

Service and Advocacy Elective

Saturday Hoops



SATURDAY HOOPS

Group mentoring through creative, instructional and physical activities for kids ages 5-18

Safe place for kids to come on Saturday mornings to build self-esteem, positive mentorship, and personal values

Themes:

1. Hard Workers
2. Overcomers
3. Cheerful Givers
4. Good Stewards

Project Background and Outline

Goal: incorporate health and wellness into the group mentoring environment of Saturday Hoops

Needs addressed: consistent volunteers and room leaders, speakers from the community

Partners:

Ellie Farley – Yoga room leader, speaker recruiter

Tiffany Thomas – CYC Winton Hills location leader, Community contact

Objectives:

Educate young individuals through yoga classes and physician speakers about career opportunities

Provide advice on how to accomplish career and personal goals, with a focus on medical and STEM careers

Learn how to group mentor on a deeper and more meaningful level by being encouraging and supportive yet instilling discipline



Project Methods

Location: Winton Hills

Design: Attend and lead ~half of the SH sessions,
recruit 1 medical professional speaker

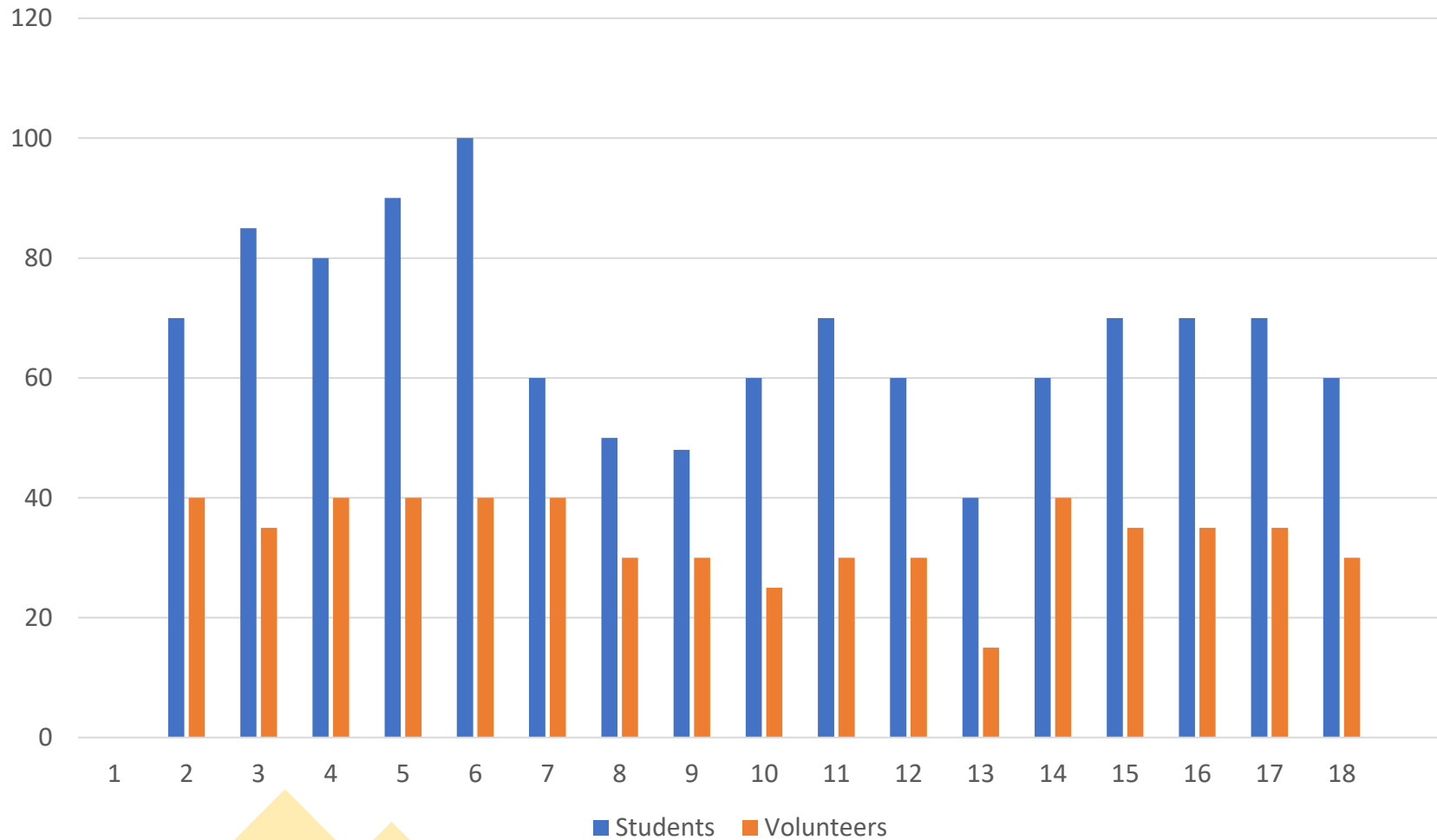
Data collected: # of volunteers and students at each
session (Summer, Fall, Spring), 1 reflection per month

Summer Hoops

Week	No. of Kids	No. of Volunteers
1	40	20
2	70	40
3	85	35
4	80	40
5	90	40
6	100	40
7	60	40
8	50	30
9	48	30

Week	No. of Kids	No. of Volunteers
10	60	25
11	70	30
12	60	30
13	40	15
14	60	40
15	70	35
16	70	35
17	70	35
18	60	30

Summer Hoops



Average # of
Students

66

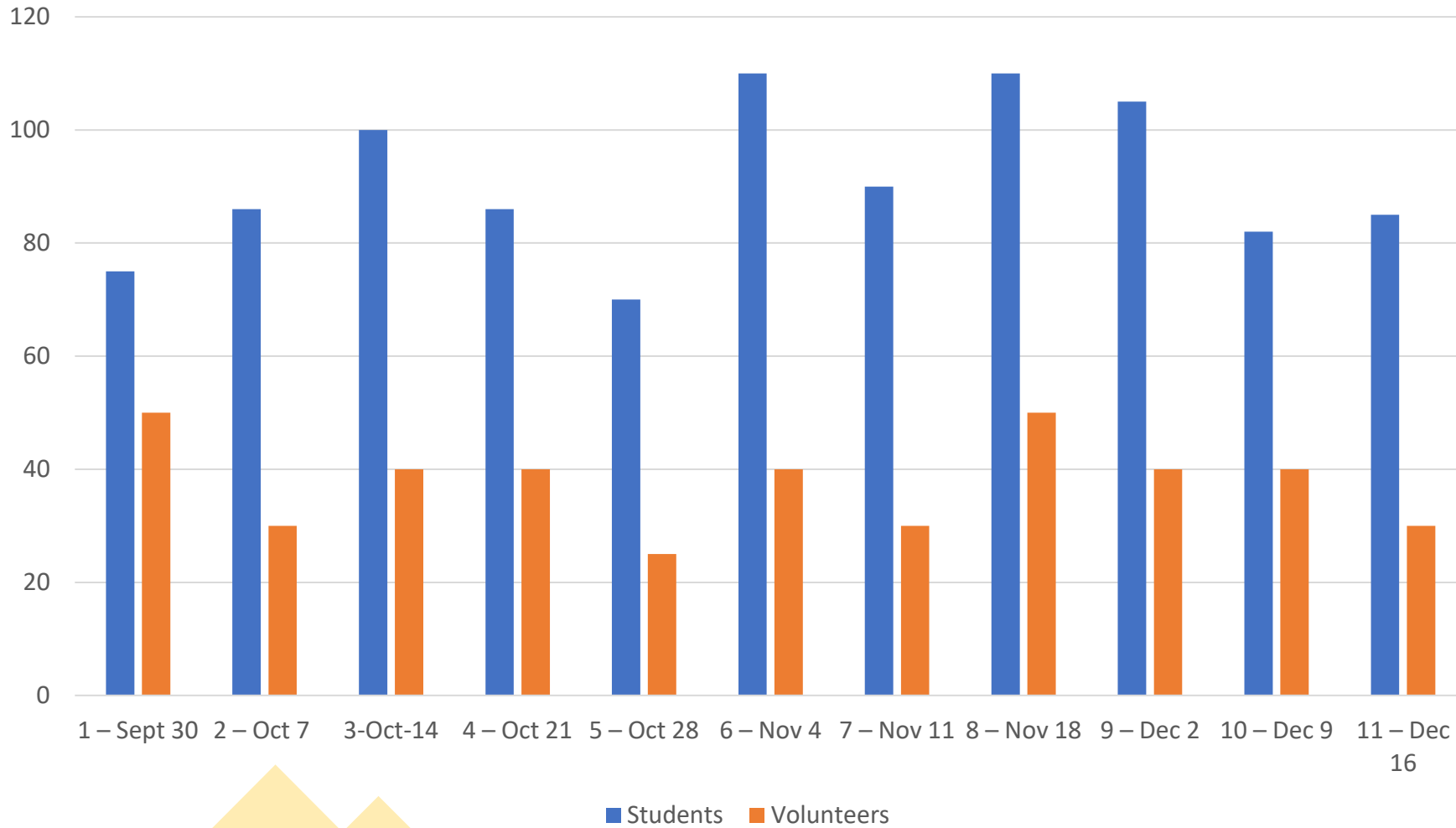
Average # of
Volunteers

33

Winton Hills Fall Semester

Week	No. of Kids	No. of Volunteers
1 – Sept 30	75	50
2 – Oct 7	86	30
3 - Oct 14	100	40
4 – Oct 21	86	40
5 – Oct 28	70	25
6 – Nov 4	110	40
7 – Nov 11	90	30
8 – Nov 18	110	50
9 – Dec 2	105	40
10 – Dec 9	82	40
11 – Dec 16	85	30

Fall Semester



Average of Students

91

Average of Volunteers

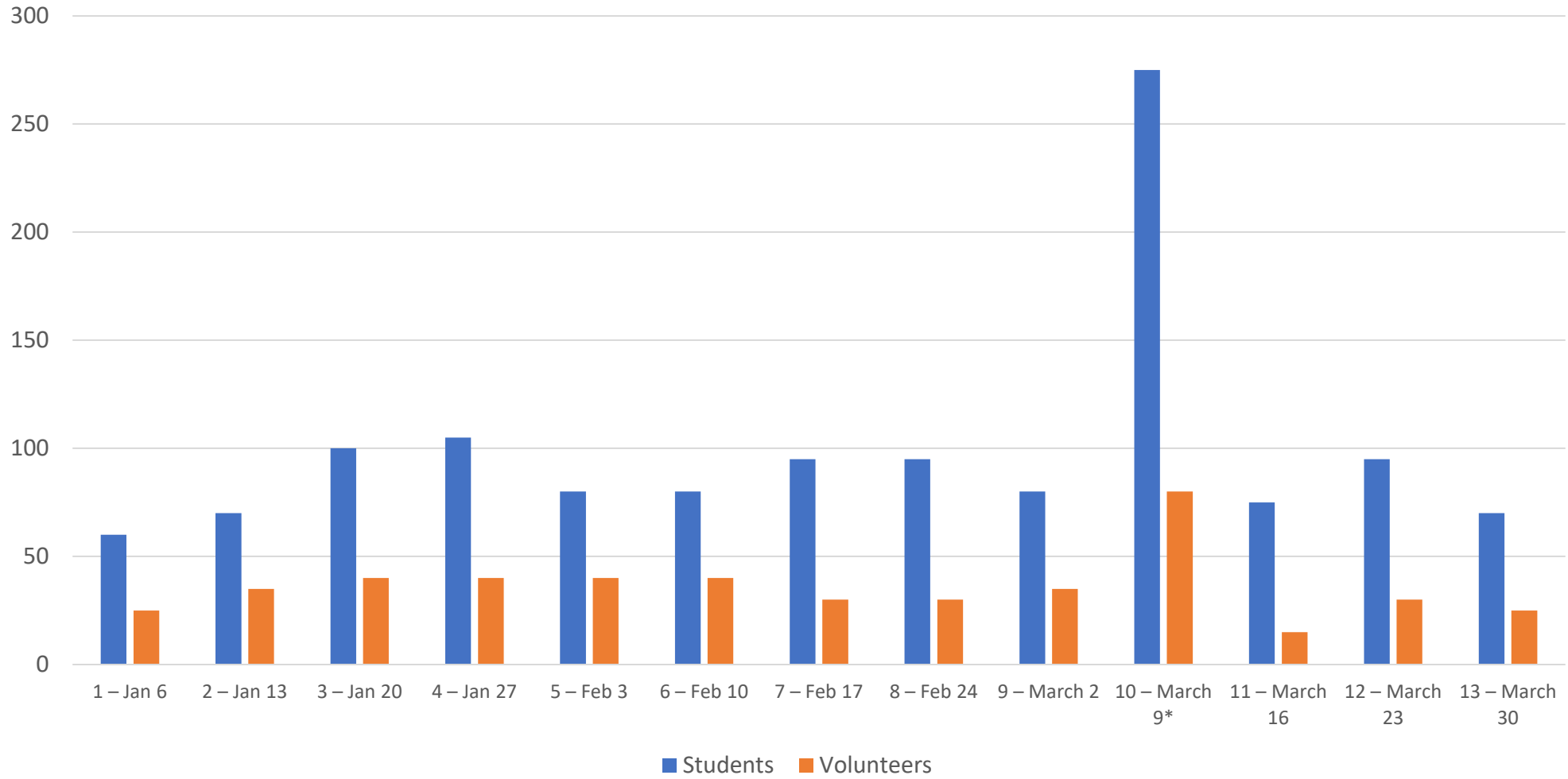
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Winton Hills Spring Semester

Week	No. of Kids	No. of Volunteers	Week	No. of Kids	No. of Volunteers
1 – Jan 6	60	25	8 – Feb 24	95	30
2 – Jan 13	70	35	9 – March 2	80	35
3 – Jan 20	100	40	10 – March 9*	275	80
4 – Jan 27	105	40	11 – March 16	75	15
5 – Feb 3	80	40	12 – March 23	95	30
6 – Feb 10	80	40	13 – March 30	70	25
7 – Feb 17	95	30			

* 20th anniversary with all three locations together, did not include in averages

Spring Semester



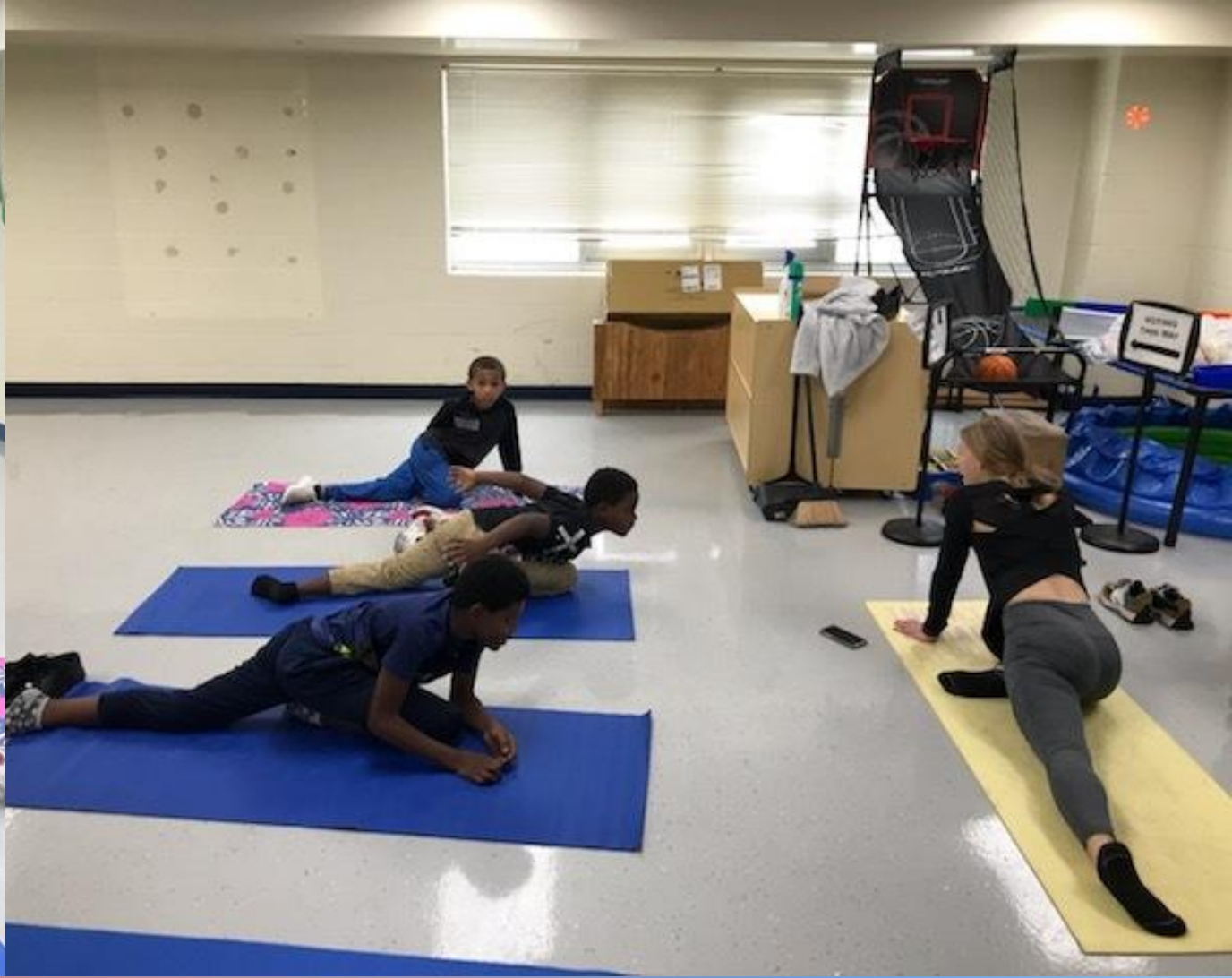
Average of Students
84

Average of Volunteers
32

* 20th anniversary with all three locations together, did not include in averages



Reflections



October: Getting the Boys Involved



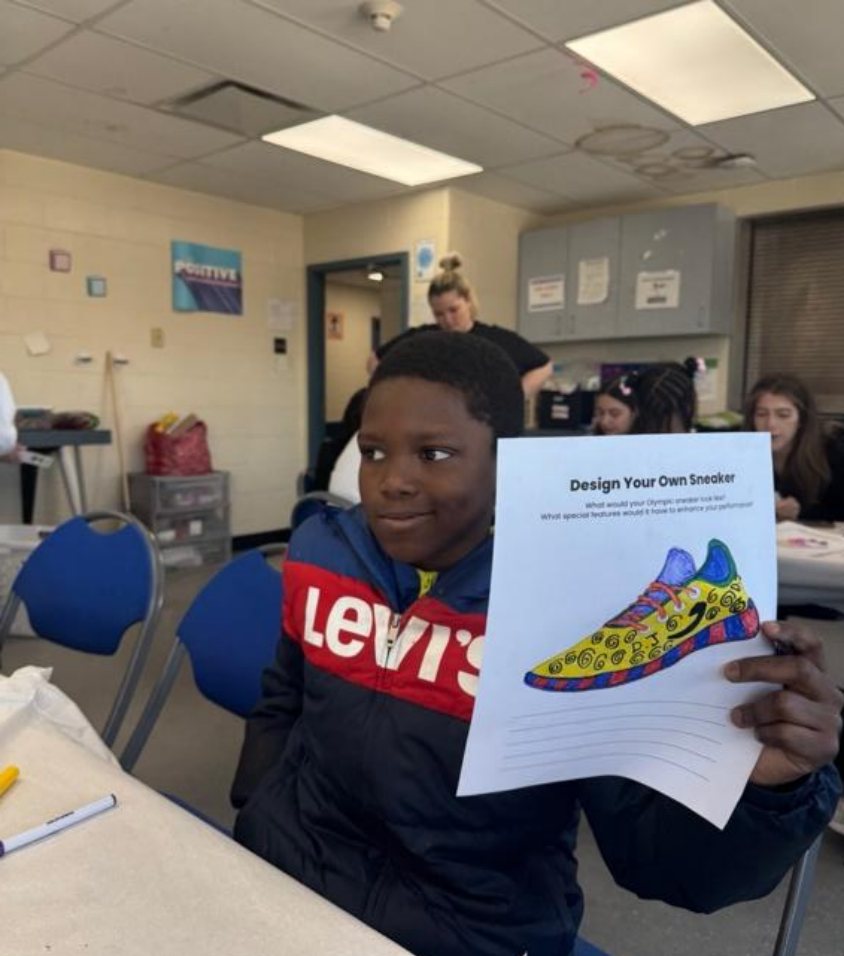
November: Brothas Inc.



December: Partner Yoga



January: Avondale



February: Musical Instruments and Superheroes



March: 20th Anniversary Dance Battles



Speaker Dr. Anisa Shomo



Thank you!

Especially to Dr. Kiesler, Daniel Hargraves, Tiffany Thomas, CYC, and
of course Saturday Hoops!