

The DAYO Digest

A Newsletter where Youth Sports & Community Come Together



Danbury Athletic Youth Organization is 100% volunteer-run, and we proudly serve 90% of Danbury families. Your support matters—join us and make a difference!

Danbury's Cayden Johnson Shines on the Field and the Track

Cayden Johnson, a standout multi-sport athlete from Danbury, continues to make his mark both on the football field and the track. Cayden is the starting quarterback for the Southern Connecticut 8U Pop Warner Champion Danbury Trojans, leading his team with confidence, athleticism, and heart.

Beyond football, Cayden also competes with the Danbury Lightning track program and recently delivered an outstanding performance on one of the biggest stages in youth track and field. At the prestigious 118th Millrose Games, Cayden placed 4th overall in the 8U Fastest Kid in the World 55-meter dash finals, clocking a time of 8.47 seconds. Earlier in the trials, he posted a personal best of 8.38 seconds, showcasing his continued growth and elite speed.

Cayden is the middle of three brothers—older brother Josiah



Results				
<i>Chocolate Milk; Fastest Kid in the World</i>				
PLACE	ATHLETE	RESULT	LN/POS	
1	Cole Dean Jaguar Track [8] CHN	8.19	5	
2	Micah Johnson Baltimore White Knights [8] USA	8.30	6	
3	Zayn Phillip Speed Skills [7] LCA	8.46	7	
4	Cayden Johnson DAYO Lightning [7] USA	8.47	4	
5	Lalaith Lang Ireland IRL	8.49	8	

and younger brother Adonis—and is supported every step of the way by mom Lauren and Dad Gene. His achievements are a reflection of his hard work, discipline, and passion for competition.

The Danbury Trojans organization, the Danbury Lightning, and Cayden's family are extremely proud of his incredible accomplishments and look forward to watching him continue to excel across multiple sports. Cayden Johnson's future is bright, and this milestone is just the beginning!



DAYO Board Meetings
OPEN TO THE PUBLIC
Monthly:
Every Third Thursday

- January 15, 2026
- February 19, 2026
- March 19, 2026
- April 16, 2026
- May 14, 2026
- June 15, 2026
- July 16, 2026

Track & Field

Lightning Track & Field serves youth ages 5–15, building fitness, confidence, and teamwork through skill-based training and competition. Athletes train in supportive groups, including throws events (shot put, discus, javelin) as needed.

Spring/Summer practices will run Mon/Wed/Fri at Danbury High School. Indoor season training takes place at Harambee Youth Center. Meets are typically Sunday mornings, and the program celebrates athletes at season's end with recognition for participation and achievements.



Lacrosse

Lacrosse is building momentum for Spring/Summer 2026 with more opportunities for Danbury youth. Girls teams include Lightning, Junior, and Senior.

Boys teams include Lightning and Junior. There will be no Senior boys this year due to low interest. The K-2 clinic will return mid-to-late April.

Winter clinics kick off at Rogers Park. Outdoor practices begin the week of March 30 at Broadview. Outreach is expanding through ParentSquare, lawn signs, and local community channels.



Cheer

Cheer closed out 2025 by collecting feedback and will gather remaining uniforms at at the Annual Banquet.

2026 registration is open, and the program aims to launch off-season clinics in February, pending facility approvals.

The biggest focus right now is securing an off-season practice site that meets board policy. The team is also reviewing warm-up package options for early delivery and assessing uniform sizing to ensure squads are fully outfitted as enrollment grows.



Flag Football

Registration is now open and the league is gearing up for another exciting spring. Player evaluation combines will be held at CSA New Milford on Feb. 21 and Feb. 28 with scheduled time slots to keep the process smooth and organized.

New this year: Division 0 for 4-5 year olds—a training-based division (capped at 22 athletes) designed to keep age groups balanced and help young players build confidence. Division 0 will practice Tuesdays and Thursdays, focusing on fundamentals and simple offensive/defensive learning.

Mark your calendars: Jamboree March 29, regular season April 19-June 7, playoffs June 14 & 21, and the Super Bowl June 28. Every player receives a reversible NFL-branded jersey and shorts. Coaches and officials are still being finalized, and field locations will be confirmed soon.



Tackle Football

Football finished 2025 strong—all five tackle levels reached the State Championships, the 8U team won the SCPW title, and Danbury hosted the SCPW DI Championship for the second year in a row!

The program also strengthened operations with lower transportation costs, stronger coaching, a spirited homecoming, and higher-than-expected concession revenue. Planning for 2026 is already underway with earlier fundraising, coach development support, and facility improvement requests in motion.



T-Ball

Our Spring T-Ball program is open for boys and girls ages 3, 4, 5, and 6. This fun, instructional league focuses on learning the basics of baseball—hitting, throwing, running, and teamwork—while building confidence and having a great time. Registration is now open! Register now to secure your spot as all spots are on a first come first serve basis. We are a 100% volunteer-run program and are looking for parents to register as coaches to help keep the program running strong. We are also seeking team sponsors—consider sponsoring a team and get your business name proudly displayed on the back of a team jersey while supporting our young athletes!



Speed & Agility

Speed & Agility has a tentative start date of July 1 and runs Tuesdays and Thursdays at 5:30 PM. It's open to all athletes and teaches fundamentals that support performance across sports.

Best part: if you're registered for Fall Football or Fall Cheer, Speed & Agility is included at no extra cost—come build skills, confidence, and conditioning before the season starts.



Basketball

Basketball is underway with 8 high school teams and 4 middle school teams ready for competition. High school games run Friday nights (four games weekly), and middle school plays Wednesdays (two games per night).

Referees and uniform sponsors are secured, and staffing needs are minimal this season—setting the program up for an organized, high-energy year for athletes and supporters.



Danbury Athletic Youth Organization

DAYO

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Stay Connected



Danbury Trojans