

LiFESports Annual Review 2016-2017



More than camp. More than sports. **LiFE.**

OHIO STATE
LiFESports
LEARNING IN FITNESS AND EDUCATION

LiFESports[™]

at The Ohio State University®

LiFE*sports*TM

at The Ohio State University[®]



Welcome to LiFEsports

Each year The LiFEsports Initiative continues to develop and grow, and 2016-2017 was no different. LiFEsports was founded on the belief that all youth deserve the opportunity to engage with caring adults in intentionally designed sport- and recreation-based activities. Through our three pillars of Service & Outreach, Teaching & Learning, and Research, LiFEsports aims to enhance the quality of youth development, sport, and recreational programs available for youth. By developing quality programming, educating and training others, and disseminating best practices, we hope to increase positive youth outcomes. Several key highlights from this year include the growth of our Youth Leadership Academy, licensing partnerships with afterschool programs, and our Youth Sports Collaborative Event. As we reflect on the accomplishments of LiFEsports over the past year, we invite you to share in our continued efforts related to creating positive impact in the Columbus community and among other youth programs in Ohio and nationally.

Sincerely,

Jerome Davis, PhD
Executive Director – Service & Outreach

Dawn Anderson-Butcher, PhD, LISW-S
Executive Director – Teaching & Learning and Research

Rebecca Wade-Mdivanian, MSW, LISW-S
Director of Operations

- **1,100** youth reached through model licensing
- **244** reached through clinics
- **605** reached through camp
- **60** reached through the YLA

The LiFEsports Initiative at a Glance

LiFEsports is a sport-based positive youth development initiative at The Ohio State University (OSU). LiFEsports aims to enhance the quality of youth development, sport, and recreational programs and thereby increase positive youth outcomes. Through our three pillars of Service & Outreach, Teaching & Learning, and Research, each year LiFEsports establishes new goals related to creating a positive impact in the Columbus community, at OSU, and among other youth programs across the country. To accomplish our goals, LiFEsports has three main priorities:

1. Increase the number and quality of sport and recreation programs designed to promote youth outcomes, especially those from vulnerable circumstances.
2. Increase the number of highly-skilled youth development professionals.
3. Build knowledge and best practices in the areas of youth development, youth sport, social work practice, and physical activity interventions.

For nearly a decade LiFEsports has continued to grow as we service the needs of the community's youth and their families. This past year was no different. Within our Service & Outreach activities in 2016-17, LiFEsports directly served over 900 youth through the LiFEsports Summer Camp, LiFEsports Clinics, and Youth Leadership Academy (YLA). Through licensing partnerships with afterschool programs and schools, an additional 1,100 youth participated in LiFEsports at local non-profit organizations such as After-School All-Stars Ohio and at the YMCA of Central Ohio program in Pickerington City Schools. During our Teaching & Learning strategies, LiFEsports continues to offer innovative university coursework and undergraduate and graduate internship opportunities as a ways to increase the number of highly-skilled youth development professionals entering the field. Additionally, this year we hosted our first LiFEsports Youth Sport Collaborative Event, and featured speakers from OSU's Department of Athletics and from the Jonathan Alder Community Support Coalition. The Event showcased the important role sport and coaches can play in a community struggling to meet the mental health needs of youth. The 2016-2017 year also saw great developments in the LiFEsports Research area, with national presentations delivered at conferences such as the Society for Social Work and Research and the North American Society for the Sociology of Sport. We also have published manuscripts in journals such as *Psychology of Exercise and Sport* and the *Journal of Physical Education, Recreation & Dance*. By



building knowledge and best practices, LiFEsports remains at the forefront of sport-based youth development research.

Throughout this brief annual review, more specific accomplishments from 2016-2017 will be highlighted. Our success is dependent upon the hard work of the youth involved in our programs, the support of their families, and our many community and university partners who volunteer their time and resources and provide additional supports and services. As we reflect on the accomplishments of LiFEsports over the course of 2016-2017 year, we would like to recognize the contributions we have received from our LiFEsports Family.

TABLE 1

Demographics	Percentage
Previous Participation in LiFEsports Summer Camp	
Yes	46.1%
No	53.9%
Race	
Black or African American	90.5%
Multiple Races	6.3%
White, Caucasian	2.0%
Some Other Race	1.3%
Gender	
Male	59.0%
Female	41.0%
Age	
10 years or younger	31.1%
11 to 12 years old	37.9%
13 to 15 years old	31.1%
Poverty Line	
Live within 100% of the poverty line	45.4%
Live within 200% of the poverty line	80.3%
Receive Free & Reduced Lunch	68.8%

Service & Outreach Highlights

Service & Outreach is at the heart of LiFEsports, and features programs such as the LiFEsports Summer Camp, LiFEsports Clinics, and YLA. Overall, each year LiFEsports serves more than 900 youth through its direct programming.

- **10,683** breakfasts and lunches were served at the LiFEsports Summer Camp
- **104** dental screenings were provided at the LiFEsports Registration Day
- **42** different zip codes were represented by youth participants
- **12** buses were used to pick up youth from **19** bus stops around the city of Columbus
- **452** youth finished **3** marathons during camp

LiFEsports Summer Camp

The keystone program of LiFEsports is the annual LiFEsports Summer Camp. The LiFEsports Summer Camp aims to foster social competence among youth of color and/or living in poverty aged 9-15 through their involvement in sport, fitness, and education activities. During the 2016 LiFEsports Summer Camp, 605 youth engaged in this 4-week program. Each sport- and play-based education session at the LiFEsports Summer Camp is grounded in the specifically designed LiFEsports Model and Social Competence Curricula. We focus on four main skills: Self-Control, Effort, Teamwork, and Social Responsibility. These skills together are known as S.E.T.S. In addition to S.E.T.S growth, the LiFEsports Summer Camp fosters sport skill development, physical fitness, and healthy lifestyles.

Many youth come back to the LiFEsports Summer Camp year after year, and 46.1% of participants in 2016-2017 were returners from a previous year's camp. The majority of youth were African American (90.5%), male (59.0%), and an average of 11.6 years old (with a range of 9 to 15 years old), with 80.3% of youth living within 200% of the poverty line. Over the course of the 2016 LiFEsports Summer Camp, youth demonstrated growth in their perceptions of their S.E.T.S., as well as in their overall perceptions of social competence from the beginning to the end of Camp. Further, youth demonstrated statistically significant growth in the areas of Effort and Social Responsibility. To assess changes in physical fitness at the LiFEsports Summer Camp, youth participated in the Progressive Aerobic Cardiovascular Endurance Run (PACER) at the beginning and the end of Camp. Results demonstrated that youth who participated in Camp demonstrated statistically significant growth from the beginning to the end of camp. Additionally, at the end of the

LiFEsports Summer Camp, the majority of youth campers stated that because of LiFEsports, they were more likely to engage in healthy lifestyles. For example, 74.8% of youth indicated that they were more likely to engage in at least one hour of physical activity each day because of LiFEsports and 73.1% indicate that they were more likely to eat five fruits and vegetables each day.

LiFEsports Clinics

Through our LiFEsports Clinics, we were able to offer programming for youth throughout the academic year. In fact, approximately 40% of youth who attend the LiFEsports Summer Camp also attended at least 1 of our 11 Clinics. Moreover, many youth participated in multiple Clinics, with more than 20% of youth being eligible for Early Registration for Camp by attending at least 3 Clinics. These LiFEsports Clinics were made possible with partnerships with OSU Varsity Athletic Teams such as Men's and Women's Gymnastics, Women's Volleyball, and Men's and Women's Track & Field. Additionally, LiFEsports partnered with several OSU club sports and student organizations such as the OSU Men's Rugby Club, Sigma Phi Epsilon, and the OSU Football Club.

Youth Leadership Academy

The YLA is a college and career readiness and leadership program designed for high school aged youth. All YLA participants have previously been part of the LiFEsports Summer Camp, and therefore have developed long-term relationships with our staff, program, and OSU. During 2016-2017, the program saw continued growth and development with the addition of a new 4th year cohort. The program served 56 YLA participants through its monthly programming focused on building leadership skills and getting the youth leaders ready for adulthood.

Each year, to promote college and career readiness, the YLA youth leaders visit other universities within the state of Ohio. This year, for their annual campus visit, youth leaders had the opportunity to visit Ohio University. Through this campus visit, participants were able to see first hand what college life is like, and gain additional insights into preparing for future careers. Additionally, throughout the year, youth leaders actively participated in a variety of valuable learning experiences such as adventure-based learning activities at Camp Mary Orton and financial literacy education hosted by Huntington Bank. They also were able to listen to speakers, including leaders in the OSU Sports and Society Initiative and undergraduate students representing different majors at OSU. The YLA was a huge success this year, with 100% of our high school seniors graduating and continuing their post-secondary education.

LiFEsports Model in the Community

In partnership with After-School All-Stars Ohio, Pickerington Local Schools, and the YMCA of Central Ohio, the LiFEsports model was implemented in 13 before-and after-school programs during 2016-2017. Staff in these programs were trained in the LiFEsports model and implemented the curricula

- **77.7%** of youth report they can better control their feelings because of LiFEsports
- **83.5 %** indicate that they are better at working in a team because of LiFEsports
- **75.5 %** report they can use S.E.T.S. in their school and community
- **83.6%** report that their involvement in LiFEsports makes them want to go to college
- **87.0%** report they enhanced their sport skills at LiFEsports

to teach youth social skills through sport. Thanks to these partnerships, LiFEsports was able to reach an additional 1,100 youth. We are excited to have other youth development programs adopt our LiFEsports curricula in their school and community-based sites!

Teaching & Learning Highlights

LiFEsports also places an emphasis on preparing highly skilled youth development professionals. To accomplish this goal, LiFEsports offers innovative university coursework, applied internships and field practicum experiences, and a variety of volunteer opportunities for students and professionals. During the 2016-2017 academic year, over 60 undergraduate students were enrolled in the “Prevention and Youth Development through Sport, Recreation, and Play” (SWK 2110) course. Students from a variety of majors such as social work, psychology, early childhood development, physical education, and sport industry learned how sport and physical activity settings can be used as mediums that promote youth outcomes, family attachment, and community engagement.

LiFEsports also provided several learning opportunities for undergraduate and graduate level students through applied internships and field practicum experiences. For example, the 2016 LiFEsports Summer Camp employed over 70 students from 12 different universities and colleges throughout the United States, with 12 students fulfilling internship or field practicum requirements. Additionally, LiFEsports engaged over 150 student and community volunteers, including nearly 70 OSU student-athletes, at our

LiFEsports Clinics

To expand upon our Teaching & Learning priorities, this year we hosted our first LiFEsports Youth Sport Collaborative Event. The purpose of the event was to share knowledge regarding innovative strategies when working with youth in sport- and recreation-based contexts. Featured speakers for the event included Dr. Steve Graef, a sport psychologist for OSU’s Department of Athletics, as well as members from the Jonathan Alder Community Support Coalition. Nearly 30 community members and OSU students attended, with many attendees engaging in additional networking opportunities at the conclusion of the event.

Research Highlights

To best service the needs of the community’s youth, LiFEsports takes a translational approach to research. In fact, the LiFEsports Model and Curricula are developed from evidence-based research conducted each year during the LiFEsports Summer Camp. From our research, knowledge about best practices in positive youth development through sport has been developed and disseminated to inform program models, staff practices, and sport programming throughout the world.

During the 2016-2017 year, researchers from LiFEsports presented at national conferences such as the Society for Social Work and Research, the North American Society for the Sociology of Sport, and the Annual Conference on Advancing School Mental Health. At these venues, the LiFEsports Model and Curricula were presented, and key findings related to the positive impact of our program staff on youth social skill development were shared. Additionally, research from LiFEsports was published in peer-reviewed journals such as *Journal of Applied Sport Psychology* and the *Journal of Physical Education, Health, Recreation, and Dance*. By publishing in highly regarded journals, LiFEsports disseminates important research findings and further the advancement of the youth development field.

In Conclusion

Throughout the 2016-2017 year, LiFEsports has continued to grow and make progress in hopes of positively impacting the quality of youth development, sport, and recreational programs as well as youth and their families. However, the accomplishments of LiFEsports are truly a reflection of the hard work of many, including the youth, their families, the many involved OSU students and student-athletes, volunteers, and community partners. If you, too, would like to be a part of the LiFEsports family, we encourage you to come engage with our youth at a LiFEsports Clinic or the LiFEsports Summer Camp, or you can help make a difference in a child’s life by donating at osuLiFEsports.org/donate/. If you’d like more information, visit osuLiFEsports.org or call 614-688-3875.

Partner Organizations

Community Partners

After School All-Stars
After-School All-Stars Ohio
ALL THAT
Boys and Girls Club of Columbus
Camp Mary Orton
Cardinal Health
Columbus City Schools
Columbus Crew

Greater Columbus Arts Council
Huntington National Bank
I Know I Can
Illinois State University
Local Matters
Michigan State University
Mid-Ohio Food Bank
Nationwide Children's Hospital

Ohio Child Care Resource and Referral Association (OCCRA)
Ohio Department of Education
Pickerington Local Schools
Pitney Bowes Presort Services
YMCA of Central Ohio
Youth to Youth International

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College of Arts and Sciences
College of Dentistry
College of Education and Human Ecology
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College of Nursing
College of Optometry

College of Public Health
College of Social Work
Department of Athletics
Department of Physical Medicine and Rehabilitation
Department of Recreational Sports
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June 2016 to May 2017

LiFEsports Benefactor (\$25,000+)



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LiFEsports Champion (\$10,000 - \$24,999)

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THANK YOU!