FUTURE for KIDS®

2017 Winter Games Evaluation Report
Introduction

Future for KIDS’ mission is to provide mentor driven out-of-school time programs and camps that focus on academics, athletics and ethics to improve the lives of youth who face adversity. The 2017 Winter Games Field Day Challenge Camp was held on Saturday February 11, 2017 at Cesar Chavez Leadership Academy from 9:00am to 1:00pm (Appendix A). Camp was run for youth in grades 1-6 from the Discover Your Future (DYF) program and other partner agencies that work with youth who face adversity. In addition to building athletic skills, fostering a sense of teamwork, and teaching valuable life skills, this camp provided opportunities for participants to strengthen bonds with their DYF mentors and meet other positive role models. Camp activities included:

- Engaging trained, caring adult mentors from the DYF program as camp facilitators and role models.
- Facilitating athletic activities that improve youth’s physical health and bolster social and emotional development.
- Exposing youth participants to the importance of making healthy choices.

Evaluation Methods

To ensure a thorough program evaluation, a combination of tools were used to collect data before, during and after Winter Games Camp including:

- Analysis of participant demographics and zip code information
- Participant Attendance
- Participant Survey (appendix)
- Volunteer Attendance
- Volunteer Survey (appendix)
1. Participant Overview

A total of 166 youth attended Future for KIDS’ 2017 Winter Games Camp. This number increased by 48% from the number of youth who attended the 2016 Winter Games Camp (Figure 1). Future for KIDS plans to increase its impact and raise the minimum attendance to 200 youth for the 2018 Winter Games Camp.

![Figure 1: Winter Games Camp Participants 2016 vs. 2017](image)

Of these 166 youth 44% had attended a Future for KIDS Sports camp before and 56% were first time camp participants. This is a significant achievement because our sports and fitness camps are designed not only as an opportunity to engage current Future for KIDS program participants, but also serve as a crucial way to reach out to new communities and populations of youth who face adversity. We also invited other Discover Your Future program locations and youth community organizations to Winter Games Camp. As a result, youth from Eagle Ridge, Whispering Winds, Kyrene school district, Tempe school district, Alhambra school district, Balsz school district, Mesa charter schools, UMOM, and Child Crisis brought students that otherwise would not have been able to take advantage of this opportunity. Participation increased and expanded to include a diversity of students due to the ongoing strengthening of Future for KIDS programs across the valley and supportive collaborative partnerships. Future for KIDS staff concentrated the awareness campaign of camp to include all of the South Phoenix and surrounding area.
Through sports and fitness camps like the 2017 Winter Games Camp, Future for KIDS serves youth facing adversity from economically depressed areas - those areas that have more than 75% of the population living under the poverty line.\(^1\) We succeeded in this goal as 96% of the participants came from such areas. Furthermore, the vast majority of camp participants also live in zip codes that fall below the national average for unemployment, and attaining a high school diploma and college degree (Table 1).

Table 1: 2017 Winter Games Camp Participants Zip Code Analysis

<table>
<thead>
<tr>
<th>Indicator</th>
<th>% of Camp Participants From Zip Codes Scoring Below National Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poverty Line</td>
<td>96</td>
</tr>
<tr>
<td>Unemployment Rate</td>
<td>98</td>
</tr>
<tr>
<td>Attaining High School Diploma</td>
<td>98</td>
</tr>
<tr>
<td>Attaining Bachelor’s Degree</td>
<td>98</td>
</tr>
</tbody>
</table>

Finances and the nature of the areas that our students live in makes transportation difficult for many families. Future for KIDS actively addressed this issue by securing commitments from program partners to provide transportation to and from the 2017 Winter Games Camp. Unfortunately the area schools and our partners have very limited budgets. Past crucial funding has been cut dramatically this school year. Some of our partners funding source (21st Century Grant, Title I Grants) were not awarded or decreased. Transportation barriers and our

\(^1\) According to city-data.com, the national average of residents with income below the poverty line in any zip code 2011 was 15%.
students’ transient living situations also makes it very difficult to engage them in our programming over multiple program terms, but in a participant survey conducted at the end of the 2017 Winter Games Camp, 91% of camp participants stated they would like to return to another Future for KIDS sports camp (Figure 2).

![Figure 2: Percentage of Youth Who Want to Attend another Future for KIDS Sports Camp](image)

Campers formed groups of 10 youth based on their age and were assigned to two volunteer leaders for the day. Group leaders are carefully selected as trained, caring mentors from Future for KIDS’ Discover Your Future out-of-school time program. All of the station lead volunteers were members of the Future for KIDS Junior Board and were mentors at one time, all other volunteers had experience working with and mentoring youth who face adversity.

2. Camp Activities

Campers and families arrived at Cesar Chavez Leadership Academy at 9:00am for check-in. Everyone ate breakfast and kids received a free t-shirt. All participants, volunteers, and families kicked camp off with our high energy special guests, The Be Kind People Project. The Be Kind People Project is a nonprofit dedicated to providing students with comprehensive youth development programming that effectively uses a positive approach to social, emotional, and academic learning. The group opened with a few short choreographed presentations to set the tone of positivity and excitement. (Time line-Appendix B). This activity was an effort to collaborate with another Fiesta Bowl sponsored charity and collective youth advancement goal to promote physical exercise and healthy lifestyle choices. The collaboration proved to be a success, as it led into the perfect introduction of our guest speaker, Zach Hall of the Arizona Diamondbacks.
Zach Hall inspired and motivated the kids in a playful, yet meaningful speech that had them actively listening and participating. The excitement of the kids listening to Zach discussing the importance of making positive life choices and living a healthy, active lifestyle was obvious as observed by the many smiles. This talk was followed by a group stretch activity and then 1 hour and 45 minutes of sports rotations. Youth rotated through ten different interactive sports activities including tug-o-war, kickball, soccer, tennis ball relay, Be Kind, basketball, dodgeball, an obstacle course, football and field hockey (Appendix C). Camp wrapped up with a Family Picnic of Chick-fil-A where volunteers, campers, and their families spent time relaxing after a fun filled morning.

3. Positive Outcomes

Future for KIDS’ 2017 Winter Games Camp had many positive outcomes with 166 youth participants, 74 volunteers, over 400 free healthy meals (breakfast and lunch) distributed to all in attendance. In total, 444 volunteer hours were accrued during camp.
Surveys (Appendix D and E) indicate that youth participants benefitted from camp activities as 97% of camp participants reported that they worked as a team, 94% indicated participating at camp made them feel good about themselves, 93% stated that their group leader made them feel special and 94% made a new friend. (Figure 3).

Winter Games was also an opportunity for youth to learn more about Future for KIDS and get excited about our signature out-of-school time program, Discover Your Future. Overall data indicated that 89% of all campers had a positive experience as determined by the PYDI-Positive Youth Development Inventory.

Volunteer survey results (Appendix F, G) mirror the success reported by campers with 86% of camp volunteers indicating that they made a meaningful connection with the youth they worked with at camp and 91% reporting that youth learned about the importance of making positive life choices (Figure 6). 93% of surveyed volunteers also stated that they thought participants had a meaningful, stress-free day at camp where they didn’t have to think about the difficulties they face.
Conclusions

Overall, the 2017 Winter Games Camp was a success with families, chaperones and site partners reporting that camp got their child excited about Discover Your Future and 93% of participants wanting to attend another Future for KIDS sports camp.

Future for KIDS seeks to use the data and information gathered by this evaluation to expand and improve its programming. Future for KIDS is an organization recognized for excellence and innovation committed to creating brighter futures for our community’s most vulnerable youth and it will continue to offer the quality programming made possible by generous donors and dedicated program partners.
FUTURE for KIDS

WINTER GAMES
FIELD DAY CHALLENGE
Presented by DPR Construction

SATURDAY, FEBRUARY 11, 2017 • 9:00 AM – 1:00 PM
CESAR CHAVEZ LEADERSHIP ACADEMY • 4001 S. 3RD ST, PHX, AZ 85040

WHAT YOU CAN EXPECT AT CAMP:
FREE BREAKFAST
FREE FAMILY PICNIC
FREE CAMP T-SHIRT
FUN SPORTS ACTIVITIES

FAMILY FRIENDLY EVENT
PARENTS PLEASE JOIN IN THE FUN:
• FAMILY SPORTS ACTIVITY
• PICNIC LUNCH

EXCITING SPORTS & FITNESS ACTIVITIES
• SOCCER, FOOTBALL, HOCKEY, BASKETBALL & MORE!
• MEET PROFESSIONAL ATHLETES & TEAM MASCOTS!!!

+ LIMITED SPACE AVAILABLE + RESERVE YOUR FREE SPOT TODAY!
Register ONLINE at: www.futureforkids.org
Please Turn In Your Forms To Future for KIDS by February 1st

FUTURE for KIDS
1425 W. Southern Ave
Suite 10A
Tempe, AZ 85282
PHONE (480) 947-8131
EMAIL: info@futureforkids.org
futureforkids.org
Basic Agenda

7:00 AM  Staff, Interns and Junior Board Arrive
8:00  Volunteers Check In & get breakfast
8:20  Volunteer meeting & distribute to assigned areas
8:30  Group Lead/Station Lead Training
9:00  Camper Check in Starts & Music Begins
9:30  Bee Kind energetic camp opening
10:05  Motivational Speaker Zach Hall
10:20  Stretching (Jose Moreno & Justin Betsy)
10:28  Color Groups to stations
10:30  Rotations begin
11:00  Setup For Lunch (Chick Fil A)
12:15  Stations over
12:25  Thank You
12:30  Lunch Dismissal & Family Picnic
1:00  Dismissal

Rotation Activities:
Tug-o-War
Kickball
Bee Kind
Soccer
Tennis Ball Relay
Basketball
Dodgeball
Obstacle Course
Football
Field Hockey
2017 Winter Games Rotation Instructions

STATION #5: TENNIS BALL RELAY

SUPPLIES:

- 60 Tennis Balls
- 20 Tennis Rackets
- 10 cones
- 4 hurdles
- 4 buckets
- 1 stopwatch

DESCRIPTION:

1. Tennis Ball Obstacle Course
   - Leader creates 2 parallel obstacle course loops using the equipment provided
   - Group is divided into 2 teams
   - Teams line up at the entrance to the obstacle course
   - One team member at a time must complete the obstacle course while balancing a tennis ball on a tennis racket, handing the racket off to the next player in line
   - If the ball falls off the racket, that player must start over.
   - The first team to complete the course wins.

2. Tennis Ball Pass
   - Leader
   - Team members stand shoulder to shoulder facing the same way.
   - Each team member receives a tennis racket
   - A bucket with 30 tennis balls is placed on one side of the team, an empty bucket is placed on the other side of the team
   - The first player picks up a ball from the full bucket
   - Players must pass the ball from person to person on the rackets until the last person puts the ball in the empty bucket
   - The first player may pick up the next ball as soon as the first ball has been passed to the next player

The team with the most balls in the empty bucket after 3 minutes of play is the winner.
2017 Winter Games Participant Survey Questions

Please read the following questions and circle yes or no:

1. This is my first time at a Future for KIDS Camp? Yes No
2. My color group worked as a team today: Yes No
3. It is important for me to always try my best: Yes No
4. I tried something new today: Yes No
5. My Group Leaders made me feel special: Yes No
6. This camp made me like sports more than I used to: Yes No
7. Camp made me feel good about myself: Yes No
8. I made a new friend today: Yes No
9. I want to go to another Future for KIDS sports camp: Yes No
10. I want to help my friends and teacher more at school: Yes No

2017 Winter Games Camp Participant Survey Results

<table>
<thead>
<tr>
<th></th>
<th>% Yes</th>
<th>% No</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is my first time at a Future for</td>
<td>54%</td>
<td>46%</td>
</tr>
<tr>
<td>KIDS Camp?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My color group worked as a team today:</td>
<td>97%</td>
<td>3%</td>
</tr>
<tr>
<td>It is important for me to always try</td>
<td>99%</td>
<td>1%</td>
</tr>
<tr>
<td>my best:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I tried something new today:</td>
<td>85%</td>
<td>15%</td>
</tr>
<tr>
<td>My Group Leaders made me feel</td>
<td>94%</td>
<td>6%</td>
</tr>
<tr>
<td>special:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>This camp made me like sports more</td>
<td>88%</td>
<td>12%</td>
</tr>
<tr>
<td>than I used to:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Camp made me feel good about myself:</td>
<td>96%</td>
<td>4%</td>
</tr>
<tr>
<td>I made a new friend today:</td>
<td>95%</td>
<td>5%</td>
</tr>
<tr>
<td>I want to go to another Future for KIDS sports camp:</td>
<td>93%</td>
<td>7%</td>
</tr>
<tr>
<td>I want to help my friends and teacher more at school:</td>
<td>93%</td>
<td>7%</td>
</tr>
</tbody>
</table>
2017 Winter Games Volunteer Survey

Please take a moment to respond to the following questions. Your feedback is very important to us.

Please indicate the extent to which you agree with these statements:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I received adequate training to perform my role at camp.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I felt valued as a volunteer at Winter Games.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I made a meaningful connection with the youth I worked with at camp.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. I feel the kids had a meaningful time at camp.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Youth were exposed to the importance of making positive life choices.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Winter Games provided an opportunity for families to engage in positive activities together.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comments:

1. I would like to become a volunteer mentor in Future for KIDS’ after-school program ‘Discover Your Future’

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
</table>

If YES, please include your contact information:

2. What can we do to improve Winter Games next year?
# 2017 Winter Games Camp Volunteer Survey Results

<table>
<thead>
<tr>
<th></th>
<th>I received adequate training</th>
<th>I felt valued as a volunteer</th>
<th>I made a meaningful connection with youth I worked with at camp</th>
<th>I feel the kids had a meaningful time at camp</th>
<th>Youth were exposed to the importance of making positive life choices</th>
<th>Camp provided an opportunity for families to engage in positive activities together</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Disagree</td>
<td>1</td>
<td>3</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td>14</td>
<td>9</td>
<td>8</td>
<td>8</td>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>Strongly Agree</td>
<td>26</td>
<td>31</td>
<td>29</td>
<td>32</td>
<td>33</td>
<td>28</td>
</tr>
</tbody>
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