



# 2012 ANNUAL REPORT



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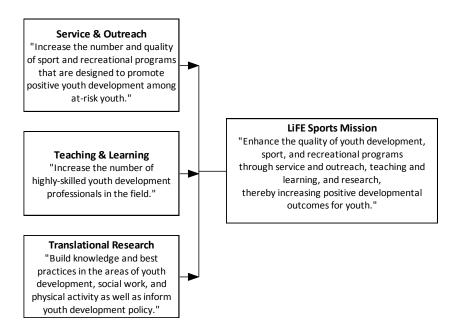
## Introduction

The following annual report has been developed to share the growth and development of the Learning in Fitness and Education through Sports (LiFE Sports) Initiative from 2011-2012. The mission of the LiFE Sports Initiative's is to:

"Enhance the quality of youth development, sport, and recreational programs through
Service & Outreach, Teaching & Learning, and Research,
thereby increasing positive developmental outcomes for youth."

To achieve this mission, LiFE Sports focuses on 3 primary strategies: Service & Outreach, Teaching & Learning, and Research. Figure 1 overviews each strategy's overall objective and the alignment of the objective with the LiFE Sports Initiative's overall mission.

Figure 1. LiFE Sports Objectives & Mission



Following the conclusion of the 2011 LiFE Sports Summer Camp, the LiFE Sports leadership team set overall initiative goals for the 2011-2012 academic year. These goals were developed to strengthen each of the 3 strategies: Service & Outreach, Teaching & Learning, and Research. Goals were also set pertaining to the continued funding and development of the LiFE Sports Endowment Fund and ongoing operating expenses. The following annual report overviews each key strategies, related goals, and attainment or level of fulfillment of these goals during 2011-2012.

## Service & Outreach

A variety of Service & Outreach goals were set during 2011-2012, including the enhancement of the LiFE Sports Summer Camp and Clinics, broadening the LiFE Sports community impact by expanding partnerships with local youth service organizations, and making LiFE Sports more visible to our youth, families, community, and university partners. The following provides an overview of each Service & Outreach goal as well as describes progress made towards the goals.

## **Attendance & Participation**

Attendance and participation is one of the most critical indicators of success, as well as a necessary indicator for future expansion. During 2011-2012, LiFE Sports set five goals related to attendance and participation. These goals were:

- Maintain 600 youth registered for the LiFE Sports Summer Camp;
- Increase registered youth for the LiFE Sports Youth Leadership Camp;
- Increase average attendance at LiFE Sports Clinics;
- Increase number of regularly attending youth; and
- Increase the percentage of returning youth.

LiFE Sports operated during the summer of 2012 for 19 days for 6.5 hours/day. Each day focused on a sport-based foundational skill, as well as a social skill related to broader social competence and emotional/behavioral functioning. Figure 14 in the Appendix showcases the social competence curriculum. In addition to these sessions, participants received instruction in 8 different sports, such as basketball, swimming, and soccer. They also engaged in a College Access Career Day and culminating Olympic event.

In 2012, 747 campers were registered for the 2012 LiFE Sports Summer Camp and of those registered, 695 attended at least one day. Please note that the demographics included here are representative of all youth who attended at least one day of camp during 2012. Demographics include: 27.8% reported that they were a previous camper of LiFE Sports. 62.7% of the campers were male and 37.3% female. 77.4% of campers were African-American (n=401), 5.2% is

White/Non-Hispanic (n=30), 2.5% is Native American (n=13),

2.5% were Hispanic (n=13), and 11% were Other (n=57). Please note 181 youth did not report ethnicity.

13),

that

Of the 695 youth actually attending camp, 72.1% reported receiving free and/or reduced lunch at school; 42.6% (n=246) reported living with their mom; 43.9% (n=224) reported living with both parents; 3.3% (n=17) reported living with their dad; 2.7% (n=14) reported living with a grandparent; 1.8% (n=9) reported living with someone other than their mom or dad. 185 youth did not report who they lived with on their surveys.

Table 1. Youth Participation in 2011 LiFE Sports Summer Camp by School District

SCHOOL DISTRICT				
District	Total #	Percentage		
Columbus City	314	45.2%		
Charter	72	10.4%		
Gahanna	9	1.3%		
Groveport Madison	25	3.6%		
Licking Heights	5	.7%		
New Albany	5	.7%		
Pickerington	8	1.2%		
Private	24	3.5%		
Reynoldsburg	14	2.0%		
Southwestern	16	2.3%		
Westerville	7	1.0%		
Whitehall	14	2.0%		
Unknown	171	24.6%		
Other	11	1.6%		
TOTAL	695	100 %		

<sup>\*</sup>Other local schools include Canal Winchester, Cincinnati, Dublin, Kings Local, Olentangy Local, Upper Arlington, and Worthington.

In addition to maintaining enrollment at the LiFE Sports Summer Camp, LiFE Sports also strove to increase involvement of older campers in the LiFE Sports Youth Leadership Camp, which is geared toward youth ages 15-18. In 2012, 54 youth leaders were registered for the 2012 LiFE Sports Youth Leadership Camp. This increase from 44 in 2011 to 54 in 2012 represents a 22% increase in enrollment. Of those registered, 46 attended fairly regularly. Demographics of these older campers include: 59.5% reported that they were a previous camper of LiFE Sports. 56% of the campers were male and 44% female. 84% of the youth leaders were African-American (n=21) and 16% multi-racial (n=6). Please note that 19 youth did not report ethnicity on their surveys. Additionally, please note that the demographics included here are representative of all youth who attended at least one day of camp during 2012. Table 2 below also provides youth leadership participation by school district.

The third attendance and participation goal during 2011-2012 was to increase the average attendance at each clinic to at least 35 youth per clinic (which would reflect a 32% increase from 2010-2011). The average attending during 2011-2012 LiFE Sports clinics was 60.2 youth. This 125% increase in attendance indicates both the need for this type of programming in the community, as well as is indicative of the sense of community and belonging campers are feeling in relation to LiFE Sports and OSU. In addition to the increase in attendance at clinics, 49 youth also were eligible for early registration due to their clinic and camp involvement. More specifically, these 49 youth attended 3 or more clinics and attended at least 16 of the 19 days at camp the previous summer. As such, they were

guaranteed registration in the summer 2012 camp. Table 3 provides a list of clinics over the past three years as well as attendance/ participation at these clinics by youth.

Table 2. Youth Participation in 2012 LiFE Sports Youth Leadership Camp by School District

SCHOOL DISTRICT				
District	Total #	Percentage		
Columbus City	15	32.6%		
Charter	26	56.5%		
Olentangy	1	2.2%		
Private	2	4.3%		
Reynoldsburg	2	4.3%		
TOTAL	46	100%		

In addition to increasing attendance both at camp and at clinics, LiFE Sports also aimed to increase the individual rate of daily attendance at camp, as past research at LiFE Sports indicates that youth who attend with greater frequency are more likely to increase both their social and athletic competence (Anderson-Butcher et al., 2010; McDonaugh, Ullrich-French, Anderson-Butcher, Riley, Amorose, & lachini, in review). In 2010, 49% of youth attended LiFE Sports 89% of the days (or 17 of 19 days). This increased to 51% in 2011. The goal during 2012 was to continue this trend upward to 55% of youth attending at least 17 days of camp. Unfortunately in 2012, this number declined significantly with only 37% of youth attending 17 days or more. One challenge seemed to be that the camp was implemented over the July 4<sup>th</sup> week (and the holiday occurred on a Wednesday). This seemed to significantly impact attendance overall, as many youth didn't return on the final dates of camp.

The final participation goal was to increase the number of returning youth to camp. This goal is based on the reasoning that increased exposure to camp will further enhance critical protective factors for the youth, including creating a sense of belonging, connections with caring adults, and increased social competence. In 2011, 31% of campers were returning for at least their second year of camp. The goal was set in 2012 to increase this number by 9% to 40%. In 2012, 27.8% of campers reported being a returning camper to LiFE Sports. While this decline was not ideal, it was anticipated by LiFE Sports staff following the annual registration day. The 2012 Registration Day saw over 700 campers registered within 15 minutes from opening the door. This was a record-breaking turnout. In fact, the camp was closed within 45 minutes of registration being opened. This is reflective of the great need for LiFE Sports and other summer youth programs. Many returning families, however, were not prepared to arrive at 8 a.m. to secure their spot. Unfortunately, due to the first come first serve policy of camp, many returning youth were turned away once camp was fully registered.

Overall, however, most attendance and participation goals in 2011-2012 were met and are indicative of both the quality of the programming and the need to continue to offer more programming for Columbus youth.

Table 3. Clinic Attendance 2009-2012

Date	Program Topic Area	Location	Attendance
2009-2010			
October 17, 2009	Basketball	Westside Boys & Girls Club	19
December 12, 2009	Holiday Party	Westside Boys & Girls Club	37
January 16, 2010	Soccer	Westside Boys & Girls Club	25
February 13, 2010	Social Dance	Westside Boys & Girls Club	13
March 13, 2010	College Access	OSU	15
April 24, 2010	Swimming & Spring Game	OSU	43
2010-2011			
September 18, 2010	Soccer	Westside BGCC	16
November 6, 2010	Lacrosse	Westside BGCC	15
December 4, 2010	Basketball	Milo Grogan BGCC	36
February 12, 2011	Social Dance	Milo Grogan BGCC	26
March 17, 2011	Volleyball	Milo Grogan BGCC	30
April 23, 2011	Football/Spring Game	OSU	36
2011-2012			
October 2, 2011	Soccer	Linden Park	10
November 12, 2011	Basketball	Milo Grogan BGCC	78
December 3, 2012	Men's Basketball Game	OSU	84
February 11, 2012	Social Dance	Milo Grogran BGCC	52
March 31, 2012	Track	OSU	33
April 21, 2012	Football/Spring Game	OSU	104
		TOTAL	311

## **Program Quality Improvements**

Over the past 3 years, LiFE Sports has made tremendous gains in improving the quality of the experience that youth receive at both the clinics and summer camp. To continue this trend, the LiFE Sports Initiative set three goals in 2011-2012. These goals were to:

- Reduce the percentage of youth dismissed from camp
- Increase the awareness of camp polices by staff, parents, and youth
- Increase the number of community and University partners

Each year, LiFE Sports dismisses a number of youth from camp due to a variety of reason, with the most prevalent being behavioral and attendance issues. Each year, LiFE Sports dismisses a number of youth from camp due to a variety of reason, with the most prevalent being behavioral and attendance issues. In 2012, the goal was set for LiFE Sports to dismiss less than 5% of enrolled campers (with enrollment being 747). The overall dismissal rate for 2012 was 12.6% or 94 youth. Of those campers dismissed, 17% (or 16 youth) were dismissed for behavior concerns and 83% were dismissed for attendance (missing more than 3 unexcused days of camp). Please note that these figures include campers who never attended one day of camp but were registered for camp. While the goal was not met for 2011-2012, these data do reflect an improvement in behavioral data as only 2.1% of campers were dismissed for behavioral concerns. Continued efforts will be made to improve attendance and engagement.

An ongoing goal of the LiFE Sports Initiative is to continue to improve communication with all staff, parents/caregivers and youth. In 2011-2012, four issues of the LiFE Sports parent/family newsletter

were distributed to all LiFE Sports youths' families, community partners, university partners, and other business and community members respectively. It is estimated that these newsletters reached approximately 600 recipients (1,800 annually). To read past issues of the LiFE Sports Parent/Family Newsletter, please visit the website at: <a href="https://www.osulifesports.org">www.osulifesports.org</a>. (Volume 1(4); Volume 1(5); Volume 2(1); and Volume 2(2).



In addition to continuing the newsletter, LiFE Sports also worked to increase awareness of staff of camp policies and procedures by offering for the first time the session titled "Protecting Youth" at the annual camp staff orientation. This session focused on ensuring all camp staff were aware of the prevalence of child abuse, understood the types of abuse and common indicators of child abuse, understood their duty to report child abuse whether they <u>observe</u> the incident directly <u>or</u> it is <u>reported to them</u> by someone else <u>or</u> they have <u>reasonable cause to believe</u> that abuse has occurred or may occur, and were able to report suspected child abuse.

To improve parent communication, as well, LiFE Sports provided a parent liaison stipend. This stipend was given to Robin Riley to lead parent outreach efforts. During the 2012 Summer Camp, Ms. Riley regulary hosted "Breakfast at Camp" meetings with parents and families. At these meetings, Ms. Riley would highlight the work of the Initiative and then take parents on brief tours of the camp. Additionally, Ms. Riley also recruited numerous parent volunteers for the LiFE Sports Olympics.

Finally, each year LiFE Sports works to connect and reach more youth serving agencies both in the Columbus community as well as nationally. Three new community partnerships were developed in 2011-2012 with the Center for Latin Hope, After School All Stars Columbus, and I Know I Can.

The Center for Latin Hope, located on the westside of Columbus, is a non-profit that seeks to address the needs of the growing Latino population in Columbus. This center runs a year-round afterschool and summer program from Latino youth, however, they expressed their need to find additional programming for their adolescent youth during the summer months. LiFE Sports partnered with them to bring 10 of their youth to the LiFE Sports Summer Camp in 2012.

After School All Stars Columbus, located in various Columbus City Schools and charter schools, is an after-school program that serves low income youth in the Columbus Area. ASAS runs a school year program but does not currently offer summer programming for their youth. LiFE Sports partnered with ASAS to enroll a number of their youth in LiFE Sports during the summer to ensure these low income youth had a supportive environment.

In addition to these two partnerships, LiFE Sports also partnered with I Know I Can during the 2012 camp. I Know I Can is a college access program that aims to support Columbus City Schools students in achieving their dreams of higher education. I Know I Can provided programming during the annual LiFE Sports Career Day. I Know I Can staff implemented an activity called "Real Money, Real World." This programming teaches students the importance of a college education and the effect a college education can have on their long-term finances.

Finally, LiFE Sports in 2011-2012 also developed two new on-campus partnerships. One of these partnerships was with the College of Nursing. 19 nursing students complete clinical placements with LiFE Sports. (Please note this is further detailed under Teaching & Learning: Goal 3). The second oncampus partnership was with the College of Dentistry's Dental Health Outreach Mobile Experience (Dental H.O.M.E.). Specifically, Dental H.O.M.E. is "a component of the College of Dentistry's OHIO

Project, which places fourth year dental students in community clinics, hospitals, and private practices that provide care to underserved populations." To learn more about Dental H.O.M.E., please visit: <a href="http://dent.osu.edu/ohioproject/coach.php">http://dent.osu.edu/ohioproject/coach.php</a>. Through this partnership, 64 dental services were provided to 50 LiFE Sports Summer Camp participants. These services included: 46 new patient cleanings, 7 recall cleanings, 5 sealants, 4 composites, and 2 extractions.

A current list of all LiFE Sports partnerships, both internal and external to OSU, along with their primary purpose is provided in Table 4.

Finally, during 2011-2012, the LiFE Sports Initiative continued to partner with Illinois State University and Purdue University on research focused on positive youth development through sports. In fact, several journal articles were submitted and accepted related to this work. LiFE Sports also continued to work closely with past LiFE Sports staff and students

who now are in academic careers across the country. One past staff/student is at the University of South Carolina, and another at Louisiana State University. These two Assistant Professors continue to write and engage in research related to LiFE Sports and sports-based positive youth development.

Additionally, LiFE Sports has connected this year with the University of Michigan (UM). Social work students from their campus visited campus to learn more about LiFE Sports and the interface of social work and sport. One of these students volunteered at the camp for 2 weeks this summer. Furthermore, leaders within LiFE Sports have consulted with leaders at UM in the creation of the Social Work and Sport Association, and plan to attend their upcoming conference in March 2013.

We also learned from leaders at Florida State University (FSU) that they implemented a one-week youth development program on their campus last year. Please note that LiFE Sports provided consultation to FSU in 2011 related to how to implement a sports-based youth development program that partners Social Work and Athletics.

Table 4. LiFE Sports Partnerships

Partner Organization	Primary Purpose
University	
Department of Recreational Sports	Facility Usage
School of Physical Activities and Educational Services	Internship development, Interdisciplinary minor
College of Education and Human Ecology	Internship development, Interdisciplinary minor
First Year Experience	Career Day, Booster Session
Economic Access Initiative	Career Day, Booster Session
Office of Student Life	Career Day, Booster Session
P-12 Project	Career Day, Booster Session
College of Food, Agricultural, and Environmental Sciences	Internship development, Interdisciplinary minor
Illinois State University	Research and evaluation; curriculum development
College of Arts and Sciences	Interdisciplinary minor
Office of Outreach and Engagement	Joint programming
College of Nursing	Clinic placements
College of Dentistry – Dental H.O.M.E.	Dental services for youth
Facilities Operations and Development	Facility usage
Youth Agencies and Schools	
Boys and Girls Club of Columbus	Internships, Booster Sessions, Facility Usage
Early College Academy (formerly Academic Acceleration Academy)	Joint programming
All THAT	Professional development
Northmor School District	Joint programming
The Center for Latin Hope	Joint programming
I Know I Can	Career Day programming
After School All Stars	Joint programming
Ohio Child Care Resource and Referral Agency	Policy
Columbus City Schools	Board membership
Corporations	
Cardinal Health	Volunteers, Funding related to Education component, Board membership
The Columbus Crew	Joint programming
Willis	Board membership
Public Agencies	
Ohio Department of Education	Food for summer camp

Finally, Dawn Anderson-Butcher and Rene Olate (social work faculty) visited Chile in May of 2012 and shared the LiFE Sports model with leaders from the Catholic University of Chile, the Ministry of Education, and the leaders in Colina (a city near Santiago). Clearly, the LiFE Sports Initiative made great strides in continuing to enhance the quality of programming. This quality is now attracting interest both nationally and internationally.

## **Teaching & Learning**

Six goals were set related to Teaching & Learning. Specifically, the LiFE Sports Leadership team determined that priority areas for 2011-2012 would focus on engaging more students in learning opportunities related to the LiFE Sports Initiative as well as providing opportunities to reach youth development professionals in the field. The following provides a brief overview of the Teaching & Learning goals for the 2011-2012 academic year as well as progress towards meeting these goals.

## **Engaging Students**

The LiFE Sports Initiative from its inception has been dedicated to creating learning opportunities for both Ohio State students as well as current youth development professionals. To continue this work in 2011-2012 five goals were set:

- Maintain enrollment in Social Work 310 (SW 310) Prevention and Youth Development through Sport, Recreation and Play;
- Retain SW 310 during the quarter to semester conversion;
- Increase the number of internship experiences within LiFE Sports for OSU students;
- Maintain social work field placements at local community youth development agencies; and
- Enroll students in the Youth Development minor.

The SW 310 undergraduate course was developed during 2010 and first offered during the 2010-2011 academic year. Enrollment during the initial pilot year averaged 19 students/quarter. The goal was set in 2011-2012 to maintain this enrollment level during each quarter the class was offered. 19 students enrolled in Fall 2011, 19 students enrolled during Winter 2012, and 20 students enrolled during Spring 2012 (19.3 students/quarter average). In total, 58 students completed SW 310 during the 2011-2012 academic year.

Given this trend in enrollment, the LiFE Sports team set a goal of ensuring that SW 310 would be included in the new semester format for the College of Social Work and would continue to be offered on a regular basis (at least three semester courses). This goal was met as SW 310, now SW 2110, will be offered 5 times during the 2012-2013 academic year (two times each semester and one during the summer term).

In addition to engaging students in the classroom, LiFE Sports also strives to provide opportunities for students to use their acquired skills in real life settings. One such avenue for increasing this hands-on experience has been the creation of internships within the LiFE Sports Summer Camp. These internships support the students by providing hands-on learning experiences and support the camp (as costs associated with interns are generally lower than costs associated with hiring a staff member). In 2010-2011, 14 OSU students completed internships with LiFE Sports. In 2011-2012, LiFE Sports' goal was to increase this internship level to 16 students. In 2011-2012, 28 students completed

internships, field placements, and/or clinical placements within LiFE Sports. This large increase was due the addition of 19 College of Nursing students completing their Community Nursing clinical placement within the LiFE Sports Health and Fitness component. Students completing internships came from a variety of OSU Colleges and Departments: Nursing (19), Public Health (3), Social Work (5), and General Studies (1).

The LiFE Sports Initiative also works with the community to increase opportunities for students to gain valuable experiences at community youth development agencies. In 2011, LiFE Sports aimed to have 4 students complete youth development field placements through the College of Social Work. In 2011, 5 students actually completed these placements, 2 with the LiFE Sports Initiative and 3 with the Boys and Girls Club of Columbus (BGCC). Please note that the LiFE Sports Initiative provided clinical supervision for all students placed at BGCC, thereby making those placements possible.

For the first time in LiFE Sports history as well, an OSU intercollegiate team helped to formally staff one of the clinics (we've had student-athletes informally involved in the past). The OSU Men's and Women's Track team had 10 athletes lead the track clinic. The LiFE Sports Initiative hopes to continue this partnership in the future and expand the clinics to engage even more student athletes, coaches, and teams.

Finally, the final avenue to reach OSU students is an interdisciplinary youth development minor, which was first offered during the 2011-2012 academic year. Specifically, this minor is designed to provide students with knowledge and skills about youth development principles, processes, and practices. Students with career interests in youth services and education (non-formal and formal) are ideal candidates. LiFE Sports' goal was to have at least ten students enrolled in this course of study during the 2011-2012 academic year. 17 students to date have officially declared the youth development minor. The table below provides an overview of these 17 students and their home colleges/departments.

Table 5. LiFE Sports Student Involvement by College

STUDENT INVOLVEMENT IN YOUTH DEVELOPMENT MINOR				
College # of Students Enroll				
Social Work	5			
Food, Agricultural, & Environmental Sciences	6			
Education & Human Ecology	1			
Arts & Sciences	5			
TOTAL	17			

## **Engaging Youth Development Professionals**

In 2010-2011, the OSU Department of Athletics and LiFE Sports partnered together to develop a 2-hour seminar to support student-athletes and staff working in Buckeye Sports Camps (BSC). The seminar was attended by 59 student athletes. The seminar was presented 6 times to 59 participants (9.8 participants/session). To further enhance this partnership, the goal was set in 2011-2012 to conduct two, one-hour training session with BSC for 100 student-athletes. Shortly after setting this goal,

however, the incidences at Penn State led to a modification of this goal. In 2011-2012, LiFE Sports helped BSC to develop and implement a mandatory training for all BSC staff entitled, "Protecting Youth at Buckeye Sports Camps: Understanding Your Role as Camp Staff." Specifically, the goals of this training were for all staff to:

- 1) Be aware of the prevalence of child abuse.
- 2) Understand the types of abuse and common indicators of child abuse.
- 3) Understand their duty to report child abuse whether they <u>observe</u> the incident directly <u>or</u> it is <u>reported to them</u> by someone else <u>or</u> they have <u>reasonable cause to believe</u> that abuse has occurred or may occur.
- 4) Be able to report suspected child abuse.

In 2011-2012, 761 BSC staff (including student athletes) were trained during 50 training sessions. A retrospective online survey was provided to staff who participated in the summer of 2012, 271 staff members completed the survey. Descriptive and categorical results indicated that the training proved highly effective. The majority of respondents were in agreement of the importance of ensuring that all camp staff is trained in child abuse reporting procedures (98.1%). Respondents overwhelmingly agreed that the training increased their knowledge of the signs and symptoms of child abuse and neglect (93.7%), and that the training increased their awareness of the prevalence of child abuse and neglect (94.4%). Respondents were also asked to recall signs correctly for physical abuse (65.7%), sexual abuse (58.3%), emotional abuse (60.2%), and neglect (60.2%). Furthermore, 96.8% agreed that if there was a suspicion of child abuse or neglect for a Buckeye Sports youth, they would report it. These findings suggest that this training is both a worthwhile investment of time for staff and critical to ensuring the safety of all youth at BSC programs.

### Research

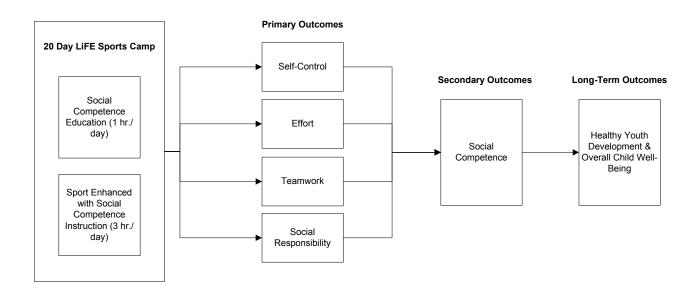
Given LiFE Sports' affiliation with the OSU, research is viewed as not only necessary but vital component of the LiFE Sports Initiative. This research not only provides data to improve current LiFE Sports practices, but also helps to inform the field of youth development on current best practices for reaching and support at-risk youth. In 2011-2012 five goals were set related to evaluating the impact of LiFE Sports on youth, preparing/setting the stage for future research opportunities, and disseminating LiFE Sports best practices:

- Continue to evaluate the LiFE Sports intervention;
- Measure the fitness impact of LiFE Sports on youth participants;
- Submit a research-focused grant related to the LiFE Sports intervention;
- Formalize and distribute the LiFE Sports curricula; and
- Disseminate manuscripts related to youth development best practices.

## **Evaluating the Impact of LiFE Sports on Youth**

Critical to the success of LiFE Sports is the success of LiFE Sports youth. To document the improvement and gains by LiFE Sports youth, LiFE Sports annually collects outcome data related to social and physical outcomes. This annual evaluation is grounded in the theory of change behind the program:

Figure 2. LiFE Sports Summer Camp Theory of Change



There are 3 primary objectives that drive the implementation of the LiFE Sports camp, including strong focus on (1) increasing social competence among youth; (2) increasing self-control, effort, teamwork, and social responsibility among youth participants; and (3) ensuring participants demonstrate a sense of belonging and connection to LiFE Sports and the staff.

Participants' abilities to interact pro-socially and maintain positive relationships with others (i.e. social competence) were measured using the Perceived Social Competence Scale developed by Anderson-Butcher, Iachini, and Amorose (2008). Sample items included "I help other people" and "I get along well with others." Sport specific social competence was measured using items modified from the Perceived Social Competence Scale (Anderson-Butcher, Iachini, & Amorose, 2008). Example items included "I help others when playing sports" and "I am good at making friends in sport." Various demographic variables as well as overall program attendance were also assessed.

Various scales and subscales included on The Social Skills Improvement System (SSIS; Gresham & Elliott) were used to assess outcomes (please note range of scores possible is 0-21). General social competence was measured using the SSIS's social skill scale. Self control was measured using the SSIS's Self-control subscale. Effort was measured by the Assertion Subscale of the SSIS. Teamwork was measured by the cooperation subscale of the SSIS. Social responsibility was measured by the responsibility subscale of the SSIS. Additionally, Social Sports Experience Scale was used to measure social competence in sport (measured on a 1-5 scale; Anderson-Butcher et al., 2010).

To study this, a series of one sample t-tests were ran excluding cases listwise and only looking at data where both have pre and post. The sample used in the following analysis included 577 out of 695 campers with parental consent for participation. The sample demographics included an average age = 11.44 years (SD=1.48) with a range from 8-14 years, 62% male, and 38% females. In relation to race/ethnicity, 77% of the participants were Black, 6% White Caucasian, 2.5% Native American, 2.5% Latino/Hispanic, 1% Asian American, and 11% Other. In addition, 73% of the campers in the study parents/caregivers reported their child received free and reduced lunch.

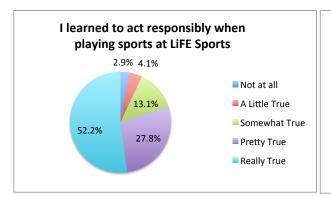
A summary of the critical information from these analyses is presented in Table 6 below. The table shows the mean scores (and standard deviations) at the beginning of the camp (pre-test) and at the end of camp (post-test). Please note that scores on all variables significantly increased from pre-test to post-test.

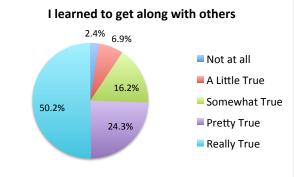
Table 6. LiFE Sports Social Competency

SOCIAL COMPETENCY MEASURES						
Skill Area	Sample Size	Range of Scores	Pre-test Mean	Pre-test Standard Deviation	Post-test Mean	Post-test Standard Deviation
Social Skills	237	45-138	98.02	20.58	101.15	21.97
Sport Social Competence	193	0-21	4.05	0.74	4.16	0.78
Self-Control	309	0-21	10.11	3.98	11.28	4.26
Effort	309	0-21	13.80	4.11	14.81	4.13
Teamwork	300	0-21	15.53	3.83	15.71	3.82
Social Responsibility	303	0-21	15.65	3.47	15.92	3.77

The vast majority of participants perceived that they learned social skills at LiFE Sports. For example, 80.0% of participants indicated that they learned to act responsibly when playing sports at LiFE Sports; whereas 74.5% of participants indicated that they learned to get along with others at LiFE Sports (these percentages include both "pretty true" and "really true" respondents from the figures below).

Figures 3 and 4. Social and Personal Skills Items





Several measures were used to assess participants' perceptions of their sense of belonging and connection to the LiFE Sports camp and staff, as well as their overall satisfaction with LiFE Sports. An individual's perception of relatedness to his/her LiFE Sports group and perceptions of leader support were assessed using a modified version of the Psychological Sense of School Membership Scale (PSSMS; Goodenow, 1993). This original scale was modified by Cox and Williams (2008) for the physical activity context. In the current study, the relatedness scale consisted of 6 items. The leader support scale also consisted of six items. Please note that those participants that completed the post-test were included in these analyses.

Figure 5. Relatedness Items

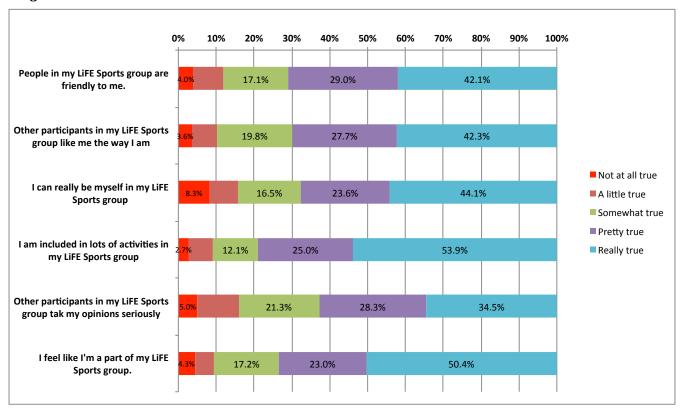
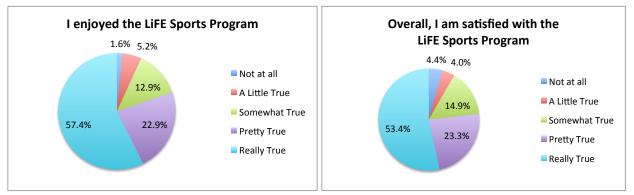


Figure 6 & 7. Overall Satisfaction

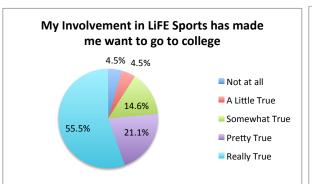


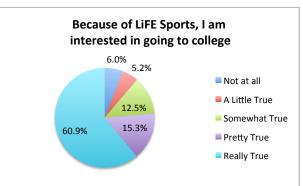
Findings show that 73.4% of participants agreed that they felt like part of their LiFE Sports group. The majority of participants also agreed that they could really be themselves in their LiFE Sports group (67.7%). 78.9% of participants also agreed that they were included in lots of activities in their LiFE Sports group. Overall, 77% of participants reported strong satisfaction with the LiFE Sports camp and 80.3% of participants indicated they enjoyed the camp.

In addition to the 3 primary objectives, there are 3 secondary outcomes associated with LiFE Sports, including (1) increasing participants' exposure to university/college life and enhance interest in higher education; (2) refer campers to other youth organizations and opportunities in Columbus; and (3) increase campers' perceptions of athletic competence. The following section examines progress in 2011-2012 related to these goals.

Data were collected from campers at the end of camp that allowed for the examination of LiFE Sports' impact on camper perceptions related to university/college and higher education. More specifically, post camp participation, LiFE Sports participants indicated a strong desire to attend college. For example, 76.6% of these campers indicated that their involvement in LiFE Sports has made then want to go to college. Additionally, 76.2% of reported that they are interested in going to college because of LiFE Sports.

Figures 8 and 9. College Items





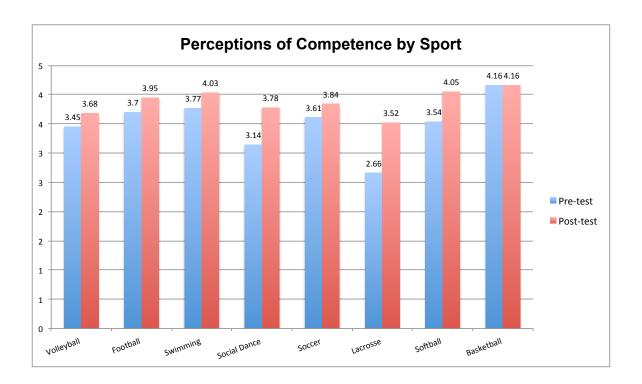
LiFE Sports also worked to provide participants referrals to other youth organizations and opportunities in Columbus. In the past, we were able to drop campers off at the Boys & Girls Club of Columbus (BGCC) after camp each day. This partnership continued in 2011-2012, however only a few youth were able to access this as BGCC was also at maximum capacity for their summer programs. We did provide a few referrals this past year. For instance, one camper who demonstrated excellent soccer skills was referred to a youth soccer club in Central Ohio. Four youth leaders participated in the Youth to Youth Summer Conference and have continued their involvement in this year-round program. Finally, 2 youth who were identified as having lice during camp were referred to case management services with the Columbus Health Department.

LiFE Sports also is focused on increasing campers' perceptions of athletic competence. We used Amoroses (2002) Self Perceptions of Sport Competence Scale to examine perceptions of athletic competence in each sport context emphasized at LiFE Sports. Scores on these scales range from 1-5. In

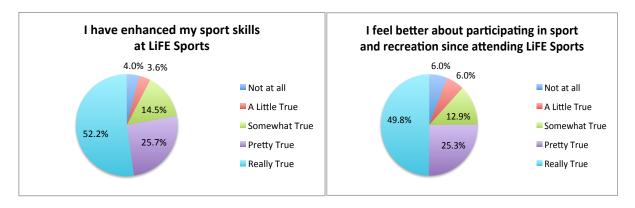
the end, we ran a series of one sample t-tests excluding cases listwise (only looking at data where both have pre and post). Findings are as follows.

Please note that campers' perceptions of their athletic competence in volleyball, football, swimming, social dance, soccer, lacrosse, and softball all significantly increased from pre- to post-camp, with the most growth occurring in lacrosse (a setting where they came in with less skill). Campers' perceptions of competence at basketball did not change over the course of the camp.

Figure 10. Sport Competence



Figures 11 and 12. Sport Skill Items



The final outcome targeted at LiFE Sports focuses on the improvement of health and fitness of youth participants. Data that allowed for the calculation of BMI were collected pre-camp through health

physicals, as well as during the last week of camp by OSU nursing students. Please note that measurement is a limitation, as measurements were done in multiple settings by multiple people. Also, only a small percentage of all campers had BMI data collected.

Nonetheless, a total of 250 campers attending over 70% of the camp had both pre- and post-test data and were included in this analysis. The average age of these campers was 11.41 (SD=1.14) years; 37% were female and 63% male; with 71% reporting they received free and/or reduced lunch at school.

A one sample t-test was conducted to examine changes in BMI among these campers from pre- to post- participation. The average BMI for campers overall at pre-test was 21.18 (SD = 5.33); whereas the average BMI at post-test was 21.84 (SD = 4.94), indicating there was a slight increase in BMI



over the course of the camp when analyses examine ALL campers.

Further examination of these data, however, highlight the impact the camp had on different campers who started the camp with various "categories" of BMI (i.e., underweight, normal, overweight, obese). Table 7 provides insights, as it shows the percentage of campers at each BMI category. The table demonstrates how the biggest difference in categories from pre-to-post was in the category of "underweight" (14 campers at pre test to 2 campers at post). Other categories were more similar (for instance, 52 campers "overweight" at pre-test and 55 campers at post). These data are interesting, however, as they demonstrate the need for LiFE Sports (as 45% of the campers entering camp are

overweight" or "obese"). Certainly more intensive interventions for these targeted youth may be necessary to address this issue. As such, LiFE Sports may want to strategize further about how to refer and link these identified campers to health/wellness-related resources in the future.

Table 7. Body Mass Index of Youth Participants Displayed Pre-test by Post-test

BODY MASS INDEX OF YOUTH					
Category at Pre-Test	Underweight	Normal	Overweight	Obese	Total (%)
Underweight (<18.5)	2	8	2	2	14 (6%)
Normal (19.5-24.9)	0	112	10	2	124 (50%)
Overweight (25.0-	0	0	38	6	52 (21%)
29.9)	0	8			
Obese (>30.0)	0	1	5	54	60 (24%)
Total (%)	2 (1%)	129 (52%)	55 (22%)	64 (26%)	250

## **Setting the Stage for Future Research**

Key in studying the LiFE Sports intervention is the attainment of research-specific funding as well as the formalization of the intervention. Three research related grants were submitted in 2011-2012 to further strengthen the research agenda of the LiFE Sports Initiative. The first major grant submitted was to the WT Grant Foundation. Specifically, this grant was written to study two major questions. First, does participation in a sport-based PYD summer intervention program lead to significantly improved levels of social competence and reduction in problem behaviors from pre- to post-participation and over a 6 month follow-up period? Second, do higher quality observable staff-youth interactions during the intervention moderate the relationship between participation and youth outcomes? Unfortunately this grant was not funded. However the basis of this grant was then submitted for an internal grant award from the College of Social Work.

The second research related grant submitted was to the College of Social Work's Dean's Seed Grant. As earlier stated, this grant proposed to examine the research questions earlier submitted to the WT Grant Foundation, however on a much smaller scale. This grant was selected for funding and the LiFE Sports Initiative received \$5,000 toward this research to occur during the 2012 Summer Camp.

The final research related grant, CSW Technology Grant, submitted was actually to further enhance the data collection that would occur via the CSW Dean's Seed Grant. This grant, which was also selected for

funding, provided iPads for use during site observations at the 2012 Summer Camp. The total amount funded was \$3,450.

While no large research grant was secured during 2011-2012, the 2 funded research grants, as well as internal support from the College of Social Work for infrastructure, ensured that LiFE Sports could continue evaluating and researching. Securing funding for research and evaluation continue to be a priority for the future.



During 2012, the LiFE Sports leadership team set a goal to finalize all sport curricula, revise the social competence curricula, and develop an introductory guide that would provide a framework for all curricula. This goal was met as all sports (except swimming) have curricula and an introductory guide has been developed. In 2011, the LiFE Sports team set the goal of further developing the curriculum. This would allow for the curriculum to be published for sale (as a possible revenue stream) to fund continued research and Initiative infrasructure. During 2011, the education curriculum was further enhanced to include activities by age/developmental level. It is anticipated that this newly developed curriculum will be published for sale during the 2012-2013 academic year.

Each year the research and evaluation strategy is tweaked so that it allows for basic program evaluation, yet also is able to address key knowledge and research gaps in the literature. This past year we enhanced the program evaluation through the use of a more rigorous measure of social competence (i.e., Gresham and Elliott's SSIS tool). We also collected BMI data more rigorously at pre-test, as well as added in the measurement of BMI at post-camp. In addition, one student conducted their dissertation data this year at LiFE Sports. This dissertation examined how camp counselors actions and strategies relate to social development outcomes. One key component of this dissertation involved the collection

of systematic observation data during camp. These findings will provide key insights into what specifically happens at camp, therefore allowing for the examination of the key mechanisms that drive better outcomes for youth. This extensive research will be completed during summer 2013, and will certainly inform the LiFE Sports design and implementation, yet also contribute to the greater knowledge base in youth development.

## **Disseminating Best Practices**

Each year, the LiFE Sports team disseminates a number of manuscripts related to the research and program evaluation at LiFE Sports. These manuscripts contribute to the youth development knowledge base and help to guide practice in the field. During 2011-2012, the goal was set to disseminate four research manuscripts. This goal was exceeded as 4 manuscripts were accepted for publication in journals, 2 book chapters were completed, and 2 presentations were conducted.

In addition to these manuscripts and book chapter, LiFE Sports faculty, staff and students also presented on LiFE Sports in 2 venues in 2011-2012. These presentations included a presentation on positive youth development careers to the College of Social Work Undergraduate Student Association and multiple presentations on identifying and reporting child abuse at Buckeye Sports Camps' trainings.

A complete list of references for all conference publications and presentations can be found in Table 9 in the Appendix.

## **Development**

Currently the LiFE Sports Initiative, particularly the camp, receives the most funding from the Department of Athletics. Specifically, the Department of Athletics covers costs associated with the LiFE Sports Summer Camp, as well as provides funding for a .25 FTE graduate research assistant year-round. In addition to funding by the Department of Athletics, the College of Social Work (CSW) provides funding to support the overall Initiative. CSW provides funding for .25 FTE of a graduate research assistant as well as .25 FTE of a staff member. Additionally, one faculty member's time has been committed by CSW to support development and leadership within LiFE Sports. These 3 positions allow for year-round work related to teaching & learning and research. In-kind supports from the CSW Community and Youth Collaborative Institute also assist with Teaching & Learning and research goals, as students, faculty, and staff on related projects regularly assist with LiFE Sports tasks. Securing additional funding remains a continued priority as the LiFE Sports Initiave strives to expand, improve, and become a life-long part of the Ohio State University.

As such, development and visibility has become an increasing priority for LiFE Sports. Four goals were set related to Development in 2011-2012. These goals included:

- Increasing ongoing/current use funds;
- Securing funds for the LiFE Sports Endowment Fund;
- Engaging Community Leaders; and
- Increasing the visibility of the LiFE Sports Initiative.

## **Securing Additional Funding**

Each year, LiFE Sports must continue to raise funds in an effort to ensure funding of existing programs, as well as to fund further Initiative enhancements. In 2011, LiFE Sports raised \$21,871 current use funding. In 2012, the LiFE Sports team raised the bar by setting the goal for current use funding to \$40,000. LiFE Sports met this goal in 2011-2012 by receiving multiple sources of outside funding, including donations by private donors, to total \$70,041. 10 different private donors contributed to LiFE Sports. One donor contributed at the \$1,000 level, one at the \$200 level, and the remaining donors contributed \$50 or less. Table 8 below provides a brief overview of funds raised for current use during 2011-2012.

Table 8. Current Use Funds Raised During 2011-2012

CURRENT USE FUNDING	
Funding Source	Funded Amount
Cardinal Health Foundation	\$50,000
Cardinal Health Foundation – Rx Abuse	\$14,971
Limited Brands Foundation	\$2,500
Delta Dental	\$750
Exxon Mobil Foundation	\$150
Individual Donors	\$1,670
TOTAL	\$70,041

In addition to these ongoing funds, LiFE Sports also has been notified that they will receive \$50,000 annually for the next three years from the United Way of Central Ohio. This funding will allow for LiFE Sports to further solidify their administrative infrastructure to allow for the expansion of the Initiative.

While current use funds will help the Initiative in the short-term, LiFE Sports has a long-term goal of life-long sustainability for the LiFE Sports Initiative through the creation of an endowment fund. In 2010, CSW secured a gift of \$50,000 that initiated the LiFE Sports Endowment fund. During 2011-2012, there were no additional contributions to this fund, despite the goal being to raise \$10,000. It will be important to work with OSU and LiFE Sports leadership and supporters to determine development goals for 2012-2013.

## **Engaging Community Leaders**

In 2011-2012, the first ever LiFE Sports Advisory Council meetings were held. The Advisory Council is comprised of key community leaders including leaders from both the University and local businesses. Specifically, the LiFE Sports Advisory Council actively provides policy and programming guidance, philanthropic leadership and direction, and general promotion to LiFE Sports so as to support the organization's mission and needs. The express purpose of this group is to guide and sustain activities in support of the mission of LiFE Sports. (See Table 10 in the Appendix for current list of members.)

Key successes from this year's Council include the continued partnership and support from our represented business members. Cardinal Health hosted invited guests to the 2012 LiFE Sports Spring

Game to promote and raise awareness for our program initiatives. In addition, Cardinal Health employees provided valuable volunteer hours at our summer camp, and business leadership provided support with their presence at our President Gee OSU pre-game event. This partnership also culminated in a significant development gift for 2012.

Willis continues to be an invaluable partner and show their support with participation in key activities such as the 2012 LiFE Sports Spring Game. Their determined promotion of LiFE Sports with business partners facilitated the participation of Delta Dental at the OSU Spring Game, leading to their financial contribution for 2012. Important efforts are also planned for 2013 that are being directed and led by Willis.

We created an Advisory Council Newsletter that is distributed during the off-quarters when the Advisory Council doesn't meet. Two newsletter updates were sent out to Council members this calendar year. We will continue with this line of communication in the future.

LiFE Sports has also leveraged our community and OSU partnerships through the leadership and engagement of our Council members. Our collaboration with the College of Nursing continues to grow with their participation and support at our summer camp and we are expanding our efforts with the Student Athlete Support Services office. LiFE Sports also

receiving generous support from other council members as we continue to develop our initiatives and seek future funding.

## **Increasing Visibility**

As the LiFE Sports Initiative has continued to grow over the past five years, it has become increasingly important to ensure visibility of the Initiative both within the University and the community at large. To improve this visibility, the LiFE Sports Initiative aimed in 2011-2012 to increase visibility through continuing the LiFE Sports newsletter as well as making improvements to the LiFE Sports newsletter.



As earlier stated, four issues of the LiFE Sports parent/famil newsletter and two issues of the LiFE Sports Advisory Board newsletter were distributed to all LiFE Sports youths' families, community partners, university partners, and other business and community members respectively.

Additionally, the LiFE Sports website during 2011-2012 was updated to include a variety of new information about all the work the Initiative is accomplishing. Additionally, the website was enhanced to include information on how prospective donors can give to the LiFE Sports Initiative. Please note that the LiFE Sports team is continue to work to determine a better website design that would allow for all users of the website (parents, youth, researchers, community members, etc.) to find the information they need quickly.

With the help of the University Communication Office, LiFE Sports was also able to increase visibility through a number of news and magazine articles. In April of 2012, LiFE Sports was featured in onCAMPUS, a campus newspaper directed toward OSU faculty and staff. The article, written by Adam

King, and titled "It's All in The Name: There's a good reason for calling it LiFE Sports Spring Game," highlighted the official inclusion of LiFE Sports in the name of the annual Spring game as well as the work the Initiative is accomplishing both with youth and OSU students. In addition to this publicity, the LiFE Sports Initiative was also featured in the July/August edition of the OSU Alumni Magazine. This article by Dave Purpura, titled "Play games, learning about life: Once nearly defunct, a sports program for at-risk kids has revived and now thrives.," detailed the revival of the LiFE Sports Summer Camp and its impact on youth and families. Both articles are included in the Appendix.

Finally, the final increase in visibility for LiFE Sports was being awarded a 2012 Excellence in Summer Learning Award from the National Summer Learning Association. According to the press release from the NSLA:

"This annual award recognizes summer programs demonstrating excellence in accelerating academic achievement and promoting healthy development for low-income young people, as measured by NSLA's Comprehensive Assessment of Summer Programs. Winning programs also demonstrate exemplary practices in overall programming, including supporting staff, schools, and other program partners in fulfilling shared goals. The three programs were chosen from among more than 50 applicants for the 2012 award."

LiFE Sports staff traveled to Pittsburgh, Pennsylvania in October to receive the award. This national recognition is critical in setting the stage for LiFE Sports to be a national model.

## **Summary of Initiative 2011-2012 Accomplishments**

In the end, the OSU LiFE Sports Initiative has continued to thrive during the 2011-2012 year. We have made significant progress in relation to our service/outreach, teaching and learning, and research goals. Some key accomplishments include:

- The large number of youth involved in the summer camp, as well as during the clinics throughout the year. Evaluation data indicate these youth improved significantly in their perceptiosn of social competence, athletics competence, and also are more interested in college/higher education.
- LiFE Sports instituted a Youth Leadership Camp within the broader summer camp, allowing for 46 youth leaders to serve as junior staff. It will be important to strengthen this component in the future to better serve these older youth, as well as promote further outcomes tied to successful transitions into adulthood.
- LiFE Sports was honored as a national exemplar, receiving the National Summer Learning Award from the National Summer Learning Association.
- The involvement and engagement of OSU students (as well as student-athletes) continues to grow as they participate in coursework, internships, and research. Several are also working at the camp and regularly volunteering their time and expertise.
- The BSC child abuse and neglect training was timely and impactful, especially given the national context related to protecting young people on college campuses and beyond.
- Research grants from the College of Social Work, as well as the dedicated time of a doctoral student completing her dissertation, allowed for a more rigorous evaluation and research design in 2011-

- 2012. The findings from the evaluation and research clearly document positive outcomes, but also are informing the broader field of practice in sports-based positive youth development.
- LiFE Sports is now a United Way of Central Ohio member agency, and was awarded funding for 50K/year for the next 3 years. This will greatly assist with program implementation, infrastructure, and evaluation.
- The LiFE Sports Advisory Council was formally established and is "ready" to develop a full development strategy related to growth and sustainability.
- Several old and new partners/leaders have contributed in multiple ways to LiFE Sports Success this
  year, such as Cardinal Health, College of Nursing and Dentistry, Willis, Inc., University Development,
  OSU's Communications Office, United Way of Central Ohio, and others. These continued
  partnerships and relationships as LiFE Sports moves forward next year and beyond.

There are a few challenges and areas of improvement that are highlighted in this report, that seem to be guiding points for next year's planning and implementation. Some of these include:

- The LiFE Sports camp was filled up within 45 minutes of opening registration. Families were being turned away. There is a great need for quality summer program in Central Ohio. In partnership with the community, LiFE Sports will want to consider how to assist in addressing these broader needs for opportunities.
- Many of the campers come to camp with unmet health, social, emotional, and related needs, as
  identified by the research. One priority that should be further emphasized involves the referral and
  linkage of campers and their families to other resources in the community. One particular area of
  referral involves addressing the BMI related findings identified in the research. A majority of the
  campers are overweight and obese. Linking these children to more intensive resources that assist
  their families with these issues remains a priority. The LiFE Sports Health/Wellness curriculum needs
  to be updated to ensure efforts are being maximized with the campers during this time period at
  camp.
- The initial implementation of the Youth Leadership Camp showed promise, but there is a need to improve the curriculum for this camp component, as well as strategize further in relatio nto how to engage these older youth year round. Certainly this is an important priority, but also will require the infusion of additional resources and funding.
- 2011-2012 data demonstrated how with simple policy changes we can help decrease the number of campers who are removed from the program. Additional strategies, however, are needed to provide further encouragement, reinforcement, and acknowledgement for the display of pro-social behaviors (especially those that are targeted by the camp such as self-control, effort, teamwork, and social responsibility). LiFE Sports should continue to strengthen their behavioral management strategies in the future, perhaps linking this more integrally to the broader camp design.
- Funding for infrastructure, program administration, and year round programming continues to be a challenge. This stressor has been felt more so this year given LiFE Sports significant growth and achievements. A few other issues/challenges have added to this need, including:
- Tremendous growth has been seen in interest from OSU students (and student-athletes) in relation
  to their involvement in LiFE Sports. Infrastructure needs are evident, especially as LiFE Sports
  continues to engage more students in meaningful experiences throughout the academic year and
  summer.

- Although not mentioned in the report, the LiFE Sports team has felt the stressors this year in relation to staff/student turnover. Given we are with the university; every year students will matriculate and move on with their own career aspirations. The LiFE Sports infrastructure needs to be better designed to better handle these transitions, thus ensuring that students have great learning experiences, yet the work stays the course and builds from past lessons learned. LiFE Sports leaders will work towards addressing this issue in the following year.
- LiFE Sports is beginning to receive local, national, and international exposure. People and organizations across the world want to learn more about LiFE Sports, adopt and/or replicate our model, learn from our lessons learned, and adopt our evaluation strategy. Various forms of technical assistance, consultation, networking, and communication are needed to deal with these mass inquiries. This takes time and energy of leaders, and often takes us away from other priorities in the Initiative. A more thoughtful plan for addressing growth and sustainability would help with addressing some of these needs.

Certainly there are other highlights, as well as challenges/barriers faced, that could be mentioned here. These are just a few. In the end, we are proud of the 2011-2012 accomplishments and will build from these successes as we move forward with LiFE Sports. The LiFE Sports team, its Advisory Council, and partners also will work toward strengthening the Initiative overall, building from these evaluation findings and lessons learned, in turn improving the Initiative and making a great impact overall in relatio t our goals and priorities.



For more information about the data presented in this report or the LiFE Sports Initiative, please contact:

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Figure 14. Social Competence Curriculum Outline

## **LiFE Sports Curriculum Map**

## Unit 1

#### Session 1: Introduction to Camp

Meet assigned camp counselor and other recreation and education leaders

Meet other team members and begin to develop a

Understand the camp schedule and expectations

Session 2: Meeting New People

Meet other team members and begin to develop a social network

Be able to introduce themselves and start a

Share information about themselves with others

#### Session 3: My Actions

Be able to identify group norms and expectations Understand the importance of group norms
Begin to understand how their actions affect others

#### Session 4: Social Cues

Be able to pick out basic body language social cues Be able to distinguish between good and bad

#### Session 5: Listening & Communicating Effectively

Understand the importance of listening to others Demonstrate the ability to listen and follow the guidance of others Understand how to use non-verbal and verbal

communication effectively

## Session 6: Personal Problem Solving Understand the basic problem-solving steps

Be able to apply the basic problem-solving steps when faced with a problem in sports or in daily living

#### Session 7: Effort

Understand how each person's individual effort affects their own achievement and the achievement

#### Session 8:Goal Setting

Understand and be able to apply SMART Goals Demonstrate an ability to make SMART Goals Understand the importance of goal setting to future

### Session 9: Career Day - Applied Goal Setting

Understand how to set career-related goals Demonstrate an ability to write SMART careerfocused goals

Increase awareness related to the available careers in today's workforce

## Unit 2

#### Session 10: Being a Member of a Team

Understand how upcoming education activities will be geared toward the culminating event Understand the characteristics of a team Be able to identify what qualities and talents they

**Feamwork** 

Social Responsibility

Session 11: Building a Team
Understand what it takes to build a team Display their ability to work in a team context

#### Session 12: Team Roles/Being a Leader

Demonstrate knowledge of different roles in sport and

Demonstrate the ability to assume different roles within a team

Understand and demonstrate the qualities of an effective leader

#### Session 13: Group Problem Solving/Negotiation

Be able to apply the self-control and problem-solving skills in group situations

Demonstrate the ability to negotiate with others Demonstrate the ability to work through problems to find a group resoultion

#### Session 14: Social Responsibility

Acknowledge their contribution to the larger LiFE Sports community

Understand the importance of social responsibility See themselves as part of more than just their immediate surroundings

#### Session 15: Helping Others

Demonstrate an ability to help someone in a one-on-

Begin to value other people's helping behavior Show appreciation for other's helping behavior

#### Session 16: Building Friendships

Understand the qualities of a positive friendship Demonstrate an ability to engage with other camps in a group activity

Demonstrate qualities of a "good" friend

#### Session 17: Tying It All Together

Complete any remaining project for the Olympics Create goals for the Olympics

## Understand expectations for the end-of-camp activity

## **Application & Transfer of Skill**

## Session 18 & 19: Olympics

Demonstrate the ability to use the four key social skills: self-control, effort, teamwork, and social responsibility while playing sports

#### **Post-Camp Clinics**

Demonstrate the ability to use the four key social skills: self-control, effort, teamwork, and social responsibility in community settings

*Table 9. List of Publications & Presentations for LiFE Sports 2010-2012* (Please note that publications and presentations from 2011-2012 are highlighted in gray.)

Manuscripts & Book Chapters	
Anderson-Butcher, D., Riley, A., Iachini, A., Wade-Mdivanian, R., Davis, J., & Amorose, A. (in press). Exploring the impact of a summer sport-based youth development program. <i>Evaluation and Program Planning</i> .	2011-2012
Anderson-Butcher, D. (2012). Sport and the development of family, school, peer, and community strengths. In R.J.R. Levesque (Ed), <i>Encyclopedia of Adolescence (pp. 2835-2845)</i> . New York: Springer.	2011-2012
Anderson-Butcher, D., Riley, A., Iachini, A., Wade-Mdivanian, R., & Davis, J. (2012). Sports and youth development. In R.J.R. Levesque (Ed), <i>Encyclopedia of Adolescence (pp. 2846-2859)</i> . New York: Springer.	2010-2011
Anderson-Butcher, D. (2010). The promise of afterschool programs for promoting school connectedness and other youth outcomes. <i>The Prevention Researcher</i> . 17(3), 11-14.	2010-2011
lachini, A.L., & Anderson-Butcher, D. (2012). The contribution of extracurricular activities to school priorities and student success. In J. Waller (Ed.), <i>Mental Health Promotion in Schools: Foundations</i> (pp. 127-149). Oak Park. IL: Bentham Science.	2011-2012
McDonough, M., Ullrich-French, S., Anderson-Butcher, D., Amorose, A.J., & Riley, A. (in press). Social relationships predict social competence among low-income youth in sport-based positive youth development programs. <i>Journal of Applied Sport Psychology</i> .	2011-2012
Riley, A., & Anderson-Butcher, D. (2012). Participation in a summer sport-based youth development program for disadvantaged youth: Getting the parent perspective. <i>Children and Youth Services Review. 34</i> (7), 1367-1377.	2011-2012
Wade-Mdivanian, R., Anderson-Butcher, D., Hale, K., Kwiek, N., Smock, J., Radigan, D., & Lineberger, J. (2012). Utilizing business, university, and community resources to target the abuse and misuse of prescription drugs by youth. <i>The Prevention Researcher</i> . 19(1), 17-20.	2011-2012

Presentations	
Anderson-Butcher, D., Martinek, T., & Doolittle, S. (2011). <i>Using elements of the Teaching Personal</i>	
and Social Responsibility Model (TPSR) in three urban settings: Lessons learned from working with	
underserved youth in the United States. Symposium presented at the International Association of	
Physical Education in Higher Education Conference, Limerick, Ireland. (Peer Reviewed).	
Anderson-Butcher, D. (2012, April). <i>Positive youth development careers and social work</i> . Presented at	2011-2012
the College of Social Work Undergraduate Student Association Meeting, Columbus, OH.	
Dunn, R., Anderson-Butcher, D., & Riley, A. (2011). Decreased barriers to physical activity in Black girls	
participating in a summer sports program. Poster to be presented at the International Association of	2010-2011
Physical Education in Higher Education Conference, Limerick, Ireland. (Peer Reviewed).	
Payton, A. N., lachini, A., & Anderson-Butcher, D. (August, 2010). Exploring parent's perceptions of	
afterschool programs in Ohio. Poster presented at 2010 Student Research Opportunities Program	2010-2011
Poster Presentation. Columbus, OH, USA.	
Riley, A., Wade-Mdivanian, R., & Anderson-Butcher, D. (January 2011). Examining the outcomes of a	
summer sport-based youth development program for disadvantaged youth. Poster presented at the	
Society for Social Work Research Conference. Tampa, FL, USA	
Ullrich-French, S., McDonough, M., Anderson-Butcher, D., Amorose, A.J., & Riley, A. (June, 2011).	
Profiles of social relationships for low-income youth in physical activity based positive youth	2010-2011
development programs. Poster presented at the North American Society for the Psychology of Sport	2010-2011
and Physical Activity National Conference.	
Wade-Mdivanian, R., Riley, A., Davis, J., Roth, B., & Anderson-Butcher, D. (October, 2010). Building a	
sustainable outreach agenda around the "One University" concept." Poster presented at 2010	2010-2011
National Outreach Scholarship Conference. Raleigh, NC, USA.	
Wilson, M., Wade-Mdivanian, Anderson-Butcher, D., & Penner, M. (2012, June). Protecting youth at	
Buckeye Sports Camps. Presented at The Ohio State University Department of Athletics, Columbus,	2011-2012
OH.	
Publications in Review for 2012-2013	
Anderson-Butcher, D., Riley, A., Iachini, A., & Wade-Mdivanian, R. (in review). Maximizing youth	
experiences in community sport settings: The design and impact of the LiFE Sports Camp. Submitted	In Review
to Journal of Sport Management.	

Table 10. Current Advisory Board Members

ADVISORY BOARD MEMBERS				
Name	Title	Organization		
Gene Smith	Director of Athletics/Associate Vice	The Ohio State University –		
Gene Siniti	President	Department of Athletics		
Tom Gregoire	Dean	The Ohio State University –		
Tom Gregorie	Dean	College of Social Work		
	Assistant Provost/Associate			
David Graham	Athletic Director for Student-	The Ohio State University		
	Athlete Success			
Bernadette Mazurek Melnyk	Dean	The Ohio State University –		
Bernadette Mazarek Menryk	Dean	College of Nursing		
Gene Harris	Superintendent	Columbus City School		
Jennifer Varenese	EVP, Human Capital Practice	Willis of Ohio		
Jennier varenese	Leader	Trinis or Orne		
Mark Rosenbaum	Chief Customer Officer	Cardinal Health		
Stave Christoneer	EVP, Human Capital Practice	Willia of Ohio		
Steve Christensen	Leader	Willis of Ohio		
Kristi Daiker	Director, Business Solutions	Cardinal Health		