



### **Mission:**

The Youth Sports Alliance (YSA) seeks to provide access to sport and healthy lifestyle afterschool programming for students living throughout Summit County to give them tools to help attain more successful futures.

We lead a collaboration of 68 nonprofits, businesses, and granting organizations, as well as hundreds of volunteers, to provide opportunities for our children to grow, learn, and move. Our programming keeps kids active and gives working parents peace of mind knowing that their children are in a safe, supervised environment after school. We offer scholarships, gear, safety equipment, instruction, and essential clothing to low-income families, as well as transportation, and access to venues.

### **Project Name:**

Add Staff to Expand Afterschool Programming to East Summit County and Implement Mentor Program to Encourage Inclusion

### **Community Need:**

Statistics tell us time and again that active children 'do better in life.' Active kids have higher test scores, are more likely to go to college, have lower rates of depression, have higher incomes and lower healthcare costs, lead healthier lives, and go on to raise active children.

- Student Health And Risk Prevention (SHARP) survey data for Summit County show that nearly 2/3 of students reported high or moderate depressive symptoms. Students' rates of physical activity have decreased over the past six years, and the number of students with healthy body weights are declining. 65% of students admit to spending two or more hours a day on screens outside of school hours. According to a JAMA Pediatrics study, there is close correlation between screen use and depression and lowered self-esteem among adolescents.
- Obesity rates are 33% higher in east Summit County than in Park City. Also, when you divide Park City by zip code, you find economic imbalances that are tied to poorer health outcomes. Overweight children suffer from depression, anxiety, diabetes, and other health problems.
- On weekly early release days across Summit County, there is a five-hour gap between the end of the school day and when parents return home from work. According to the Afterschool Alliance, parents with children in afterschool programs are less stressed, have fewer unscheduled absences and are more productive at work.

### **Project Overview:**

A \$40,000 grant from the Women's Giving Fund will be used to hire additional staff, totaling 40 hours/week, to coordinate afterschool activities for new elementary and middle school partners on the east side of Summit County. Also, Staff will develop and grow a mentoring program which is a key part

of increasing retention rates and feelings of belonging. The project seeks to identify and increase participation by low-income students, as well provide access to all students living in Summit County.

**Impact:**

**Afterschool Programming:** This grant will allow our programs to jump start students to active and healthy lifestyles that will have lifelong impacts. The grant will establish afterschool programming for first through ninth graders in the North Summit School District, first through fourth graders in the South Summit School District, and sixth through eighth graders at Weilenmann School of Discovery. This translates initially to access to afterschool programming for 1413 additional children, but the influence on the county will increase exponentially as all students gain access to well run, fun programs.

**Mentor Impact:** YSA is developing a mentorship program utilizing program alumni, athletes in YSA-partner clubs and Elite/Olympic athletes to inspire, encourage and support students to keep trying and learning through sports and other activities.

**Inclusion:** YSA will work to increase overall participation by 25%, increase participation by low-income family students to 25% of all programming,

**Youth Sports Alliance After-School Program Budget**

	ACTIV8	Get Out & Play
<b>Program Income</b>		
Program fees	\$ 70,000.00	\$ 187,000.00
Donations	\$ 12,500.00	\$ 20,000.00
Grants-Other	\$ 23,750.00	\$ 42,150.00
Women's Giving Fund Grant	\$ 20,000.00	\$ 20,000.00
<b>Total Income</b>	<b>\$ 126,250.00</b>	<b>\$ 269,150.00</b>
<b>Program Expenses</b>		
Program Staff Salary & Benefits	\$ 50,659.00	\$ 62,109.00
Additional Staff hours/week, 9 months/year	\$ 15,000.00	\$ 15,000.00
Start up costs, marketing materials, supplies for new programs/schools	\$ 5,000.00	\$ 5,000.00
Supplies, Awards, Marketing, Credit card fees for exisiting programs	\$ 9,200.00	\$ 17,325.00
Program Fees for low-income students covered by YSA	\$ 10,000.00	\$ 52,000.00
Transportation	\$ 22,000.00	\$ 67,000.00
Venues/Coaches/Teachers	\$ 19,500.00	\$ 52,250.00
<b>Total Expense</b>	<b>\$ 131,359.00</b>	<b>\$ 270,684.00</b>
<b>Net Ordinary Income</b>	<b>\$ (5,109.00)</b>	<b>\$ (1,534.00)</b>

Yellow line items indicate additions to Programs