parish, as mandated by the Archdiocese of Chicago:

1) **VIRTUS / Protecting God's Children**

This course is a 3 hour class, Live or online, and is FREE. This course is an Archdiocesan requirement for anyone who works and/or volunteers at any parish or school. You can register for the VIRTUS class at:

[http://www.virtusonline.org/virtus/reg\\_0.cfm?theme=0](http://www.virtusonline.org/virtus/reg_0.cfm?theme=0)

2) **Concussion**

This 30-minute online course is FREE! It is mandated by the Youth Sports Concussion Safety Act, an Illinois law, which states that ALL coaches must complete concussion testing. You can register for the Concussion course at:

[HEADS UP to Youth Sports Coaches: Online Concussion Training | HEADS UP | CDC](#)

3) **A Coaching Formation Course: Play Like A Champion, Positive Coaching Alliance or Coaching Coaches**

Play Like a Champion - [Programs | Play Like a Champion Today](#)

Positive Coaching Alliance - [Positive Coaching Alliance](#)

Coaching Coaches - [Homepage - Coaching Coaches](#)

**FOR MORE INFORMATION, CONTACT:**

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