

LiFE*sports*™

at The Ohio State University®

**More than Camp.
More than Sports.
LiFE**



LiFE*sports*TM

at The Ohio State University[®]

A MESSAGE FROM OUR LEADERSHIP

Across the United States, youth are dropping out of sports at an alarming rate. The average child spends less than three years playing a sport and most youth are quitting sport by the age of 11 (Aspen Institute Project Play, 2019). 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. For us, these data indicate that we must continue to expand our reach to ensure today's youth reap the well-documented social, emotional, and physical benefits of participating in sport.

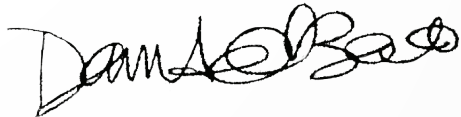
We invite you to learn about how LiFEsports is working in the Columbus community and across the nation to help address these needs. Specifically, this report highlights our work together from June 2018 through May 2019. We invite you to join us in our continued efforts to positively impact Central Ohio and beyond.

Sincerely,



JEROME DAVIS, PHD

Executive Director – Service/Outreach



DAWN ANDERSON-BUTCHER, PHD, LISW-S

Executive Director — Teaching/Research



REBECCA WADE-MDIVANIAN, MSW, LISW-S

Director of Operations



→ 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

OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

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

PREPARING TOMORROW'S SPORT LEADERS

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

DISCOVERING WHAT WORKS

Research and share best practices in sport-based youth development

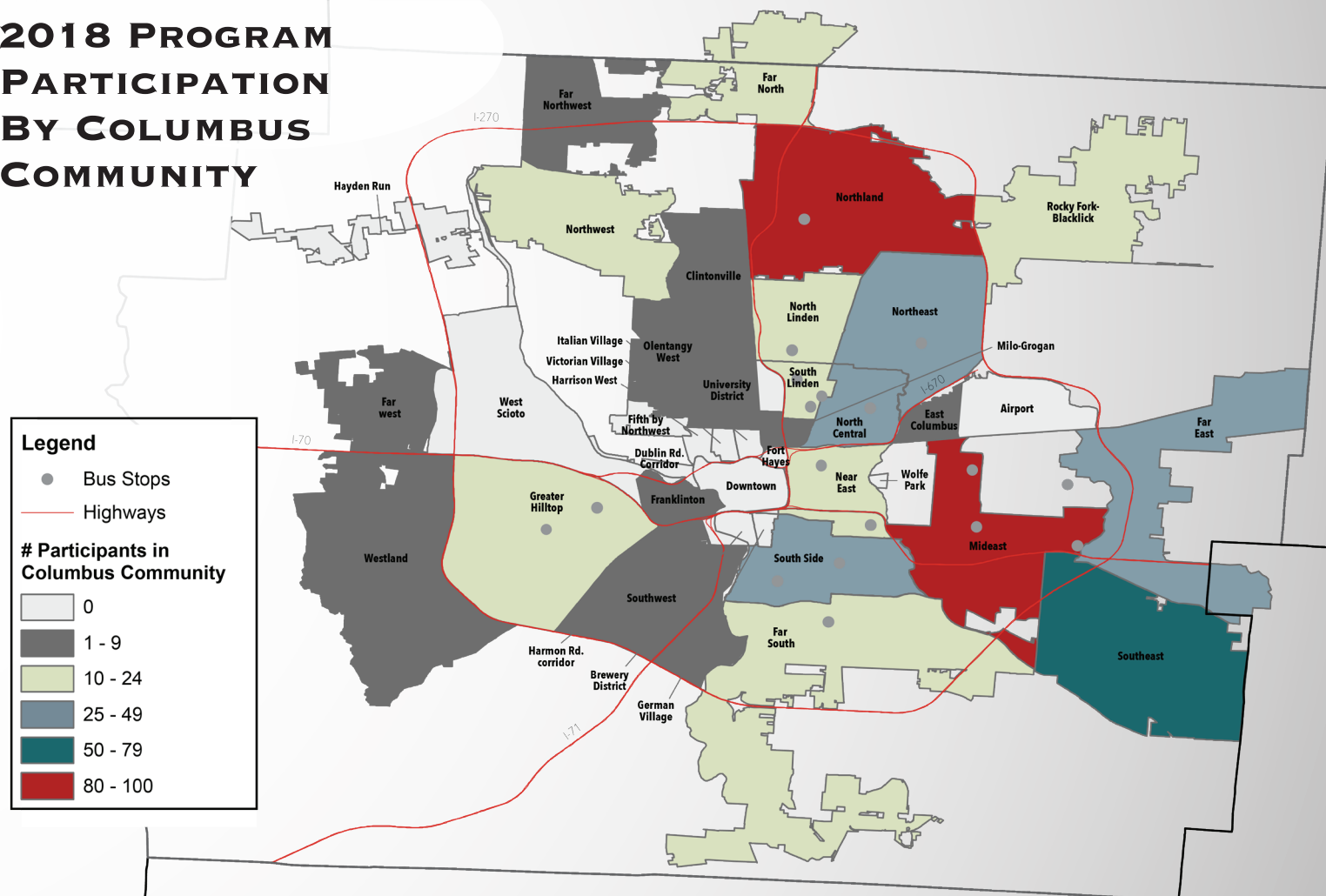


Since 2009, LiFEsports has grown to address the ever-changing needs of our community's youth and the field of sport-based positive youth development (PYD). Today, LiFEsports is nationally recognized as a premier model for sport-based PYD. Most of our work involves impacting the lives of those who need it most. We strive to address the broader social conditions young people face. The LiFEsports Initiative's focus on teaching continues to impact the sport-based PYD field by supporting the development of tomorrow's workforce, while our research continues to demonstrate how sport can make difference in the lives of vulnerable youth.

OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

Over the last decade, LiFEsports provided sport-based PYD programming to vulnerable youth throughout the Columbus community. Key programs include our LiFEsports Summer Camp, Youth Leadership Academy (YLA), and sport clinics. Through these programs, we directly served over 751 kids from 53 zip codes in Central Ohio. Additional community partnerships helped LiFEsports to serve another 600 youth indirectly. For instance, After-School All-Stars Ohio implemented the LiFEsports model and curricula in eight before and after school programs during 2018-2019. Additionally, LiFEsports partnered with Columbus Recreation and Parks to operate two basketball and soccer teams at Beatty Community Center, we also partnered with Dublin City Schools and Columbus City Schools to implement the 6th Grade Central Ohio Leadership Program (serving over 60 youth).

2018 PROGRAM PARTICIPATION BY COLUMBUS COMMUNITY



OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

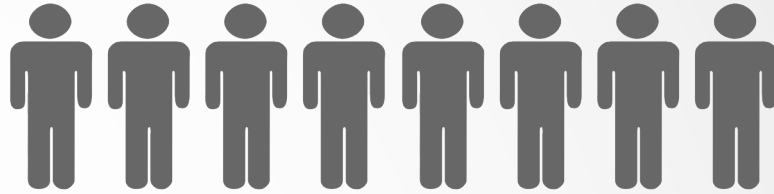
LIFESPORTS SUMMER CAMP



In the last 10 years, more than 8,000 youth have participated in the LiFEsports Initiative's flagship program, the LiFEsports Summer Camp on Ohio State's campus. The summer camp is a four week-long experience focused on improving social and sports skills among girls and boys (ages 9 to 14) from vulnerable circumstances in Central Ohio. Specific social skills targeted include Self-Control, Effort, Teamwork, and Social Responsibility (S.E.T.S.). Youth also participate in a healthy lifestyle curriculum, and receive instruction in sports (swimming, hip hop dance, volleyball, football, basketball, lacrosse, recreational games, baseball, tennis and soccer). The camp is offered free of charge to all participants. Free transportation and two meals a day are provided for youth participants.

OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

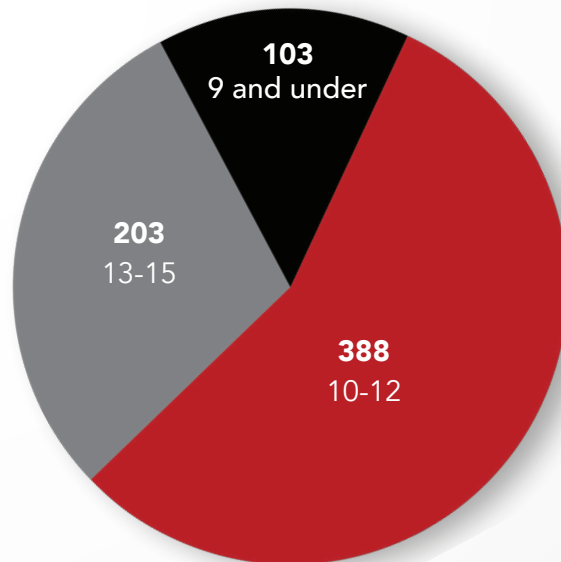
LIFESPORTS SUMMER CAMP



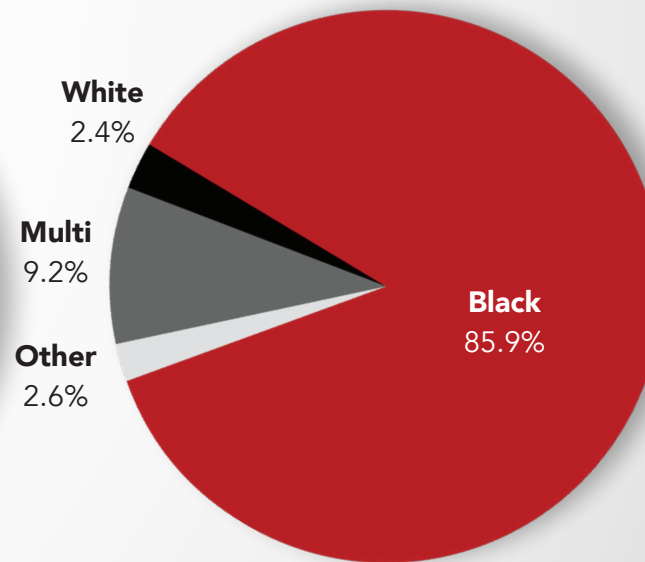
694 youth served

(36.7% previously participated in camp)

AGE



RACE/ETHNICITY



81%

live in or near poverty threshold

44%

overweight

18

school districts

37%

from Columbus City Schools

53%

zip codes

Program Outcomes

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). Data below provide support for the impact LiFEsports has on the young people served in 2018-2019.

→ For campers with room to improve...

52%

increased in **self-control**

51%

increased in **effort**

53%

increased in **teamwork**

63%

increased in **social responsibility**

Note: Campers completing both pre and post-test and who attended at least 80% of camp.



Healthy Lifestyles/Sport Competence

	PRE-CAMP	POST-CAMP	CHANGE
Sport competence	3.46	3.82	+.36**
I can do 60 minutes of PA	4.01	4.06	+.06
I can eat 5 fruits and vegetables each day**	3.75	3.99	+.24**
I can drink water instead of other drinks (like soda or juices)	4.04	4.04	.00
I can spend less than 2 hours watching TV or playing video/computer games**	3.09	3.55	+.44**
I can avoid sitting in one place for more than an hour straight**	3.80	4.02	+.22**
I can play most sports really well**	3.95	4.11	+.16**
I can make healthy choices in my life**	4.04	4.20	+.16**
I can use S.E.T.S. to help me have a healthy lifestyle*	4.03	4.17	+.14*
Overall Healthy Lifestyle Score**	3.83	4.02	+.19**

Notes: Significant Differences: * = $p < .05$, ** = $p < .001$. Scale scores range from 1 to 5.

AS A RESULT OF ATTENDING LIFESPORTS ...

91%

can better control my feelings

93%

learned to always give their all

91%

are better at working on a team

91%

try to do the right thing when no one is looking

94%

learned to act responsibly when playing sports

92%

use S.E.T.S. in their school, home, or community

Note: Campers attending at least 80% of camp (N=442). Percentages based on those responding Really, Pretty or Somewhat True.

OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

LIFESPORTS CLINICS



The LiFEsports clinics are offered each year during the academic year for youth who previously participated in the LiFEsports Summer Camp. Clinics engage our Varsity and Club athletic teams on campus, as well as other youth sport programs throughout Central Ohio. These clinics allow LiFEsports to maintain caring, positive relationships with youth and provide additional opportunities to educate youth on our targeted social skills — **S.E.T.S.** We call these “booster sessions.” Parents/caregivers are also engaged in clinic activities.

9 Clinics



TRACK & FIELD



LACROSSE



FUTSAL



HEALTHY EATING



BASKETBALL



FOOTBALL



SOCCER



DANCE



STRENGTH &
CONDITIONING

YOUTH PARTICIPATION



OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

LIFESPORTS CLINICS

MEN'S SOCCER

The Ohio State Men's Soccer team became a formal Varsity Athletic team partner in 2019. Led by the new head coach, **Brian Maisonneuve**, the Ohio State Men's soccer team implemented an introductory soccer clinic at the Woody Hayes Complex for 103 LiFEsports youth. Coach Maisonneuve led the youth through a soccer-specific warm-up and then the soccer players ran small drills focused on dribbling, passing, and scoring.



"LiFEsports has done tremendous things for not only my team cohesion and sense of pride but also individually. I have seen myself grow and become the leader and man I want to be. The kids have provided me with a sense of fulfillment and joy teaching them a sport that has given me so much throughout the years. I look at the kids too with a sense of gratefulness, and success for what I have accomplished. They allow me to see myself from a different perspective and appreciate how far I have come."

JACK HOLLAND
SENIOR MEN'S SOCCER
STUDENT-ATHLETE



COLUMBUS FUTSAL

In 2018, LiFEsports and Columbus Futsal introduced 45 youth to the sport of Futsal. Futsal is a 5 v 5 small-sided soccer game played across the world on a hard surface (often a basketball court) with a low bounce ball. Columbus Futsal is a family-owned clinic working to provide access to this sport to youth across Central Ohio. A highlight was the involvement of former LiFEsports camper, **Audrey Gibson-Zweifel**. Audrey is the current U.S. Youth Futsal National Team goleira (i.e. goalie). She was an inspiration to the youth, showing them just how far a LiFEsports kid can go!

OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

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 seeks to expand on the important values taught at LiFEsports by giving its graduates the knowledge of what it takes to be a leader at LiFEsports and in their community. Youth participate in bi-monthly education and mentoring sessions through the academic year and then serve as youth counselors during the traditional summer camp. Also, all leaders attend annual college visits to Ohio public universities, while juniors and seniors receive monthly mentoring sessions focused on college readiness, applications and admissions processes.



57 youth served

OUTCOMES

90%

are "confident in their ability to be a leader."

83%

have the ability to participate effectively in community or school activities and decision making.

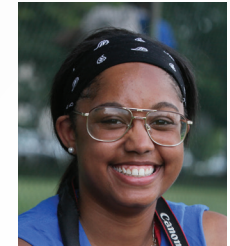
90%

can complete the schooling necessary to get a good job.

SADAIRA WILLIS

Youth Leader & Future College for Creative Studies Student

Sadaira first attended LiFEsports in the summer of 2010. After falling in love with the camp, she became a regular attendee for the next four summers and eventually joined the Youth Leadership Academy during her high school years. It was during high school that LiFEsports was able to support her the most. "My sophomore year of high school my grandfather passed away. Thanks to my LiFEsports family, I was able to get through it and stay on track academically no matter how much I wanted to just give up. LiFEsports has changed my life in many ways. I'm now prepared to chase my dreams." Sadaria graduated from Fort Hayes High School in 2019 and will now chase those dreams at the College of Creative Studies (a private art college located in Detroit, Michigan).



OUTREACH TO SUPPORT HEALTHY, VIBRANT COMMUNITIES

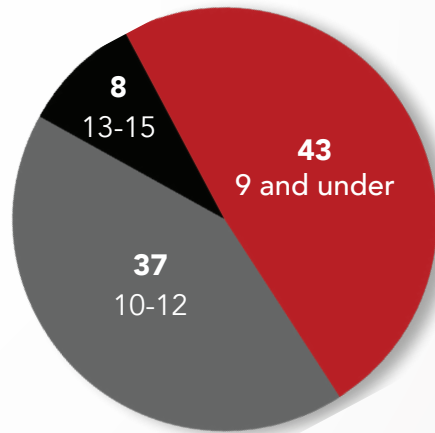
LIFESPORTS+

At the 2018 Summer Camp registration day, over 150 youth were turned away once the camp reached maximum enrollment. Through a strategic partnership with the Lindy Infante Foundation, Columbus Recreation and Parks, Urban Strategies, Inc., and the Columbus Metropolitan Housing Authority, LiFEsports was able to serve these youth in 2019! LiFEsports+ was born and implemented at the Beatty Community Center. This summer camp, modeled after our successful on-campus camp, served 88 youth. The camp blended the LiFEsports curriculum with 4-H programming such as cooking, gardening, and art. All youth in attendance received instruction in six sports, as well as engaged in the Chalk Talk curriculum (of course with a focus on S.E.T.S.).



88 youth served

AGE



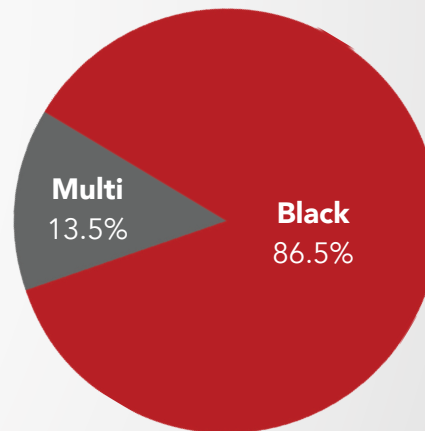
91%

live in or near poverty threshold

10

school districts

RACE/ETHNICITY



67%

from Columbus City Schools

24

zip codes

OUTCOMES

91

learned to get along with others

89%

learned to act responsibly when playing sports

86%

reported using S.E.T.S. in their school, home, or community

Note. Campers attending at least 1 day of camp (N=97). Percentages based on those responding Yes or YES!

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 practica, 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.

TEACHING BY THE NUMBERS

164: Total Students Engaged

- 1: Engineering; Criminology & Criminal Justice; Public Management; Leadership & Policy; Nutrition; Public Health
- 2: Medicine
- 3: Business
- 4: English/Communication/Journalism
- 5: Science
- 6: Agriculture & Food Sciences; Psychology; Dentistry
- 8: Education
- 10: Outside Universities
- 32: Exploration, Unknown
- 37: Social Work
- 40: Sport Industry & Kinesiology

Type of Student Engagement

- 78: Students in Social Work 2110 (PYD in Sport)
- 14: Student Internships (students completing internships related to majors in sport industry, social work, and psychology)
- 46: Student Employment
- 46: Student Volunteers



KELSEY THELEN | Bachelor of Social Work Intern

Kelsey Thelen (pictured on the left with staff member Catelen Ramsey and fellow student Leigh Hedrick) first became involved with LiFEsports during the 2018 summer camp. As a student employee at the summer camp she helped facilitate and lead Health & Fitness sessions for the LiFEsports youth. After working at camp, she decided to join the LiFEsports team during the 2018-19 academic year as a LiFEsports intern, which would also complete her field placement requirement for her Bachelor's in Social Work degree. Throughout her internship, she facilitated and implemented programming, mentored a high school Youth Leader, and led correspondence with caregivers, volunteers, and staff. Kelsey is now pursuing her Master's degree in Social Work at Ohio State with an emphasis in Children and Youth Services and School Social Work. She is currently an intern in the South-Western City Schools District and provides counseling for youth using a trauma-informed framework. In Kelsey's own words, "Working on the LiFEsports team gave me a great foundation in Social Work. I learned how to facilitate with large groups of kids, and it greatly improved my confidence!"

DISCOVERING WHAT WORKS

Apart from traditional sport-based camps and PYD programs, LiFEsports focuses on understanding how and why programs impact youth. Each year LiFEsports engages faculty, staff, and students from both Ohio State and partner universities. Through research, we can better inform the field to ensure youth receive the highest quality sports-based PYD programs.

RESEARCH BY THE NUMBERS

Total # Involved

- » 8 PhD students, 4 Master's Student, 9 undergraduate students
- » 9 faculty members from 5 institutions
- » 5 staff members
- » 5 published, peer-reviewed journal articles in 5 different journals: *Children and Youth Services Review*, *KinesiologyReview*, *Applied Developmental Science*, *Journal of Coaching Behavior*, and *The Physical Educator*
- » 9 international, national, regional and local research presentations



TARKINGTON NEWMAN AND ELLEN WILLIAMS LiFEsports student researchers

In 2019, Tarkington Newman completed his dissertation and Ellen Williams completed her master's thesis. Both Tark and Ellen used mixed methods to better understand the mechanisms and factors contributing to the development and transfer of life skills by youth from camp to other social settings.

Not only did they land great jobs in the field, Tark as an Assistant Professor at the University of New Hampshire and Ellen, as a mental health therapist, at the National Youth Advocate Program, but their research is helping to inform program refinements at the LiFEsports Summer Camp as we continue to work to increase our program impacts!

"Working with LiFEsports provided me with amazing opportunities to learn and grow, both as a scholar and as a person." — **Tarkington Newman, Ph.D.**

DISCOVERING WHAT WORKS

In December of 2018, **Dr. Dawn Anderson-Butcher**, Executive Director of Teaching & Research, had the honor of serving as an invited keynote speaker at the 40th Anniversary Conference of the Institute for the Study of Youth Sports. The conference, held at Michigan State University, included presentations from top youth sport researchers from across the world. Dr. Anderson-Butcher's presentation showcased the importance of youth sport for social development, identified gaps in the research, and provided future directions for the field. Additionally, the LiFEsports team presented a poster on the research from LiFEsports that demonstrated the positive impact staff and peer support for social skills can have on youth social skills growth.



NEW FELLOWSHIP PROGRAM HIGHLIGHT

In partnership with the Ohio State Office of Undergraduate Research and Creative Inquiry (URCI), LiFEsports launched a new undergraduate research fellowship in January of 2019. This fellowship program brought together four undergraduate students from different disciplines to serve on an interdisciplinary team that assisted with the research and evaluation of the LiFEsports Summer Camp and Youth Leadership Academy. The four students received hands-on research learning experience involving data collection, data entry and management, and basic data analyses. One of the fellows will present her research findings at the upcoming Denman Undergraduate Research Forum.

ANNUAL CONTRIBUTIONS

LIFESPORTS BENEFACTOR (\$25,000+)

ADAMH Board of Franklin County
The Lindy Infante Foundation

LIFESPORTS CHAMPION (\$10,000-\$24,999)

Cardinal Health Foundation
Fitzsimonds Charitable Trust
Gareon Conley

Columbus Recreation & Parks
Columbus Metropolitan Housing Authority
Urban Strategies Inc.

LIFESPORTS DEFENDER (\$1,000-\$9,999)

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Office of Outreach & Engagement
Office of Student Life
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Services Office
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