



**LiFE***sports*<sup>™</sup>

at The Ohio State University®

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**YEAR IN REVIEW**

June 2022-May 2023

**MORE THAN CAMP.  
MORE THAN SPORTS.  
LIFE**

## A MESSAGE FROM OUR TEAM

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As you read our annual report, we invite you to learn about how LiFEsports utilizes sport to prepare youth for life and leadership across Central Ohio and beyond. Over the past year we have continued to grow our outreach programs to now over five communities in Central Ohio. Our emphasis on teaching and preparing youth development professionals has taken on a new life through Coach Beyond, a partnership with the Ohio High School Athletic Association (OHSAA). Coach Beyond focuses on training coaches all over Ohio in how to support student-athlete mental health, wellness, and overall development on and off the field, court, pool, etc. Finally this year, we were able to complete the first-ever randomized control trial exploring outcomes associated with the LiFEsports' camp intervention – and the good news, it works! We hope this report inspires you to join us in our commitment to making quality sport experiences accessible to youth in Central Ohio, especially as we grow to meet the demand locally and beyond.

Sincerely,

The LiFEsports Team



**JEROME DAVIS, PHD**

Co-Executive Director – Service/Outreach



**DAWN ANDERSON-BUTCHER, PHD, LISW-S**

Co-Executive Director – Teaching/Research



**REBECCA WADE-MDIVANIAN, MSW, LISW-S, CMPC**

Director of Operations



**SAMANTHA BATES, PHD, LISW**

Director of Research



## WHO WE ARE

# MISSION

To prepare youth for life and leadership through sport.

# VISION

To be the national exemplar in sport-based positive youth development programming.

# OUR GOALS

## SERVICE AND OUTREACH

Provide quality sport-based positive youth development programming, especially to those youth from vulnerable circumstances.

- Camps
- Clinics
- Youth Leadership Academy

## TEACHING AND LEARNING:

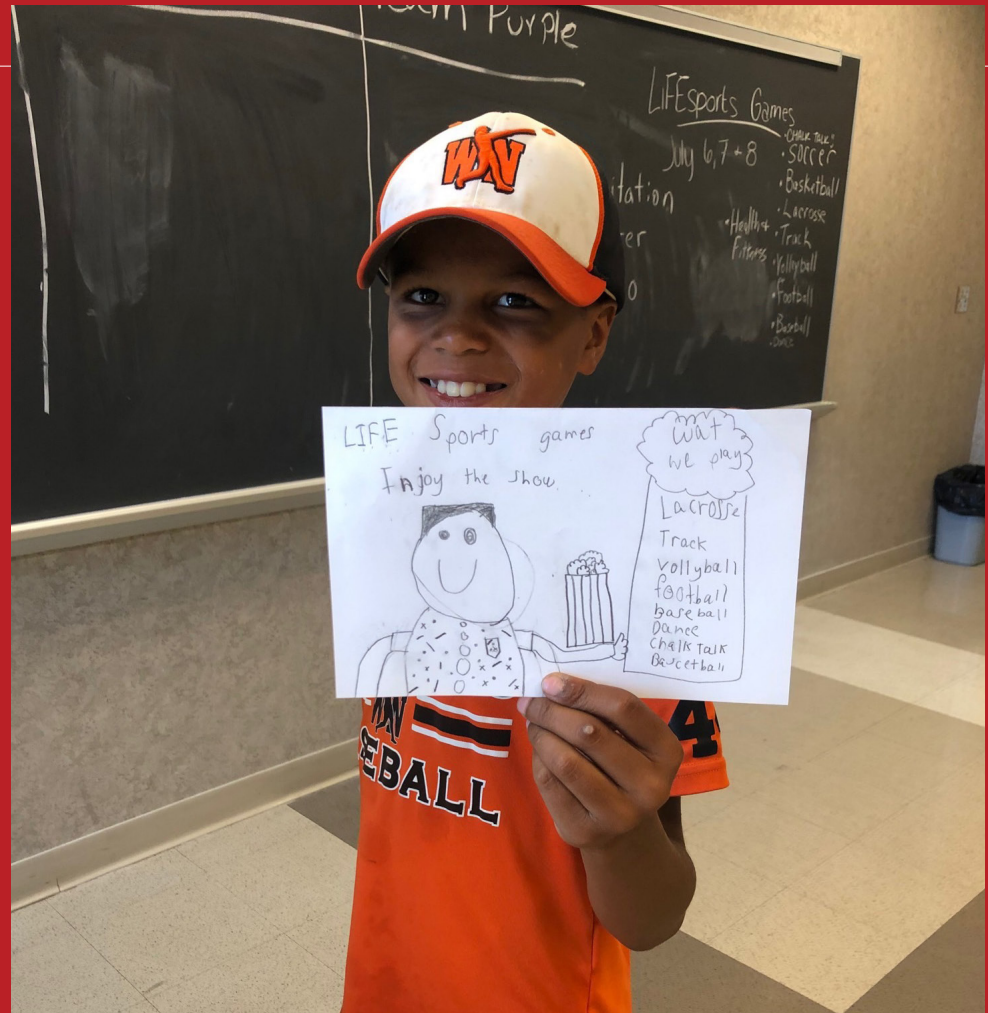
Prepare and train tomorrow's sport-based youth development workforce.

- Undergraduate & Graduate Student Experiences
- Coach Beyond partnership with OHSA

## RESEARCH:

Research and share best practices in sport-based youth development.

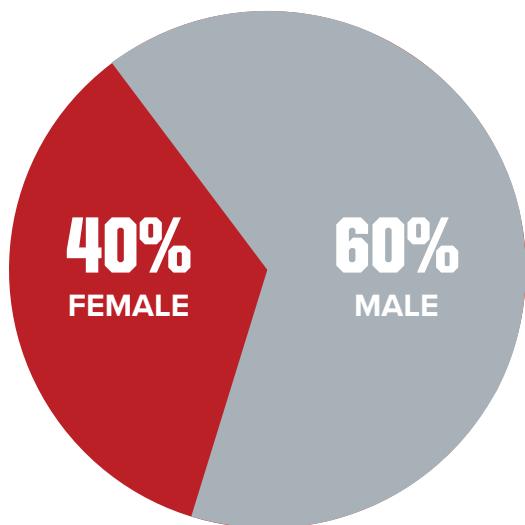
- Student-Led Research
- Faculty-Led Research



Since 2009, LiFEsports has grown to address the ever-changing needs of our community's youth and the field of sport-based positive youth development (PYD). Today, LiFEsports is nationally recognized as a premier model for sport-based PYD. Most of our work involves using sport to impact the lives of those who need it most. Our Initiative's continued focus on teaching has continued to impact the sport-based PYD field by developing tomorrow's workforce. Our research demonstrates how sport can make a difference in the lives of youth and other stakeholders.

# WHO WE SERVE

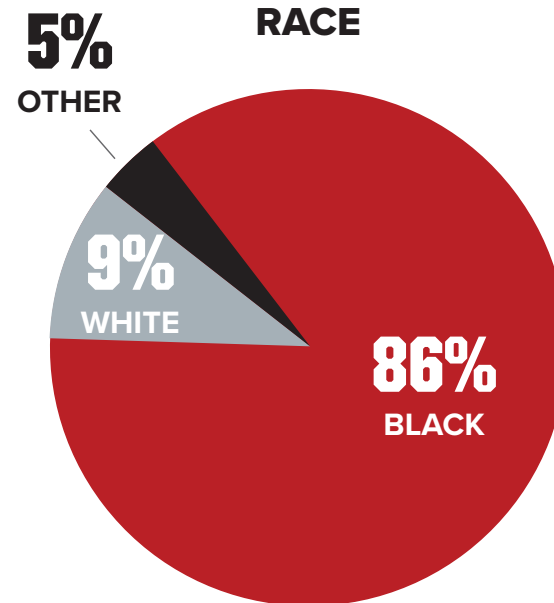
## GENDER IDENTITY



**74%**

**LIVING IN  
POVERTY**

## RACE



# GEOGRAPHIC REPRESENTATION

Since 2009, LiFEsports has provided quality sports-based programming to **over 10,000** youth across Central Ohio. In 2022-23 alone, we **served 778 youth** and are primed to serve **over 1,000** during the summer of 2023.

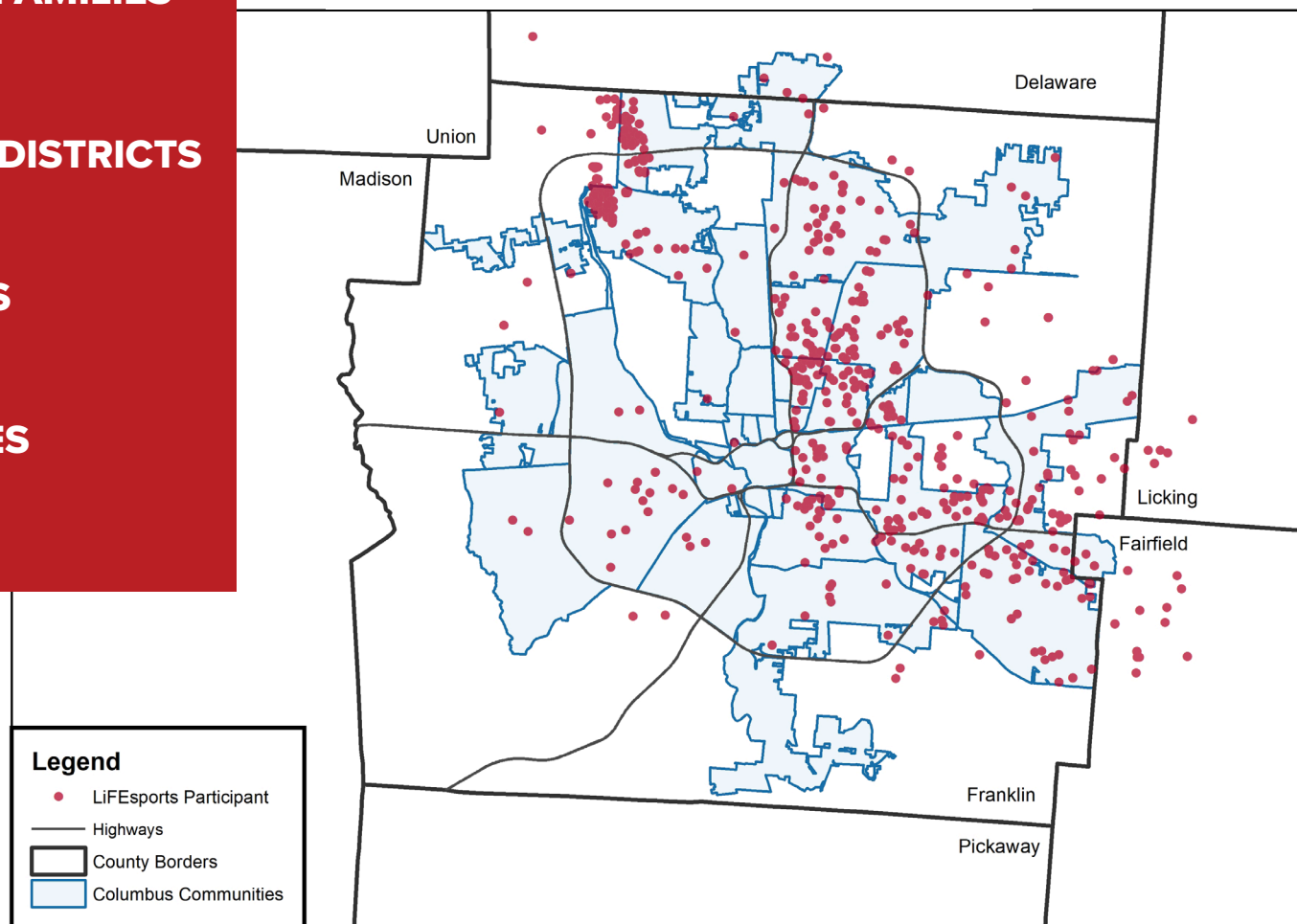
**OUR YOUTH AND FAMILIES  
COME FROM :**

**21** SCHOOL DISTRICTS

**182** SCHOOLS

**42** ZIP CODES

2022 LiFEsports Participation





# CHALLENGES FACING OUR YOUTH

## YOUTH SPORT ACCESS:

Low-income youth are less likely to participate in sport than their more affluent peers. Only 1 in 4 youth ages 6-12 and living in homes earning less than \$25,000 annually play on a team sport (Sports & Fitness Industry Association, 2021). On average, families across the U.S. are paying \$883 annually in one child's primary sport (Aspen Institute Project Play, 2022). LiFEsports promotes access to sport among underserved youth, as well as allows youth to sample multiple sports (many of which they may have never been exposed to such as tennis and lacrosse).

## GROWING MENTAL HEALTH NEEDS:

Over the last decade, there has been a 40% increase in anxiety, depression, and thoughts of self-harm among youth in the U.S. (CDC, 2021). Schools are reporting a 20% increase in behavioral mental health concerns among students, with 63% of those in need of services in Ohio not receiving treatment (Hope Futures Campaign, 2022). LiFEsports equips youth with key social-emotional skills necessary to navigate challenging life circumstances and community violence.

## LACK OF TRAINED COACHES:

Coaches are being asked to do more with less. We know our youth are struggling with mental health concerns, however only 18% of coaches feel highly confident in their ability to link athletes to mental health resources (National Coach Survey, 2022). LiFEsports prepares coaches to support student-athlete mental health, while also connect youth and their families to needed community-based resources.

## MOTIVATION FOR COLLEGE/CAREER:

Only 27% of youth from Columbus City Schools enter college within two years of graduating from high school, demonstrating a need to intervene beyond the classroom to improve students social and economic mobility (Ohio School Report Cards, 2022). LiFEsports exposed youth to careers and the college experience, as well as provides role models who exemplify future possible selves, institute hope, and foster aspirations.



## ADDRESSING THESE CHALLENGES THROUGH OUTREACH, TEACHING, & RESEARCH

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Our outreach programs focus on teaching youth four critical social skills:

**S**ELF-CONTROL

**E**FFORT

**T**EAMWORK

**S**OCIAL RESPONSIBILITY



# LiFesports SUMMER CAMP

In 2022, LiFesports operated **5** summer camp opportunities – our traditional campus-based program and four community-based sites located at Adams Community Center, Beatty Community Center, Linden Community Center, and Riverside Elementary in Dublin City Schools. Additionally, Clark State Health District operated one licensed LiFesports Summer Camp.

# LiFesports CLINICS

**16** different sports clinics were hosted by LiFesports both on campus and in the community. These clinics introduced youth to basketball, track, volleyball, futsal, dance, lacrosse, art, baseball/softball, strength & conditioning, field hockey, recreational sports and street hockey. Clinics were done with partners such as the Ohio State men's soccer team, Columbus Futsal, and Flag Football Fanatics.



## PARENT TESTIMONIAL



"LiFesports+ Summer Camp has been the BEST choice I made for my kid's summer experience. From the moment I signed up at the registration event at the Beatty Park & Rec Center, excellence customer service, a personal touch, passion & heart driven leaders is what I felt from day one and throughout the entire summer! My children absolutely loved the hands-on experience and not only "just" sports but sports with structure! My daughter, Nina was introduced to track and field during summer camp in 2022. She loved it so much after she learned about the sport and how even at her age, she was more than capable of being a runner, including becoming an AAU All-American in 2023! We pay a special thank you to LiFesports for opening her eyes to all the possibilities and motivating her to be great!! As a parent of 5 kiddos, I value the diversity in programming so that it reaches every kid! This program is a blessing to the community!"

Taja Hammond, LiFesports Parent

## ADDRESSING THESE CHALLENGES THROUGH OUTREACH, TEACHING, & RESEARCH

### LiF*Esports* YOUTH LEADERSHIP ACADEMY

The YLA is dedicated to preparing past LiF*Esports* campers who are now in high school for college and careers. We work on developing key skills related to communication, public speaking, and citizenship, as well as engage youth in service and leadership opportunities at LiF*Esports* and in the community.

### SPORT IN A BAG

This past year, the Lindy Infante Foundation and LiF*Esports* partnered together to distribute bags of at-home sports gear to youth experiencing poverty across Central Ohio. Each bag included a jumprope and either a basketball, football or soccer ball, as well as a “LiF*Esports* At Home” Instructional Guide inclusive of activities for kids to stay active and be healthy. Over 2,000 bags were distributed in 2022!



**SP(LiF)RT**  
**IN A BAG**  
LINDYINFANTEFOUNDATION

**2,000**

**BAGS DISTRIBUTED**

through a partnership with the Lindy Infante Foundation



## HOLLYN TILLMAN



Hollyn Tillman has participated in LiFEsports for the last seven years. We have enjoyed seeing Hollyn grow from a camper into a participant in our Youth Leadership Academy (YLA). As a camper, Hollyn displayed a natural ability to lead through example. We've loved watching Hollyn grow in her leadership skills over-time, especially in her verbal communication skills. According to Hollyn, "LiFEsports and the YLA greatly impacted my life by making high-school a lot easier than what it had been. They give me something to look forward to when I have nothing to do. Both programs helped me with my social anxiety and allowed me to become confident in my voice. Throwing away that shell of anxiety has allowed me to take advantage of so many opportunities I would have missed." Hollyn has not only been a tremendous leader in YLA, but also on the track. She competes in the 100, 200 and 400 events at Reynoldsburg High School, where she has placed 5th at the state level. Hollyn recently accepted a full scholarship at Tiffin University and will join its track and field team and study sports medicine.

## OHIO STATE WOMEN'S LACROSSE CLINIC



In early December 2022, we hosted a lacrosse clinic at the Adventure Recreational Center (ARC) on OSU's campus.... with huge help from our varsity Women's Lacrosse Team! As the student-athletes facilitated several lacrosse activities, we instantly saw improvements in shooting, scooping, cradling, passing, receiving, and "push-pull" techniques among our youth. We even got to see some game action toward the end of the clinic. As youth played 6 vs 6 games, some of the lacrosse student-athletes joined in the fun. Others helped the youth play a lacrosse variation of Sharks and Minnows (called Thunder Dome)! Youth demonstrated so many examples of SETS throughout the clinic. They showed self-control by managing their emotions when struggling with new techniques, effort as they continued working hard even when they dropped the ball, teamwork when they encouraged their peers and worked together on teams throughout the clinic (especially during 6 vs 6). Huge shout out to OSU Women's Lacrosse!



## PREPARING SPORT LEADERS & COACHES

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LiFEsports works year-round to provide teaching and learning opportunities to undergraduate and graduate students interested in the field of sport-based positive-youth development. Our Coach Beyond Initiative, a partnership with the OHSA. Twelve school districts across the state are involved. This initiative is now helping to address the needs of coaches across Ohio and beyond. In 2022, we trained 4,739 coaches in Ohio in topics such as supporting student-athlete mental health, promoting positive team environments, and enhancing mental performance.

## UNDERGRADUATE & GRADUATE STUDENT EXPERIENCES:



**228**

### UNDERGRADUATE & GRADUATES

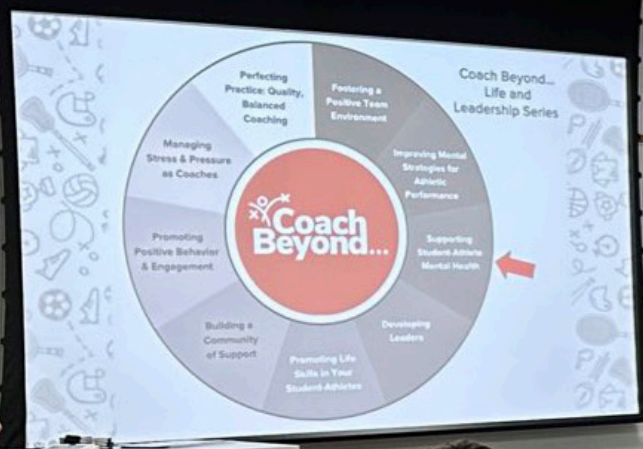
students engaged in internships, coursework, volunteer events, research and/or employment.



**49**

### OSU STUDENT-ATHLETES

gave back to their community through experiences with LiFEsports this year!



## LIFE & LEADERSHIP THROUGH SPORT

During the 2022-2023 school year, our Coach Beyond team piloted our Life and Leadership Through Sport Series at Hilliard Bradley, Davidson, and Darby High Schools. In total, 16 gamified educational sessions were offered to student-athletes and coaches. Sessions focused on health and wellness in sport including supporting student-athlete mental health, fostering a positive team environment, improving mental strategies for athletic performance, and managing stress and pressure. Across the three schools, 1,025 student-athletes and 120 coaches participated in at least one session. Results from the pilot program were promising, as 68% of student-athletes felt the sessions increased their valuation of wellness in sport; 72% of coaches reported gaining knowledge from the sessions; and 93% of coaches reported feeling more confident in providing emotional support to student-athletes. This work continues to expand to other schools and districts across Ohio!

## DISCOVERING WHAT WORKS

What makes LiFEsports stand apart from traditional sports-based positive youth development programs is our specific focus on understanding how and why youth development programs and sports impact youth. Each year LiFEsports works to engage faculty, staff, and students from both OSU and partner universities in research.

## RESEARCH BY THE NUMBERS

15

International, national,  
regional and local research  
presentations

6

Undergraduate students

4

Staff members

14

Community members

5

Master's students

3

PhD students

7

Faculty research partners  
from 5 institutions

4

Commissioned  
evaluation reports

3

Published peer-  
reviewed journal  
articles



## QUALITATIVE RESEARCH ON FORMER LS CAMPERS AND PARENTS



Travis Scheadler, a PhD student in the OSU College of Social Work, recently led an important study to better understand how S.E.T.S. and other skills learned at LiFEsports continue impacting campers as young adults. Travis interviewed 14 former LiFEsports campers and 19 parents/caregivers of past campers. His study found that former campers **continue to use S.E.T.S. into early adulthood to support their overall health and well-being and interpersonal relationships. Former campers also transfer skills learned at LiFEsports to school, work, and community events.** One former camper shared how he uses social responsibility, stating, “I started [an organization]. We’re partnered with Google, so and it’s focused on bringing cloud technology or bringing digestible cloud concepts to Black African Americans or Black Americans that wouldn’t have opportunities to those resources otherwise.” Travis’ research has helped us better understand how our campers take what they’ve learned and make a positive impact in the community!

## NATIONAL COACH SURVEY



In 2022, LiFEsports partnered with the Aspen Institute, the Susan Crown Exchange, and Nike to launch the first-ever National Coach Survey. This survey collected data from over 10,000 coaches and provided important information about coach education and training in the U.S. One key finding that continues to support our work in Ohio and beyond was that coaches who participated in formative trainings in the past were significantly more confident in their coaching behaviors than those who had not participated in trainings. We are proud to have led this effort nationally as results continue to inform innovations and adaptations in the youth sport environment. This work is also tied to the Million Coach Challenge national work funded by the Susan Crown Exchange. We are proud to be part of this work.

## PROMOTING POSITIVE SOCIAL SKILLS & MENTAL HEALTH AMONG YOUTH

### LiFEsports Campus and Community Sites – Growth in S.E.T.S.

#### Pre- and Post-Camp Perceptions Among Campus and Community LiFEsports Participants

■ Pre-Test ■ Post-Test



Note. Scores reflect campers who reported room to grow on each of our S.E.T.S. items.

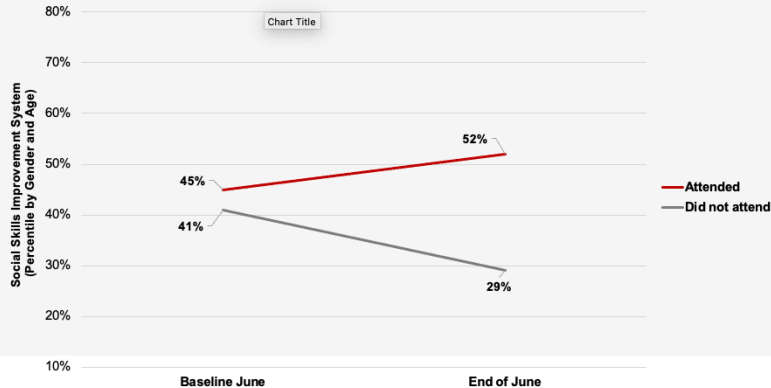
10

### LiFEsports+ Dublin: Caregiver Perceptions Social Skills Improvement System (SSIS): Randomized Control Time Series Design

Caregiver Perceptions of Social Skills (N = 96)

Attended LiFEsports in June (n = 49)

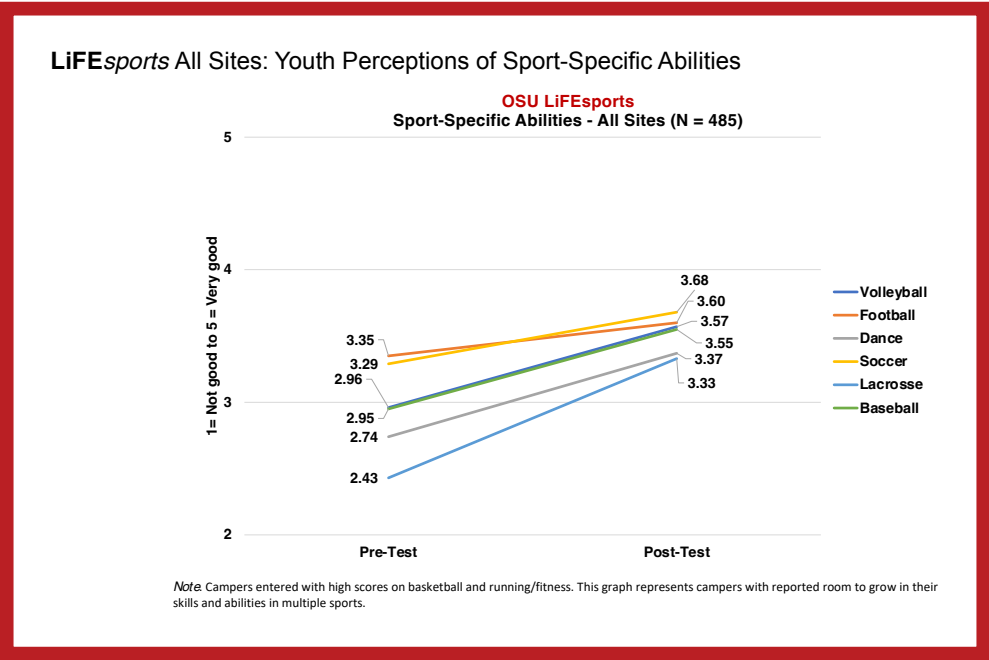
Did not attend LiFEsports in June (n = 45)



778 YOUTH PARTICIPATED IN:

16

different sports through our outreach programming. Additionally data suggest that youth are not only gaining more access but also growing in perceptions of sport-ability (one determinant of future sport participation).





# INCREASING COLLEGE ENROLLMENT & CAREER ASPIRATIONS FOR OUR YOUTH

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## LiFEsports IN THE COMMUNITY

**81%** of LiFEsports youth report their involvement in LS made them want to go to college.

**100%** of Youth Leaders report they are confident they will be accepted to college.



## INCREASED COACHES TRAINED IN POSITIVE YOUTH DEVELOPMENT

# 4,739 COACHES TRAINED IN 2022-23

The majority of coaches trained in-person engaged in our Supporting Student-Athlete Mental Health module. This 1-hour training continues to demonstrate significant impact as reported by coaches. For instance, only 20% of coaches felt knowledgeable about strategies and resources to support student-athlete mental health BEFORE attending our mental health training, whereas 82% of coaches feel confident in this domain AFTER attending this training.



## COACHES ALSO REPORT LEARNING:

- “Techniques to help identify and probe for mental health issues.”
- “Different ideas on how to do think, pair, share with athletes.”
- “How open-ended questions are much more effective in developing dialogue and knowing what is happening with our student-athletes and coaches.”

## SINCE 2009, LiFEsports HAS RECEIVED BOTH LOCAL AND NATIONAL RECOGNITION FROM:

- **2012** NSLA Excellence in Summer Learning Award
- **2018** Ohio State University’s Distinguished Community Engagement Award
- **2020** W.K. Kellogg Foundation Community Engagement Scholarship Award
- **2020** Aspen Institute Project Play Champion
- **2021** American Camp Association Accreditation
- **2022** National Youth Sport Strategy Champion
- **2022** National Association of Collegiate Directors of Athletics Community Service Award



## OUR OPPORTUNITIES

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### MEETING COMMUNITY DEMAND

Over the past five years, LiFEsports has expanded from one camp to five. Despite this growth, continued demand for programming. In 2022, over 100 youth were waitlisted for our camp programs. LiFEsports has developed a licensed program model to allow for other community organizations to implement our camp model. Additional partnerships and funding are needed to meet the youth demand.



### HIGH SCHOOL WORK SUPPORT

Our Youth Leadership Academy annually engages 40 diverse youth in leadership development programming. Currently these youth volunteer their time during summer camps. Given many of these youth are low-income, LiFEsports would like to find additional ways to stipend and/or pay youth for their time during the summer. This would allow more youth to participate in this programming instead of having to find summer work.

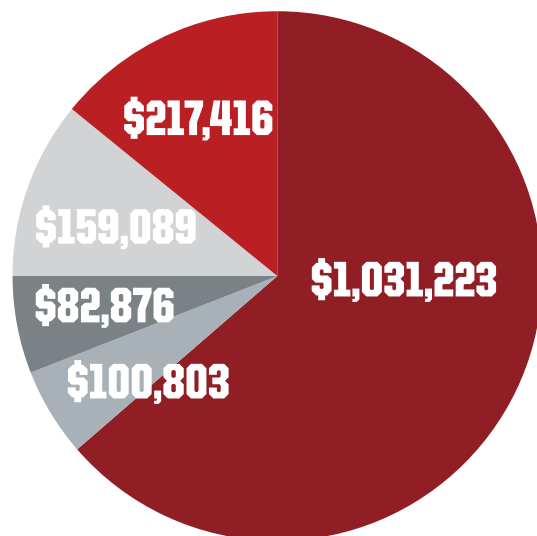


### SUSTAINING COACH EDUCATION

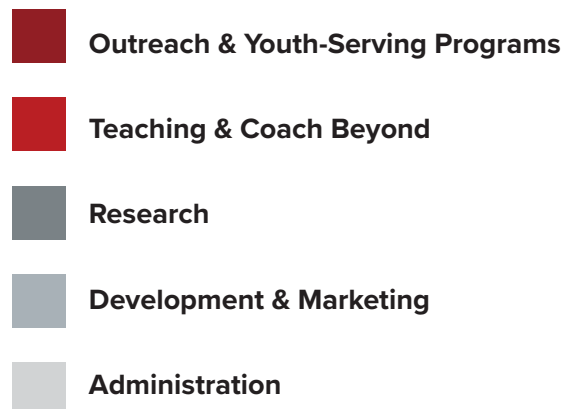
Our coach education partnership, Coach Beyond, is funded through a time-limited grant from the Susan Crown Exchange. As this grant ends in 2024, LiFEsports will need to secure additional funding to ensure that our coach education offerings can be provided free of cost to local sport organizations, schools and other youth-serving organizations.



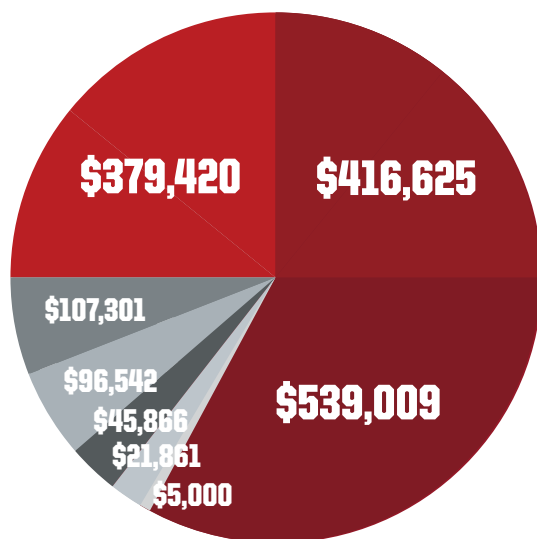
# FINANCIAL REPORT



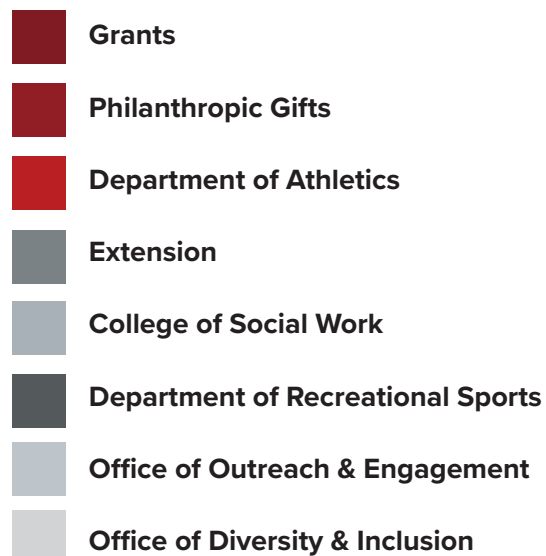
## MAJOR EXPENSES



Total: \$1,591,407



## FY23 FUNDING



Total: \$1,611,624

# ANNUAL CONTRIBUTIONS

(June 2022 to May 2023)

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## Hall of Fame (\$50,000+)

The Lindy Infante Foundation  
Alcohol, Drug and Mental Health (ADAMH)  
Board of Franklin County  
City of Columbus, Recreation and Parks  
Department  
Columbus Metropolitan Housing Authority  
Ohio State University, Department of Athletics  
Ohio State University, College of Social Work  
Ohio State University Extension  
Ohio State University, Department of  
Recreational Sports  
Columbus City Schools  
Susan Crown Exchange

## Champion (\$25,000)

Dick's Sporting Goods  
Franklin County Department of Jobs  
and Family Services

## MVP (\$10,000)

Dublin City Schools  
Fitzsimonds Charitable Trust  
Life Time Foundation  
Northwoods Foundation  
Ohio Ophthalmological Society  
Ohio State University, Office of Outreach  
and Engagement  
Pitney Bowes  
United Way of Central Ohio  
Stanley Steemer  
William H. Davis, Dorothy M. Davis, and William  
C. Davis Foundation of the Columbus  
Foundation

## All-Star (\$5,000)

Phil and Ronda Anglim  
Cameron Mitchell Restaurants  
Clark County Combined Health District  
Columbus Equipment Company  
Columbus Youth Foundation  
Do It for 19, LLC  
Encova Foundation of Ohio  
Honda of Marysville  
Impact60  
Patricia J. Appold Family Charitable Fund of  
National Philanthropic Trust  
Ohio State University, Office of Diversity  
& Inclusion  
The Rusty Bucket Restaurant and Tavern  
Safelite

## Starter (\$1,500)

Tony Amorose  
Rachel Friedman  
The Milburn Family Charitable Fund of  
Schwab Charitable  
United Way Worldwide

## Rookie (\$750)

Dawn Anderson-Butcher and C.D. Butcher  
Bailey Cavalieri  
Todd Barnhouse  
IGS Energy  
Interstate Gas Supply Inc.  
Thomas Katzenmeyer  
Lifetime Quality Roofing  
Ryan Logan  
Tigran & Rebecca Mdivanian  
Bill & Alicia Nolan

Tommy & Elizabeth Rowlands  
Marsha & Virgil Temple  
TEGNA Foundation  
Dave & Sara Van Slyke

## First Round Draft Pick (\$250)

Aspen Energy Corporation  
Randy and Tracy Bates  
Jerry & Kim Bean  
Christopher Brady  
Tasha Childs  
James Craft  
Leo Alfred Jewelers, Inc.  
Lisa Durham  
Greenbaum Giving Fund  
Tony Groh  
Robert & Eileen Papatto  
Michael & Nancy Scoliere  
Ryan Schmiesing  
James and Jessica Sauter  
Abbie Sharp  
Julia Tyre

## OUR ADVISORY COUNCIL & LEADERSHIP TEAM

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### **Phil Anglim**

Retired  
JP Morgan Chase

### **Todd Barnhouse**

Chief Executive Officer  
Ohio Child Care Resource & Referral Agency

### **Jon Berniger**

Financial Strategist  
First Financial Group

### **Kirk Bloir**

Director, 4-H Youth Development  
Ohio State University Extension

### **Michael Childs**

Vice President, Community Development Director  
United Midwest Savings Bank

### **Kenton Curtis Jr.**

Assistant Director  
City of Columbus Department of Recreation & Parks

### **Kristi Daiker**

Venture Partner  
Refinery Ventures

### **Kevin Dixon, PhD**

Lecturer - Ohio State University College of Social Work  
Retired - Vice President - ADAMH Board

### **Lisa Durham**

Assistant Dean of Strategic Initiatives  
Ohio State University College of Social Work

### **Shawnte' Elbert**

Associate Vice President  
Ohio State University Office of Student Life

### **Corinne Evans**

Executive Director, Engage Central Ohio

### **Nettie Ferguson**

Community Prevention Manager,  
ADAMH Board of Franklin County

### **Matt Flamer**

Vice President  
Huntington National Bank

### **Rachel Friedman-Webb**

Founder/CEO  
TENFOLD

### **Thomas Gregoire, PhD**

Associate Professor  
Ohio State University College of Social Work

### **Kevin Griffin**

Associate Vice President of Brand Engagement, Services, &  
Partnerships The Ohio State University Department of Athletics

### **Tony Groh**

National Account Manager  
The AZEK Company

### **Stephanie Infante**

President  
The Lindy Infante Foundation

### **David Jenkins, PhD**

Dean  
The Ohio State University College of Social Work

### **Melissa Kass**

Philanthropist

## OUR ADVISORY COUNCIL & LEADERSHIP TEAM (CONTINUED)

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**Ameena Kemavor, PhD**

Vice President of Advocacy & Engagement  
ADAMH Board of Franklin County

**Kacy King**

Director  
The Ohio State University Student Athlete Support Services Office

**Ryan Logan**

Senior Purchasing Manager  
Worthington Industries

**Andre Love**

Director  
Ohio State University Department of Recreational Sports

**Todd Markiewicz**

President, The 1870 Society

**Bill Nolan**

Partner, Barnes & Thornburg LLP

**Brianne Parnell**

Extended Learning Supervisor, Columbus City Schools

**Debbie Pfeiffer**

President  
Pitney Bowes Presort Services

**Erik Porfeli, PhD**

Chair  
Ohio State University Department of Human Sciences

**Jim Sauter**

Vice President & Operating Partner  
The Rusty Bucket

**Ryan Schmiesing, PhD**

Vice Provost, Ohio State University Office of Outreach and Engagement

**Katie Smith**

Assistant Coach, Minnesota Lynx

**Ralph Smithers Jr.**

Assistant Vice President of Equity, Inclusion and Community Relations, Encova Insurance

**Dave VanSlyke**

Associate Attorney, Plunkett Cooney

**Yolanda Zepeda, PhD**

Assistant Vice Provost, Ohio State University Office of Diversity & Inclusion



# FACULTY, STAFF & PHD STUDENTS

---

**Dr. Jerome Davis** | Co-Executive Director

**Dr. Dawn Anderson-Butcher** | Co-Executive Director

**Dr. Samantha Bates** | Director of Research

**Rebecca Wade-Mdivanian** | Director of Operations

**Catelen Ramsey** | Assistant Director of Programming

**Joe Ingram III** | Program Manager

**Tommy Papotto** | Program Manager

**Sean Fee** | Communications & Community Engagement Manager

**Taylor Pack** | Coach Beyond Manager

**Sydney Moore** | PhD student

**Obidiah Atkinson** | PhD student

**Emily Nothnagle** | PhD student

The work of LiFEsports would not be possible without the countless hours of time given by our over 204 volunteers who mentor youth, fundraise, provide strategic expertise and guidance, support research, provide internships for our students, market our programs, and more!

# LiFElife sports™

at The Ohio State University®

## SPONSORED BY

