At LiFEsports we believe all youth deserve the opportunity to engage with caring adults in intentionally designed sport- and recreation-based activities. We promote positive youth development through sport, especially among youth who are most socially vulnerable. This year we tackled rebuilding sport opportunities after the COVID-19 pandemic, an important priority related to sport access for low-income youth.

Throughout this annual report, we invite you to learn about how LiFEsports is rebuilding and growing in Central Ohio and across the nation. Not only have we spread our outreach programs to new locations across Columbus, we also have broadened our focus through a new initiative called Coach Beyond. Coach Beyond, a partnership with the Ohio High School Athletic Association (OHSAA), focuses on training coaches across Ohio in how to promote positive youth development and mental wellness among student-athletes. We are super excited about this new branch of LiFEsports, one dedicated to building the capacity of others in the field so they can make more of a difference through sport! Who knows what is next?

This report highlights our collaborative work from June 2021 through May 2022. Help us celebrate our achievements, and join us in our collective efforts to positively impact the Columbus community and beyond.

Sincerely,

A MESSAGE FROM OUR LEADERSHIP

MORE THAN CAMP. MORE THAN SPORTS. LiFE
WHO WE ARE

MISSION
To prepare youth for life and leadership through sport.

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

OUR GOALS

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

2. TEACHING AND LEARNING:
Prepare and train tomorrow’s sport-based youth development workforce.

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

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

OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

Over the last decade, LiFEsports has provided sport-based PYD programming to youth from socially vulnerable circumstances throughout the Columbus community. In 2020 and 2021, the COVID-19 pandemic impacted many of our programs, but most notably our on-campus summer camp. In 2021, LiFEsports began rebuilding – reinstating our campus-based summer program, expanding our community-based sites, while still offering virtual participation options.

Key programs include our LiFEsports Summer Camp at the Ohio State University (OSU), LiFEsports+ community-based summer camps, the Youth Leadership Academy (YLA), Sport in Bag Virtual Summer Camp, and as always our year-round sport clinics. Through these programs, we directly served over 312 kids from 41 zip codes in Central Ohio. Building on our past successes at one community-based site (Beatty Recreation Center), we opened our second community-based site in partnership with Columbus Parks and Recreation (CRPD). This site (located at Linden Recreation Center) allowed LiFEsports to rebuild our reach post-COVID. Additionally, our YLA came back in full force, serving 57 youth through year-round in-person programming.
**OUTREACH TO SUPPORT HEALTHY AND VIBRANT COMMUNITIES**

**BY THE NUMBERS**

362 YOUTH SERVED

**AGES:**
- 95 9 & UNDER
- 154 10-12
- 82 13-15
- 31 16+

**RACE**
- Black 85.1%
- Multi-Racial 10.0%
- White 4.3%
- Other 0.6%

**SCHOOLS**
- Columbus City Schools 27.3%
- Charter/Private 25.4%
- Pickerington 5.2%
- Reynoldsburg 6.6%
- Other 35.5%

**FEMALE (37.3%)**
- Black 85.1%
- Other 0.6%

**MALE (62.7%)**
- Black 85.1%
- Other 0.6%

**73.2%** live in or near poverty threshold

**41** zip codes

**137** different schools

**21** school districts

*Please note these data reflect youth served from June 2021 - May 2022 while Covid-19 precautions were still in place.*
**PROGRAM DESCRIPTION**

In 2020, for the first time in 12 summers, the LiFEsports Summer Camp on OSU’s campus was not offered due to the COVID-19 pandemic. However, welcomed in 2021, the return of this camp to Ohio Stadium, the OSU Recreation and Physical Activity Center, as well as intramural fields and classrooms on campus. While 2021 represented the return of camp, modifications were made to ensure compliance with University COVID-19 protocols. The original four-week camp was modified to be three, two-week camps with each camp available to serve up to 80 youth.

While the structure was modified, the camp still focused on improving social and sports skills among girls and boys (ages 9 to 14) from vulnerable circumstances in Central Ohio. LiFEsports staff and counselors served as positive role models and mentors to help youth ignite a passion for achievement on the playing field and in life. Central to our mission, specific social skills targeted include Self-Control, Effort, Teamwork, and Social Responsibility (S.E.T.S.). Given the two-week camp sessions, youth received instruction in five different sports (basketball, football, lacrosse, soccer, and volleyball) and also received instruction in health & fitness. The camp, as always, was offered free of charge to all participants. Free transportation to and from the camp was provided, as well as two meals each day.

**HEALTHY S.E.T.S. OUTCOMES**

The following chart showcases the 2021 Summer Camp impact on youth.

<table>
<thead>
<tr>
<th></th>
<th>Pre-Camp</th>
<th>Post-Camp</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-control</td>
<td>3.59</td>
<td>3.75</td>
<td>+0.15</td>
</tr>
<tr>
<td>Effort</td>
<td>3.96</td>
<td>4.08</td>
<td>+0.12</td>
</tr>
<tr>
<td>Teamwork</td>
<td>3.94</td>
<td>3.94</td>
<td>+0.00</td>
</tr>
<tr>
<td>Social Responsibility</td>
<td>3.82</td>
<td>3.82</td>
<td>+0.04</td>
</tr>
</tbody>
</table>

Notes: Scale scores range from 1 to 5.

Past research shows that the LiFEsports Summer Camp is most effective for youth who need it the most (i.e., those youth with the poorest social skills coming into camp). For campers with room to improve...

- 65.7% increased in social competence
- Note: Campers completing both pre and post-test and who attended at least 80% of camp.

**HEALTHY LIFESTYLES/SPORT COMPETENCE**

<table>
<thead>
<tr>
<th></th>
<th>3.01</th>
<th>3.30</th>
<th>+0.29</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Healthy</td>
<td>3.83</td>
<td>4.07</td>
<td>+0.24</td>
</tr>
<tr>
<td>Lifestyle Score</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes: Scale scores range from 1 to 5.

As a result of attending LiFEsports...

- 81.4% reported they can better control their feelings (SELF-CONTROL)
- 91.4% reported that they learned to always give their all (EFFORT)
- 91.4% reported they are better at working in a team (TEAMWORK)
- 94.3% reported they try to do the right thing when no one is looking (SOCIAL RESPONSIBILITY)
- 95.7% reported they learned to act responsibly when playing sports (IN SPORTS)
- 90.0% reported they use S.E.T.S. in their school, home, or community (IN LIFE)

Note: N=70. Percentages based on those responding Really, Pretty or Somewhat true.
OUTREACH TO SUPPORT HEALTHY AND VIBRANT COMMUNITIES

LiFEsports+ IN THE COMMUNITY

In 2019, LiFEsports opened our first community-based site at the Beatty Community Center. This was in response to the growing need for quality youth development summer programming in Columbus. The COVID-19 pandemic only exacerbated this need.

With continued funding from our original strategic partners, the Lindy Infante Foundation, Columbus Recreation and Parks Development, the Columbus Metropolitan Housing Authority, and the addition of a new partner – Franklin County Jobs and Family Services, in 2021, LiFEsports opened a second community site at the Linden Community Center.

Both community-based sites, modeled after our successful on-campus camp, provided programming to 115 youth from vulnerable circumstances (87.3% living near or below the poverty line). Please note there were restrictions in allowable numbers served due to COVID-19. These camps served youth for 8 weeks, blending the traditional LiFEsports sports curriculum with 4-H programming such as gardening, STEM education, and art. Youth received instruction in 9 sports, as well as on S.E.T.S. through 15 hours of our Chalk Talk curriculum.

PROGRAM STATISTICS*

BEATTY:
- 52 total youth participants
- 90.0% reported that they learned to get along with others
- 80.0% reported they learned to act responsibly when playing sports
- 85.0% reported they used S.E.T.S. in their school, home, or community

LINDEN:
- 63 total youth participants
- 81.4% reported that they learned to get along with others
- 79.1% reported they learned to act responsibly when playing sports
- 74.4% reported they used S.E.T.S. in their school, home, or community

*Campers attending at least 1 day of camp (N=63). Percentages based on those responding "Yes" or "Yes!"
OUTREACH TO SUPPORT HEALTHY AND VIBRANT COMMUNITIES

LiFEsports CLINICS

LiFEsports clinics are offered during the academic year for youth who previously participated in the LiFEsports Summer Camp. These clinics allow LiFEsports to maintain caring, positive relationships with our youth and provide additional opportunities to educate our youth on our targeted social skills. We call these “booster sessions” as they serve as follow-up “shots” or opportunities to reinforce S.E.T.S. learning and application. To implement the clinics, we often rely on the help of our OSU Varsity and Club athletic teams, as well as other youth sport organizations throughout Central Ohio. In 2021-22, our clinic partners included the Ohio State Men’s and Women’s Gymnastics teams, the Ohio State Men’s Soccer team, the Ohio State Men’s and Women’s Club Basketball teams, Danja Yoga, Columbus Futsal, Black Cultural Performing Arts, and Ohio State Franklin County Extension.

In February 2022, we broke the winter doldrums by getting our bodies moving through dance at the Linden Community Center. With the help of Jordell Matthews from the Black Cultured Performing Arts, youth learned some new moves and performed a final dance routine. After all the youth learned the dance routine, they were organized into “crews” or teams where they were able to add their own 8-count dance moves to the end of the routine. The youth had so much fun making the group dance a little different than all the other groups. Each “crew” then performed their personalized dance for all the parents/caregivers and volunteers, and showcased their S.E.T.S. Participants practiced self-control by maintaining focus and controlling their emotions during tougher 8-counts, effort as the youth tried new dance moves, and teamwork when they took the time to encourage one another and work together throughout the clinic and in their “crews.” LiFEsports loves engaging our community sport practitioners in our clinics.

DANCING WITH CRPD

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PROGRAM STATISTICS

10 TOTAL CLINICS

PARTICIPATION
Youth attending at least:
1 clinic – 74
2 clinics – 31
3 clinics – 13
4 or more – 8
5 or more – 2

Our gymnastics clinic is a youth favorite, and we were happy to bring it back after a few years of taking a break due to COVID-19 protocols. OSU’s Head Men’s Gymnastics Coach Rustam Sharipov, assistant coaches, and the men’s and women’s gymnastics team all showed up ready to engage with the youth and teach various gymnastics skills on the floor, pommel horse, trampoline, rings, vault, parallel and high bars, and foam pits. The clinic was hosted at the Steelwood Training Facility, the exact place our OSU gymnasts train daily! Our gymnastic student-athletes made sure to share with our youth just how they use S.E.T.S. every day in their gymnastics and college life. We are always thankful for our varsity teams who want to engage in LiFEsports activities.
OUTREACH TO SUPPORT HEALTHY AND VIBRANT COMMUNITIES

LiFEsports YOUTH LEADERSHIP ACADEMY

The LiFEsports Youth Leadership Academy (YLA) is dedicated to preparing high school youth for college and careers by building within them a strong foundation of leadership and life skills. The program expands on the important skills taught at LiFEsports by giving its graduates the knowledge of what it takes to be a leader at LiFEsports and in their communities. Youth participate in bi-monthly education and mentoring sessions throughout the academic year and then serve as junior camp counselors during the campus-based summer camp. Also, all juniors and seniors receive monthly mentoring sessions focused on college readiness, applications and admissions processes. In 2021, we were able to move this program back to in-person! The youth were so excited to be back together and able to learn, grow, and enjoy time together.

SIDNEY WAIHENYA

Sidney Waihenya has spent four years in LiFEsports with one year being a camper and three years participating in the YLA. Sidney has been able to grow as a person at LiFEsports while learning professional development and leadership skills. The YLA has created a place for Sidney to create relationships with peers and serve as a leader and role model. Sidney has volunteered at sport clinics and even helped out with presenting development LiFEsports presentations in the community. She has been a great asset to the YLA staff and mentors. Sidney has been a role model to our campers and has always been helpful in making sure all youth are engaged and feeling good about themselves. Sidney is currently a junior at OSU and has lead the YLA activities this year.

57 total youth enrolled (aged 14-18)

PROGRAM STATISTICS

OUTCOMES:

- 93% reported they learned how to work well in a team or group.
- 92% reported they value being a leader rather than a follower.
- 100% reported they expect to go to college and be successful in college.

SPORT IN A BAG

In the Spring of 2020 during the height of the pandemic, the Lindy Infante Foundation and LiFEsports partnered together to distribute bags of at home sports gear to low income youth. Each bag included a jump rope, four cones, and either a basketball, football or soccer ball, as well as a LiFEsports At Home Instructional Guide inclusive of activities for kids to stay active. LiFEsports then built upon this successful kit development and distribution concept to create the first-ever virtual LiFEsports Summer Camp.

In 2021, LiFEsports continued both the distribution of ‘Sport in a Bag’ kits with the Lindy Infante Foundation, as well as offered our virtual ‘Sport in a Bag’ camp to 50 youth from KIPP Columbus, a local charter school. During this six week virtual camp, youth received new camp sports equipment every two weeks, twice per week virtual Chalk Talk social skills sessions, and access to over 100 individual sport exercises to complete at home.

In addition to the programming, youth received incentives for the completion of activities (such as OSU ballcaps, camp t-shirts, water bottles, etc.) and engaged in weekly Q&A sessions with current and former OSU athletes.

50 YOUTH PARTICIPANTS IN ‘SPORT IN A BAG’ VIRTUAL CAMP

PROGRAM STATISTICS

6,000 BAGS DISTRIBUTED IN PARTNERSHIP WITH THE LINDY INFANTE FOUNDATION
OUTREACH TO SUPPORT HEALTHY AND VIBRANT COMMUNITIES

NEW PROGRAM HIGHLIGHT: LiFEsports AT DUBLIN

In 2022, LiFEsports was approached by both school and community leaders in Dublin to address a growing concern. Youth attending the elementary schools feeding into Scioto High School (10%) were less likely than their peers at Jerome and Coffman (16%) to participate in high school athletics. They also were less likely to participate in YOUTH athletics through the Dublin Youth Association (16% at Scioto, 40% at Jerome and 44% at Coffman). This trend continued when looking at data on social skills, as well. Specifically, 43% of students in the Scioto feeder pattern reported confidence in regulating their emotions while only 50% did at Coffman and 60% at Jerome. To address these gaps and needs, LiFEsports was piloted in 2022 in an attempt to 1) increase social skills among youth and 2) increase sport access for youth.

This pilot camp also was the first time LiFEsports could conduct a randomized time-series study to research our sport-based camp intervention more rigorously. What this meant is instead of running one camp, we operated two 4-week camps in Dublin each serving 50-60 kids each. Each program provided the youth with free breakfast and lunch, transportation, 3 hours of sport instruction, and 1 hour of play-based Chalk Talk S.E.T.S. curriculum. Youth and families were given surveys at multiple points throughout the summer to evaluate the effectiveness of the intervention. This allowed our research team to compare camp participants across the two camps to see if youth participating in the camp in June differed in S.E.T.S. scores as compared to those who came in July. Check out our preliminary results!

PREPARING TOMORROW’S SPORT LEADERS

LiFEsports works year-round to provide teaching and learning opportunities to undergraduate and graduate students interested in the field of sport-based PYD. Students from a variety of majors take part in classes, independent studies, field practicum, volunteer work, internships and employment opportunities related to LiFEsports. Our goal is to prepare tomorrow’s leaders for the field of sports-based PYD and beyond.

UNIVERSITY TEACHING BY THE NUMBERS

<table>
<thead>
<tr>
<th>Total # of Students Engaged: 229</th>
</tr>
</thead>
<tbody>
<tr>
<td>College of Nursing</td>
</tr>
<tr>
<td>College of Education &amp; Human Ecology</td>
</tr>
<tr>
<td>College of Social Work</td>
</tr>
<tr>
<td>College of Arts &amp; Sciences</td>
</tr>
<tr>
<td>College of Business</td>
</tr>
<tr>
<td>College of Engineering</td>
</tr>
<tr>
<td>College of Food, Agricultural, &amp; Environmental Sciences</td>
</tr>
<tr>
<td>College of Health &amp; Rehabilitation Sciences</td>
</tr>
<tr>
<td>College of Public Affairs</td>
</tr>
<tr>
<td>College of Public Health</td>
</tr>
<tr>
<td>Unknown</td>
</tr>
</tbody>
</table>

LiFEsports Annual Report
COACHING EDUCATION THROUGH COACH BEYOND...

For the past 13 years, LiFEsports has strived to better understand best practices in sport-based youth development. As part of the University, our team has been able to share these best practices regularly with University students through coursework and internships. This year, thanks to a Milton Coaches Challenge grant from the Susan Crown Foundation, LiFEsports and the Ohio High School Athletic Association (OHSAA) began to embark on sharing best practices in sport-based youth development and life skill development through sport with coaches, athletic directors and other sport leaders.

We know that a child that has one or more caring adults in his/her life is more likely to succeed in adulthood. Coaches have the unique power to guide young people not only on the playing field but also in life. Unfortunately, most coaches have been left unprepared on how to harness this power.

For the past 13 years, LiFEsports, in partnership with the OHSAA and 11 partner school districts across the state, is now working to develop a ten-part coach education series called “Coach Beyond….”

In the first year of the grant, LiFEsports trained 602 coaches.

This is just the start, as we will train 15,000 coaches across school districts across the state, is now working to develop Coaches, athletic directors and other sport leaders.

School-based coaches are non-school employees with limited background in education and child development.

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DISCOVERING WHAT WORKS

What makes LiFEsports stand apart from traditional sports-based camps and youth development programs is its specific focus on understanding how and why youth development programs and sports impact youth. Each year LiFEsports works to engage faculty, staff, and students from both OSU and partner universities. No matter where the program is located, others can learn from our work.

This year LiFEsports’ Dr. Samantha Bates returned to Ohio State after a few years on faculty at Texas Christian University. As some of you may remember, Dr. Bates received her doctoral degree from the Ohio State University and studied with LiFEsports during her doctoral work. LiFEsports is excited to have her back on the team helping to further the research line of LiFEsports, as well as add to our continued dissemination efforts.

RESEARCHING COACH ADVOCACY FOR LGBTQIA+ RIGHTS AND RACIAL JUSTICE THESIS

Travis Scheidler, social work graduate student at Ohio State University, completed a master’s thesis related to college coach advocacy for LGBTQIA+ rights and social justice. Travis interviewed 15 college coaches across the United States who have engaged in advocacy within the last five years. His findings demonstrate that college coaches engage in advocacy through team conversations, recruitment, committee work, research, and the use of social media. His study also highlighted several facilitators and barriers impacting coach social work practice, including a sense of responsibility, the goal to create a supportive culture, clear institutional support, access to advocacy-related resources, awareness of power dynamics, and the presence of Black Lives Matter protests. These findings have implications for college coaches, sport administrators, and sport social workers.

Researching Coach Advocacy for LGBTQIA+ Rights and Racial Justice Thesis

Dr. Anderson-Butcher and Dr. Bates co-edited a special issue of the Child & Adolescent Social Work Journal (CASWJ) focused on social work and youth sport. The special issue included nine articles dedicated to research, practice, and scholarship on youth sport across domains of prevention, intervention, implementation, policy, and advocacy. Dr. Anderson-Butcher and Dr. Bates wrote the editorial introduction to the special issue to celebrate and advance the subdiscipline of sport social work by emphasizing the growing body of research on social work and youth sports. In addition, five of the nine articles published in the special issue were authored by current or former faculty, graduate students, and staff affiliated with the LiFEsports Initiative.

Authors that contributed articles to the special issue included:
- Dr. Anderson-Butcher (Professor & LiFEsports Executive Director, College of Social Work, OSU)
- Rebecca Waddles (LiFEsports Director of Operations, College of FAES, OSU)
- Dr. Samantha Bates (Assistant Professor, College of Social Work, OSU)
- Dr. Anthony Amorose (LiFEsports Research Faculty, College of Applied Science and Technology, Illinois State University)
- Dr. Lee Lower-Hoppe (Assistant Professor, Sport Management, OSU)
- Dr. Tarkington Newman (Assistant Professor, Department of Social Work, University of New Hampshire)
- Luke O’Quinn (Director, Los Angeles Football Club Youth Leadership Academy, Boys & Girls Youth Center, Los Angeles, CA)

LiFEsports research featured in Child & Adolescent Social Work Journal

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LiFEsports research featured in Child & Adolescent Social Work Journal

LiFEsports RESEARCH FEATURED IN CHILD & ADOLESCENT SOCIAL WORK JOURNAL

RESEARCH BY THE NUMBERS

- 4 PhD students, 3 Master’s Students, 2 undergraduate students
- 11 faculty research partners from 5 institutions
- 8 staff members
- 2 community partners
- 16 international, national, regional and local research presentations

LiFEsports Annual Report
In 2021, LiFEsports had substantial funding growth. Much of this growth was from grant funding from the Susan Crown Foundation, the City of Columbus, Columbus Recreation and Parks, and other partners. Additionally for the first time, LiFEsports held the LiFEsports Golf Classic. This fundraising event netted over $50,000 toward annual operating costs.

FY22 FUNDING

<table>
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<tr>
<th>UNIT/ SOURCE</th>
<th>TOTAL</th>
<th>% OF TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>External Funding</td>
<td>368,531</td>
<td>31.3%</td>
</tr>
<tr>
<td>University Funding</td>
<td>255,775</td>
<td>21.7%</td>
</tr>
<tr>
<td>College of Social Work</td>
<td>90,632</td>
<td>7.7%</td>
</tr>
<tr>
<td>Department of Athletics</td>
<td>297,500</td>
<td>25.3%</td>
</tr>
<tr>
<td>Extension</td>
<td>109,256</td>
<td>9.3%</td>
</tr>
<tr>
<td>Department of Recreational Sports</td>
<td>45,866</td>
<td>3.9%</td>
</tr>
<tr>
<td>Outreach &amp; Engagement</td>
<td>9,218</td>
<td>0.8%</td>
</tr>
<tr>
<td><strong>Total Funding</strong></td>
<td><strong>$1,176,776</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

*External Giving/Fundraising is comprised of corporate, individual, and foundation gifts.

ANNUAL CONTRIBUTIONS

(2021 to 2022)

Hall of Fame ($50,000+)
- Charles & Jackie Anderson
- Todd & Linda Park

University Funding (47%)
- Columbus Recreation and Parks Department
- The Lindy Kreutz Foundation
- The Susan Crown Exchange Foundation
- The Susan Crown Foundation
- The City of Columbus
- Columbus Recreation and Parks

External Funding (53%)
- Ohio Lottery
- The Grove Foundation
- The Greater Columbus Foundation
- The Ohio Development Council
- The Ohio Department of Development
- The Ohio Department of Education
- The Ohio Department of Job and Family Services

MVP ($10,000 – 24,999)
- The Susan Crown Exchange Foundation
- The Lindy Infante Foundation
- Columbus Recreation and Parks Department
- Hall of Fame ($50,000+)

First Round Draft Pick ($250-749)
- Marsha & Virgil Temple
- Dave and Sara Van Slyke
- Jim & Jessica Sauter
- Deborah Pfeiffer & Jeffrey Kramer
- Stephanie Pegg

Fan ($250 and Under)
- Tony Groh
- Thomas and Carolann Gregoire
- xxx
- xxx
- xxx

**LiFEsports Annual Report**

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