



St. Joseph Catholic School participates in the Catholic Youth Organization (CYO) athletic activities with other schools in the greater Portland metropolitan area. We follow the philosophy and guidelines set forth by CYO, as well as those of the St. Joseph Catholic Parish and School.

The athletic opportunities through the St. Joseph CYO program exist to continue the students' educational learning in the area of healthy competition, teamwork, healthy physical skills and habits, and striving to be the best they can be.

The commitment involved in participating in CYO athletics is generally practicing twice a week after school and competitions on Saturdays. This may vary depending on the age and program. Each program also has a participation fee that covers the CYO registration, costs of competition, equipment, and miscellaneous expenses.