

# LiFEsports Annual Review 2015-2016



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



**LiFE***sports*<sup>™</sup>

at The Ohio State University®



Since its first official year of operation in 2008, The LiFEsports Initiative has served approximately than 5,000 Columbus youth. Through the LiFEsports Summer Camp, year-round LiFEsports Clinics, Youth Leadership Academy (YLA), university coursework, and innovative research, LiFEsports continues to make a difference in the lives of many. As we take time to reflect back on all that LiFEsports has accomplished during 2015-2016, it is important to recognize the immense support that the Initiative has received from the LiFEsports community! LiFEsports would not be as successful without contributions from our youth and their families, our community partners who volunteer their time and resources, and the university partners who provide a wide variety of supports and services.

Every year The LiFEsports Initiative establishes new goals and expectations to further our three pillars of Service & Outreach, Teaching & Learning, and Research. This year was no exception! For example, we were able to expand the number of our year-round LiFEsports Clinics by nearly double thanks to multiple grant opportunities, as well as support from the OSU Department of Athletics, student organizations, and local partners. The YLA continued to see major growth with the addition to a new third year cohort. Additionally, The LiFEsports Initiative also engaged students from a variety of different academic disciplines through our innovative coursework, internships, research activities, and volunteer opportunities. And together, with intra- and inter-university partnerships, LiFEsports also has continued to identify important program and staff practices which have an impact on positive youth development!

If you are already one of our many vested partners or you are reading about LiFEsports for the first time, we welcome you to join our LiFEsports family! In addition to reading this 2015-2016 annual evaluation report, we encourage you to come engage with our youth at one of our sport-based LiFEsports Clinics, enroll in one of our academic courses, or delve into our newest research publications. However, if you want to truly immerse yourself in LiFEsports, please come to our LiFEsports Summer Camp and watch our staff engage with our youth campers, actively facilitate social and sport skills, and foster meaningful positive relationships! Again, we thank our many partners, and welcome others to join in our efforts!

Sincerely,

Jerome Davis, PhD  
Executive Director – Service & Outreach

Dawn Anderson-Butcher, PhD  
Executive Director – Teaching & Learning

Rebecca Wade-Mdivanian  
Director of Operations

### The LiFEsports Initiative at a Glance

The LiFEsports Initiative is a sport-based positive youth development Initiative at The Ohio State University (OSU). Through our three pronged approach of Service & Outreach, Teaching & Learning, and Research, LiFEsports aims to enhance the quality of youth development, sport, and recreational programs thereby increasing positive youth outcomes. Specifically, LiFEsports has three main aims:

1. Increase the number and quality of sport and recreation programs that are designed to promote youth outcomes among at-risk youth
2. Increase the number of highly-skilled youth development professionals
3. Build knowledge and best practices in the areas of youth development, social work, and physical activity

During 2015-2016, through its Service & Outreach programming, LiFEsports served approximately 1,700 youth through the 19-day LiFEsports Summer Camp, hosted 11 LiFEsports Clinics and Events, offered year-round Youth Leadership Academy (YLA) program, and partnered with youth development programs such as After-School All-Stars of Ohio. Youth involved in the LiFEsports Summer Camp were positively impacted and demonstrated great growth, with the majority of youth (82%) having reported that they know how to use the skills learned at LiFEsports outside of camp. Through the LiFEsports Clinics, over 200 different youth participated in LiFEsports programming throughout the academic school year. Moreover, most youth (80%) who attended our program reported that their involvement in LiFEsports made them want to go to college. Additionally, Youth Leaders demonstrated significant growth over the course of the program in outcomes such as leadership and communication.

In addition to LiFEsports' Service & Outreach, our Teaching & Learning emphasis also has demonstrated great outcomes amongst OSU's student body. In fact, approximately 300 undergraduate and graduate students engaged in coursework and field-based learning experiences. Of these 300, 60 were OSU student-athletes. Through such learning opportunities, LiFEsports hosted students from nearly every academic department on campus including business, education, health sciences, social science, and sport sciences fields.

Additionally, LiFEsports continued to make great strides through our innovative research in sport-based youth development programming. As a method to help disseminate key research findings from the LiFEsports and YLA programs, presentations were delivered at conferences nationwide, manuscripts were published in peer-reviewed journals, and collaborative research partnerships continued to evolve. Throughout this brief report, more specific accomplishments from 2015-2016 will be highlighted!

### Service & Outreach Highlights

The Service & Outreach component is at the heart of LiFEsports. As such, Service & Outreach aims to make quality youth development programming available to the Columbus community, as well as throughout the State of



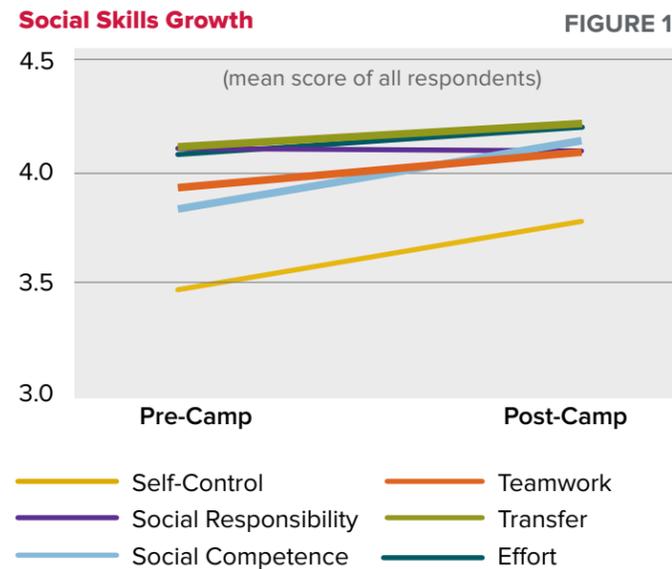
Ohio. We especially strive to service youth and families who may otherwise not be able to afford such opportunities.

During the 2015 LiFEsports Summer Camp, 604 youth engaged in the four week long social skill and sport education program. For more details, please see the **Table 1**.

**TABLE 1**

Demographics	Percentage of Respondents
<b>Previous Participation in LiFEsports Summer Camp</b>	
Yes	42.8%
No	57.2%
<b>Race</b>	
Black or African American	90.0%
Multiple Races	5.9%
White, Caucasian	2.8%
Some Other Race	1.4%
<b>Gender</b>	
Male	61.6%
Female	38.4%
<b>Age</b>	
10 years or younger	31.1%
11 to 12 years old	35.3%
13 to 15 years old	33.6%
<b>Weight Classification</b>	
Underweight	2.1%
Normal Weight	54.0%
Overweight	19.0%
Obese	24.9%
<b>Poverty Line</b>	
Live within 100% of the poverty line	45.9%
Live within 200% of the poverty line	81.1%
Receive Free & Reduced Lunch	77.6%

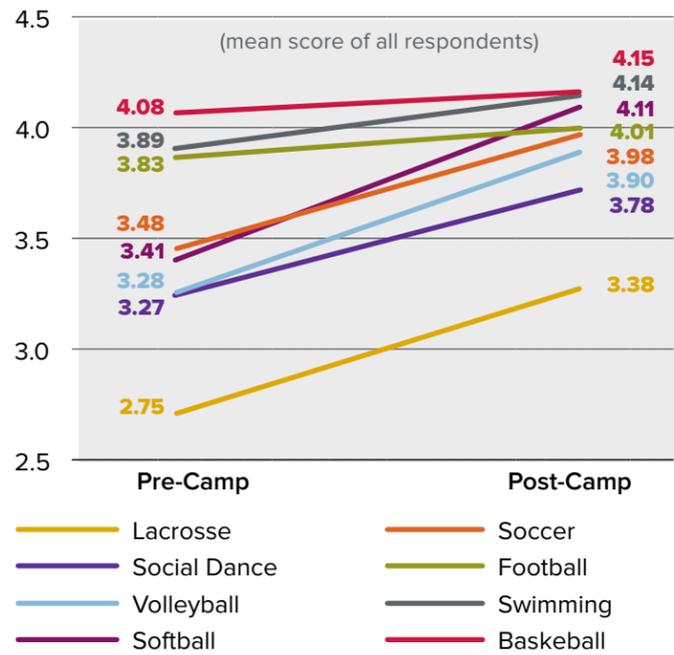
Through its social skills curriculum, which are integrated into each sport-based activity, LiFEsports focuses on four main social skills: Self-control, Effort, Teamwork, and Social responsibility. Together, these social skills are known as “S.E.T.S.” Youth who participated in the LiFEsports Summer Camp were able gain many benefits and demonstrated growth in the S.E.T.S. (see Figure 1).



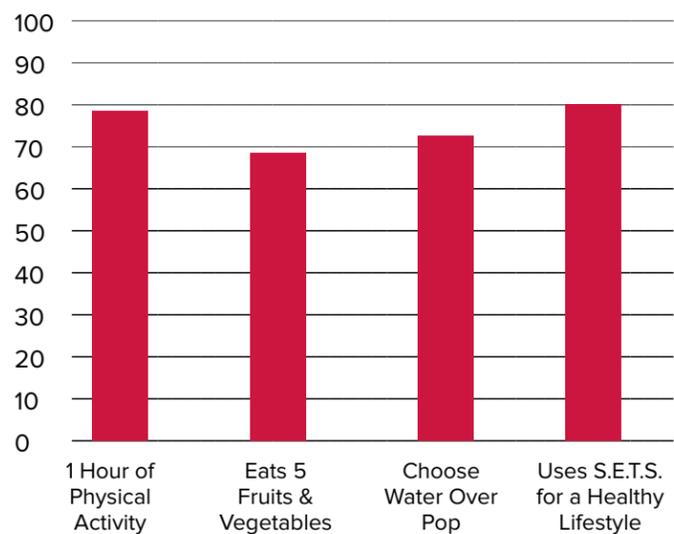
Another aim of LiFEsports camp is to foster the development of skills in sport and healthy lifestyle choices. From the beginning to the end of camp, youth scores related to sport competence in seven of the eight different sports increase significantly (see Figure 2). At the end of the LiFEsports Summer Camp, a majority of the youth stated that because of LiFEsports, they were more likely to engage in healthy lifestyles such as being physically active for at least an hour every day, eating five fruits and vegetables each day, and drinking water instead of pop. In fact, 79.8% of campers stated “pretty true” or “really true” when asked if they know how to use the S.E.T.S. to help them have a healthy lifestyle (see Figure 3).

In addition to participation in the LiFEsports Summer Camp, 205 different youth attended at least one of the eight sport-based LiFEsports Clinics. In fact, on average, each of the eight sport-based LiFEsports clinics hosted approximately 63 youth. In addition to the Basketball, Football, Ice Hockey & Skating, Track & Field, and Volleyball Clinics from last year, LiFEsports also hosted new Gymnastics, Rugby, and Strength & Conditioning Clinics. These LiFEsports Clinics are made possible with partnerships with OSU Athletic Teams such as Women’s Ice Hockey, Men’s and Women’s Track & Field, Women’s Volleyball, and Women’s Gymnastics teams. Additionally, LiFEsports partnered with several Club Sports and Student Organizations such as the OSU Football Club, the Running Club at OSU, the OSU Men’s Rugby Club, and Sigma Phi Epsilon. In total, 99 youth were eligible for Early Registration to the LiFEsports Summer Camp by attending at least 3 of our LiFEsports Clinics throughout the year.

**Change in Sports Competence** FIGURE 2

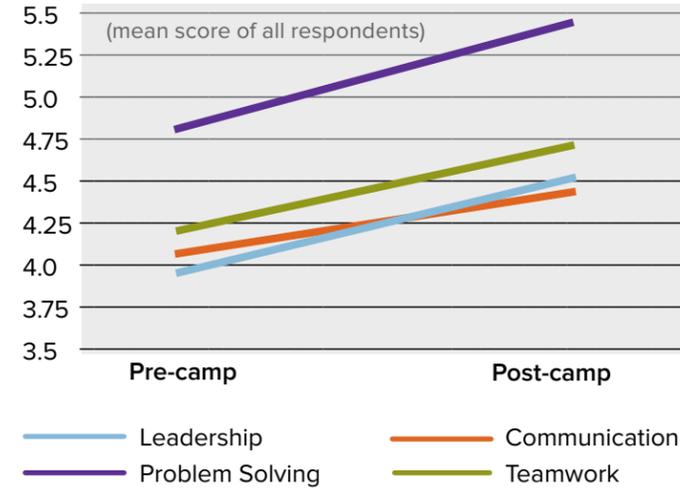


**Healthy Lifestyle Choices** FIGURE 3



The Youth Leadership Academy (YLA), a college/career readiness and leadership program, continued to see major growth. The program participation expanded to nearly 60 youth aged 14 to 18 years old! Youth Leaders involved in the program participated in a variety of hands-on learning activities, engaged with professionals from the Columbus community, and even had the opportunity to tour the University of Cincinnati in preparation for their academic and professional careers. Importantly, Youth Leaders involved in the program demonstrated significant growth in several key outcome indicators such as leadership, communication, problem solving, and teamwork (see Figure 4).

**Youth Leadership Academy Outcomes** FIGURE 4



LiFEsports and the many community partners were able to provide invaluable resources and services to the youth and their families throughout the Camp. For example, through a partnership with the Columbus Metropolitan Housing Authority, an additional 40 youth were able to be enrolled at Camp, thereby allowing LiFEsports to serve the community’s most vulnerable youth. Moreover, 280 free health physicals were given during the Camp’s registration day, and 70 free vision screenings and 93 free dental screenings were provided throughout camp. Additionally, through a partnership with the College of Nursing, 13 parents/caregivers also received free health screenings of their body mass index, blood pressure, and blood sugar. Finally, over 69 households received fresh food thanks to Mid-Ohio Food Bank’s mobile market. Additional services such as these are critical to the youth and families we served, especially as we aspire to promote healthy lifestyles and positive behavioral change!

**Teaching & Learning Highlights**

As a university-wide initiative, LiFEsports also places an emphasis on preparing and training students and other professionals for their future careers working with youth from vulnerable circumstances. Specifically, LiFEsports aims to “increase the number of highly-skilled youth development professionals in the field.” Over the course of the past year, over 100 OSU students engaged in the Teaching & Learning component of LiFEsports. In fact, 89 undergraduate students were enrolled in “Prevention and Youth Development through Sport, Recreation, and Play” (SWK 2110) course, with another 14 graduate students having completed “Community Youth Development” (SWK 7704) course. In the SWK 2110 course alone, students represented a total of 7 different departments with 34 students from the College of Social Work and 30 Students from the College of Education and Human Ecology.

In addition to academic classroom-based coursework, LiFEsports also provided several opportunities throughout the year for students to engage in service- and experiential-learning experiences. During the 2015 LiFEsports Summer Camp, LiFEsports employed 46 students from 13 different universities and colleges throughout the United States, with

[74.7% of parents/caregivers indicated that they were satisfied with LiFEsports.]

[80.4% of parents/caregivers indicated that they believed that S.E.T.S. are important for their child to use outside of LiFEsports, and 62.3% believed that their child is, in fact, able to use S.E.T.S.]

19 students fulfilling internship or practicum experiences. In addition to the 46 students involved in the LiFEsports Summer Camp, 10 were OSU student-athletes. The LiFEsports Summer Camp also hosted three visiting doctoral students from Michigan State University’s Institute for the Study of Youth Sport. Further, through the year-round LiFEsports Clinics, LiFEsports engaged 153 student volunteers, 46 of which were OSU student-athletes.

Staff at LiFEsports also provided supervision to 13 social work students completing their field placement at four different youth serving agencies in Columbus (After-School All-stars Ohio, Boys and Girls Clubs of Columbus, OSU Social Change, and the Schoenbaum Family Center). A highlight for this year was one master level student completing their field practicum for social work from the University of Buffalo with LiFEsports. Additionally, 18 OSU nursing students completed their community health rotation during the LiFEsports Summer Camp.

**Research Highlights**

Through the LiFEsports Summer Camp, LiFEsports Clinics, and YLA programs, we are continuously involved in rigorous and innovative research. In fact, LiFEsports programming and curricula are all developed from evidence-based research on programming and staff practices conducted throughout the LiFEsports Summer Camp. Through this translational research approach, vital information is gleaned from the youth, staff, and program as a whole to further inform best practices used at LiFEsports, sport-based youth programs, and afterschool programs.

Moreover, throughout 2015-2016, the LiFEsports program model and curricula was presented at national, regional, and statewide conferences. Such presentations were delivered at venues such as Banding Together for Adolescents and Young Adults Statewide Summit and The Social Work in Sports Symposium. Additionally, research from LiFEsports also was published in peer-reviewed journals such as the Journal of Applied Sport Psychology and Research on Social Work Practice. By publishing in highly regarded journals, LiFEsports continues to disseminate important findings and further advancing the field of youth development. Please check out our Research Briefs Series on our website for information on all of our latest research (osulifesports.org)!

LiFEsports also worked with a diversity of undergraduate

and graduate student through the Initiative's research efforts. During the 2015 LiFEsports Summer Camp, seven undergraduate and graduate students worked on the research and evaluation team to help collect, enter, and clear data. Moreover, throughout the year, LiFEsports hosted and worked with undergraduate and graduate students from an array of departments such as Social Work, Kinesiology, Sport Management, and Public Health on a variety of research projects.

Additionally, in the spring of 2016, LiFEsports hosted the second annual Youth Sport Summit. This event brought approximately 25 faculty, staff, and students together from institutions such as Michigan State University, Illinois State University, and Ball State University. Through such inter-university partnerships, professionals from different universities had the opportunity to share knowledge, engage in critical thinking, and further advance the fields of youth sport and youth development. Additionally, throughout the year, LiFEsports continued key partnerships with researchers from Michigan State University's Institute for the Study of Youth Sport and Illinois State University's Department of Exercise Science. Through these partnerships, the effect of long-term participation in the LiFEsports Summer Camp on youth outcomes was examined. Preliminary research has indicated that for youth involved in LiFEsports for two consecutive years – while youth may lose some benefits from camp during the academic year – growth in outcomes such as effort, teamwork, social competence, and sport specific ability increased during the course of each camp (see Figure 5). To better understand these results, additional analyses were conducted to identify the youth who were impacted the greatest from their participation in the LiFEsports Summer Camp. Results indicated that youth who initially had the lowest scores at the beginning of their first year of camp demonstrate the most growth throughout each camp as well as throughout the academic year between camps. In other words, youth who would benefit the most from their participation in LiFEsports demonstrated the greatest growth in outcomes such as self-control, effort, teamwork, and transfer of learning (see Figure 6).

#### LiFEsports Budget

The success of LiFEsports is dependent upon the continued commitment and financial support from our key partners, both internal and external to OSU. Following through with the five-year business plan which was set in place in January of 2014, LiFEsports has continued to grow and impact youth and their families, students and future youth workers, as well as the field of youth development as a whole. The details of the business plan can be found in its entirety at: <http://www.osulifesports.org/wp-content/uploads/2014/03/01-17-14-LiFE-Sports-Initiative-Plan-FINAL.pdf>. Based on this plan, LiFEsports has nearly doubled the number of LiFEsports Clinics, has worked to continue to expand the LiFEsports program model and curricula, and has continued to partner with a number of afterschool programs and other service organizations. Additionally, as a way to help raise monies to continue to serve the youth and families of the Columbus community, this year kicked off the first ever annual LiFEsports Annual Giving Campaign.

LiFEsports current annual operating expenses include costs associated with administration, personnel, transportation, purchased services, and supplies. The current annual revenue of the LiFEsports Initiative is \$488,232. Currently over 30% of the annual revenue is derived from external sources, while the other 70% is provided from internal sources.

As in the past, the Department of Athletics and College of Social Work provided substantial funding to support the Initiative. Internal funding for the Initiative was also provided by the University's Office of Outreach and Engagement. In-kind facility space was provided by the Department of Recreational Sports. We also received funding from several external funders, both corporate and individual. Efforts continue to diversify the funding of LiFEsports to support its long-term survival. Thank you to all those who have given generously to LiFEsports in 2015-2016!

FIGURE 5

#### LiFEsports Longitudinal Growth: Means for all Youth

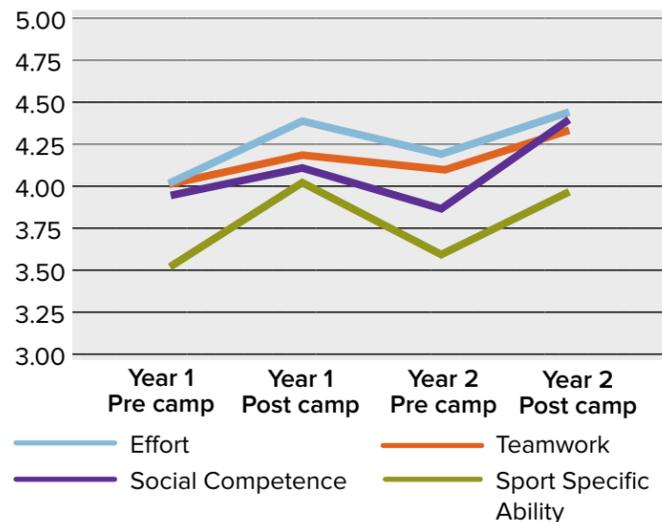
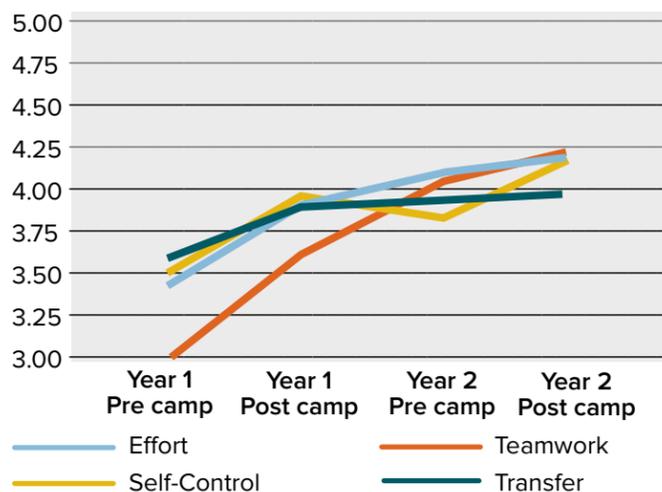


FIGURE 6

#### LiFEsports Longitudinal Growth: Means for High Risk Youth Only



# Donations to LiFEsports

June 2015 to May 2016

## LiFEsports Benefactor (\$25,000+)



CardinalHealth



United Way of Central Ohio  
Member Agency



ADAMH  
Alcohol, Drug and Mental Health Board of Franklin County

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

Fitzsimonds Charitable Trust

## LiFEsports Defender (\$1,000 - \$9,999)

Columbus Youth Foundation  
David Slates  
Deborah Pfeiffer  
Melissa and Jonathan Kass

Pitney Bowes  
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Tom Katzenmeyer

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Christine Amorose Groomes  
Tigran and Rebecca Mdivanian  
Tom Gregoire

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Christopher Webb  
Michael Weinman  
Sara Whitacre  
B.J. White

# THANK YOU!

# Partner Organizations

## Community Partners

After-School All-Stars of Ohio  
Boys and Girls Club of Columbus  
Cardinal Health  
Columbus City Schools  
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  
Pitney Bowes Presort Services

## University Contributors

College of Arts and Sciences  
College of Dentistry  
College of Education and Human Ecology  
College of Food, Agricultural, and Environmental Sciences  
College of Nursing  
College of Optometry

College of Public Health  
College of Social Work  
Department of Athletics  
Department of Physical Medicine and Rehabilitation  
Dining Services  
Facilities Operations and Development

Office of Outreach & Engagement  
Office of Student Life  
Office of Student Life, Department of Recreational Sports  
Undergraduate Admission and First Year Experience

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