



**BOYS & GIRLS CLUBS
OF CONTRA COSTA**

Tahir Dossett, Helms Site Director: Tahir is a recent addition to our staff and comes to us from the E.M. Downer YMCA in Richmond where he has served as their Sports Coordinator. In this position Tahir has been responsible for Managing Sports Program Staff, developing league schedules, and overseeing all Sports Programs for the "Y" in Richmond. Tahir has also served as a Head Coach with Hoop Sphere where he was responsible for coaching five basketball teams concurrently. Prior to working in Recreation and Youth Development, Tahir spent over six years working in the field of business marketing and development. At one point, Tahir was responsible for leading campaigns that raised over \$750,000.00 and oversaw over 40 field staff. Tahir is a graduate of Cornell University, and holds a Bachelors of Science in Interdisciplinary Studies. Tahir will begin pursuing his Masters of Science in Sports Industry Management from San Francisco State University in the Spring of 2019.

Our youth development specialists are locally hired and often live in the community in which the Clubhouse is located. Familiarity with the community is an asset for our organization when interviewing and hiring for these very important positions.

A positive relationship with the communities we serve is critical to our success. Provided below are references that can speak to the impact we have had on youth and our management capabilities:

Proposed Scope of Services

The three components of Triple Play are Mind, Body and Soul.

Mind Component Objectives: Build awareness for eating a variety of nutritious foods; increase belief in importance of maintaining health and wellness; increase overall feelings of well-being; increase likelihood of making healthy and smart food choices

Body Component Objectives: increase amount of time each day members participate in physical activities; increase member knowledge of physical fitness and how it is an essential part of life; support changes in behavior that will last a lifetime.

Soul Component Objectives: increase member ability to interact positively with all youth and adults and engage in healthy relationships; increase number of youth/existing members participating in program



The Triple Play program is aligned with physical education standards by grade group. We work closely with schools and teachers to ensure that our program fits with their curricula and individual needs of students and use the same indicators and state standards followed by the schools. The Triple Play program is operated year-round and is intended to reach more than 200 members throughout the county, and 70 students specifically who live in San Pablo.

Triple Play is designed to help youth become healthy, active and to learn new ways to handle stress, maintain a healthy body and form positive relationships. Triple Play demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle for Club members. Club professionals help boys and girls learn about good nutrition and how to make smart meal and snack choices. Members receive coaching in sports leagues and fun activities, developing their coordination and leadership skills. This interaction, along with organized social recreation activities, strengthens character, increases confidence and enhances the ability to relate well to others, and avoid succumbing to negative influences. It is a multifaceted program designed to help young people ages 6 -- 18 become healthy, active and to learn new ways to handle stress, maintain a healthy body, and form positive relationships.

This comprehensive approach includes:

Healthy Habits, the "Mind" component of Triple Play, is a Club-wide strategy to promote health and well-being in young people. The approach incorporates healthy living and active learning into every part of the Club experience, from the gym to the learning center to the arts and crafts room. Healthy Habits is envisioned as a small-group program utilizing informational and experiential learning activities, through which members develop healthy attitudes and behaviors regarding nutritional eating and physical fitness. The program supports Club members in making positive decisions about their well-being. Participants will build skills related to fitness and positive lifestyle changes. Healthy Habits is part of the Health and Life Skills core program area, which consists of an array of effective programs for equipping Club members with crucial skills needed to become healthy, successful adults. To this end, the Healthy Habits curriculum consists of 10 sessions for each of three age groups: 6 to 8, 9 to 12 and teens.

Mind Elements:

- Food pyramid.
- Portion size and calories.
- Eating for energy.
- Smart snacking.
- Importance of fluids and hydration.



- Introduction to food labels.
- Fruits and vegetables.
- Building healthy bones and teeth.
- Food and hunger cues.
- Recipes.
- How to put a meal together.
- Eating away from home.
- Take-home challenges

Body

Taking a systematic approach, this component boosts a Club's traditional physical activities to a higher level by providing sports and fitness activities for all youth -- boys and girls, athletically gifted and those talented in other areas, children and teens alike. Daily fitness challenges give youth at every age the chance to play longer and harder at different games -- from jumping rope to basketball to creating games of their own. Sports Clubs and inter-Club competitions in multiple team sports can help keep interest high among Club members. Club staff measures the results on three levels: the amount of time -- day-to-day -- that youth participate in these activities, the knowledge that physical fitness is an essential part of life, and changes in behavior that will last a lifetime. The Body component promotes fun with a purpose, physical fitness and skill acquisition year-round in a non-competitive yet challenging environment. The Body component's elements include:

Daily Fitness Challenges:

Promote skills in a noncompetitive and fun yet challenging environment through the following challenges:

- Jump Rope
- Walk/Run
- Basketball
- Invent-a-Sport
- Get Fit
- Homerun

Teen Sports Clubs

Targeted to members 13 to 18, these year-round clubs:

- develop leadership with teens;
- focus on community service and volunteerism;
- offer club sports, fitness, recreation and nutrition programs.



Triple Play Games

- Interclub competitions involve multiple team sports.
- Incredible outreach tool helps Clubs bring in new members to their programs.
- Outstanding opportunity to collaborate or partner with other youth-serving organizations.

Intermural Leagues

- AAU Club Basketball League (4 Age Divisions – ages 12 – 17)
- WCCUSD Intermural Coed Basketball
- WCCUSD Intermural Boys & Girls Soccer
- WCCUSD Intermural Coed Softball
- WCCUSD Intermural Flag Football

Soul

More than any other area of a Boys & Girls Club, a game room defines the traditional Club experience. It is a place where kids can play board and table games, compete in a tournament, learn a new activity, or just visit with friends. The room is filled with pool and ping-pong tables for member enjoyment, but the actual work is much deeper. The game-room staff helps members learn skills while teaching them how to work together. The Soul component provides an opportunity to strengthen and build a comprehensive social recreation program. By participating, Club youth will be able to develop and sustain positive relationships with others, acquire a healthy self-concept and a strong belief in their own self-worth, and cope well with positive and adverse situations. By having a strong social recreation program, there will be an increase in the number of participants in the Club program. The Club game room is used to teach age-appropriate positive social skill by implementing the five components of social recreation into Club programming each day.

The Soul component's elements are:

- Drop-in activities;
- Low-organized games;
- On-the-spot fun;
- Structured activities;
- Special events.



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Social Recreation Component

A comprehensive best practices approach, it offers Clubs training, a resource guide and additional tools to run a top-notch social recreation program.

The program:

- Utilizes the Club game room to teach age-appropriate positive social skills.
- Encourages and provides an opportunity for fun.
- Encourages achievement, cooperation and sportsmanship.
- Teaches rules related to equipment, facilities and games.
- Teaches rules pertaining to behavior.
- Meets the needs and interests of all members.
- Provides an opportunity for spontaneous, informal, competitive and creative play.
- Helps develop self-confidence.

Parent Component

Parents and caregivers are critical to the success of the Triple Play initiative. By supporting their child's athletic and other physical activity interests, they are also creating opportunities to discuss important social issues that shape character and build self-esteem. Over time, this open dialogue can increase the chances of their child coming to them for advice rather than turning to peers when faced with difficult situations.

Studies show that youth programs have the most success when parents, family members and youth development professionals partner to create a nurturing environment for children and teens. Parent and family involvement also contributes to a young person's school achievement and healthy development. For example, youth whose parents are involved in their education and development are more likely to do well in school, attend school regularly, graduate, have good social skills and continue to go to college. These youth also are less likely to drop out of school, require special education, be arrested or require public assistance.

Youth development professionals will foster parent involvement by encouraging parents and family members to:

- Attend school and Club activities and programs whenever possible.
- Talk to their child or teen about school activities and involvement at the Club.
- Communicate with Club staff to learn about ongoing programs and activities youth are involved in.



- Volunteer to be a tutor, mentor or coach for specific programs.
- Reinforce school and Club limits and guidelines consistently in their homes.
- Discuss school- and Club-related concerns their child or teen may have.
- Participate in family, school and Club activities whenever possible.
- Donate their time to chaperone school or Club field trips and outings.
- Recognize members' participation in activities and important milestones they've achieved.
- Attend school and Club award events

Each family will have access to the Triple Play Parent Guidebook that has several activities families can do outside of the Club or school environment. The guidebook also includes excellent information on meal preparation, nutritional information, eating in restaurants and goal setting.

Objectives and Outcomes:

PPN Longitudinal Study

Triple Play Evaluation Highlights

These outcomes from the PPN study address the impact the Triple Play program has when implemented. We will use these metrics to develop our own objectives and outcomes and to measure the success of the program.

Physical Activity

- Triple Play participants increased their physical activity to 90 percent of the federally recommended guideline of 60 minutes each day, while their peers outside the program decreased their physical activity to only 78 percent of the recommended guideline.
- Triple Play helped youth meet physical activity recommended standards by increasing the percentage of youth engaged in one hour or more of exercise at least five days a week and decreasing the percentage of youth who are relatively inactive. By the end of the study, 35 percent of Triple Play youth reported engaging in regular, vigorous activity for an hour or more at least five days a week (an increase of 10 percentage points).
- Girls were the biggest winners when it came to regular physical activity. Girls in the program increased their physical activity by nearly seven minutes while girls in the control group decreased their activity by more than eight minutes. This translates to nearly two hours more activity per week for Triple Play girls.