

# ready, set, go!

FALL 2007

## mission

*Team-Up for Youth believes in the power of sports to help children learn and grow — socially, emotionally and physically. We pioneer innovative strategies to strengthen and expand after-school sports and physical activity programs that support the healthy development of young people living in low-income Bay Area communities.*

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## Exciting Times in the Excelsior

RACHEL GETS READY TO BAT.

Exciting things are happening for kids in San Francisco's Excelsior neighborhood: nine-year old Mikaela crossed the finish line of her first 5K race; San Francisco's first all-girls baseball league celebrated the end of its second successful season; and fifth grader Juan took off his soccer cleats to perform at the America SCORES national poetry slam.

Just three years ago, opportunities like these were rare in this diverse neighborhood located in south-central San Francisco. That's changing thanks to Team-Up's Neighborhood Sports Initiative, which rallies programs, community leaders and parents in low-income neighborhoods like the Excelsior around a common vision: helping kids learn and grow through the power of sports.

***"The ultimate goal is to equip kids with the life skills they need to become healthy, confident young adults who give back to their community."***

*—Club Director Cara Prieshoff*

The Excelsior Neighborhood Sports Initiative, dubbed "the Excelsior Sports Club," is led by the Mission YMCA in collaboration with neighborhood organizations like Girls on the Run, Bay Area SCORES and OMI/Excelsior Beacon Center. These collaborative partners offer an array of activities that benefit more than 500 children.

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"The ultimate goal," says the club's director Cara Prieshoff, "is to equip kids with the life skills they need to become healthy, confident young adults who give back to their community."

Team-Up helped remove the obstacles that once prevented neighborhood organizations from offering quality sports opportunities. Team-Up developed and led staff trainings to improve program quality; supplied volunteer coaches through our Coaching Corps program; provided funding to expand and strengthen program opportunities; and worked with the leadership at these organizations to plan for the future. "The combination of funding and 'thinking support' from Team-Up staff has been critical to building our infrastructure," says Prieshoff.

As a result, parents that once worried about safe places for their kids to play are appreciating the diverse landscape of programs. Says one mother of two: "I feel lucky to be a parent in this area because we have so many great options to enroll our kids in wonderful programs that we can afford!"

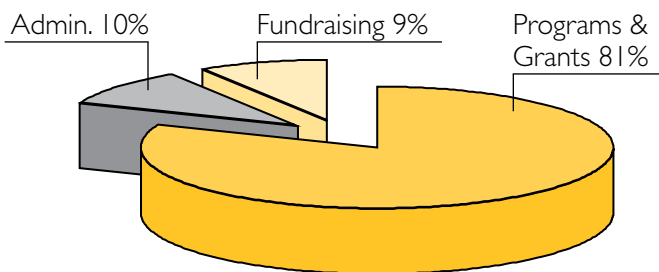


TEAMMATES AND FRIENDS IN THE EXCELSIOR.

## *Double your gift and double your impact!*

Thanks to a \$1 million challenge grant from the Evelyn & Walter Haas, Jr. Fund, **your gift today will be matched dollar for dollar**, providing twice the support for Bay Area youth to experience the benefits of quality sports programs. Your \$50 gift becomes \$100; your \$1,000 gift becomes \$2,000 and so on!

### *Where Your Money Goes*



Your investment supports Team-Up's proven programs that expand and improve sports opportunities for children and youth in low-income communities. Thousands of children are waiting to play. Double your impact today by visiting [www.teamupforyouth.org](http://www.teamupforyouth.org).

# Talking with our Trustees: Dave Stewart

Oakland native and Team-Up Trustee Dave Stewart spent 15 seasons in the major leagues and was a member of three world championship teams. As a pitcher for the Oakland A's, he posted four consecutive 20-win seasons. Dave is a long-time community activist and has been involved with Team-Up since its inception.

**Team-Up:** Why did you get involved in Team-Up for Youth?

**Dave Stewart:** Two reasons. First, I have always been involved with programs that help kids in Oakland, which is where I grew up. Second, I had known Wally Haas (Team-Up's Board Chair) from my days with the Oakland A's and he thought I could help and that was good enough for me.

**TU:** Why do you think our mission is so important?

**DS:** I think it's important that we address the needs of low-income communities and the youth in those communities. While we help get kids involved in sports, it's so much more than that. We're building their self-esteem, helping them discover their personality, motivating them.

**TU:** What did sports mean to you as a kid growing up in Oakland?

**DS:** It meant everything. If I didn't have an outlet, who knows where I might have ended up. Sports helped broaden my horizons, it helped me learn and understand team play, it helped me understand what it means to be responsible.

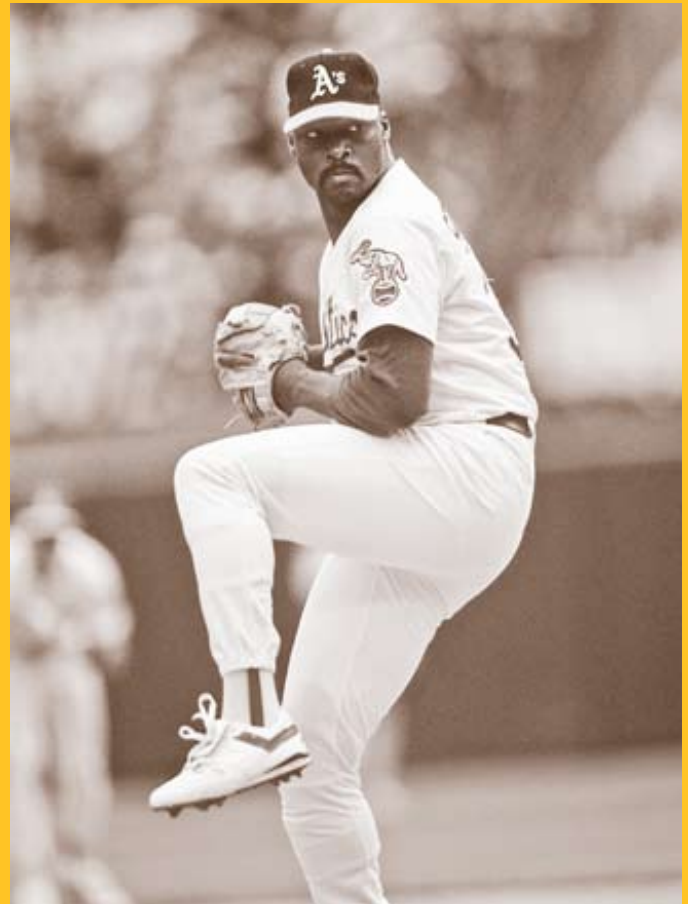
**TU:** Do you remember a coach that stands out?

**DS:** Mr. Walker, Howard Bess, Harry Harris, John Martin, Bob Howard... I could go on and on. I won't forget any of them; they all had such a positive impact on me.

**TU:** What are you doing now?

**DS:** I'm in sports management and I represent baseball players.

**TU:** How do the lessons you learned as a kid playing sports help you today?



Michael Zagaris, 1992

**DS:** I call on those lessons every day. Mr. Howard was my baseball and basketball coach in high school. He took me aside back then and told me that I could go through life just passing time (as I was then) or I could really push myself and maximize what I do. I've been pushing myself ever since.

**TU:** Who's your pick to win the World Series this year?

**DS:** Boston.

*“While we help get kids involved in sports, it's so much more than that. We're building their self-esteem, helping them discover their personality, motivating them.”*

*—Team-Up Trustee Dave Stewart*

# Coaching Corps Coach Wins Jefferson Award

Most college kids are concerned with their grades, their classes and having to soon get a job. Brittany Murlas is concerned with those things and a lot more—including how she can make a positive impact in her community. A double major at UC Berkeley, Brittany spends the little free time she has volunteering as a coach for kids with physical disabilities and helping to train other volunteer coaches for Team-Up.

For her amazing community service, Brittany recently won the Jefferson Award, which is given to select Bay Area residents who are making a difference in their community. The award is administered by the American Institute for Public Service and recipients are profiled in The San Francisco Chronicle, on CBS 5-TV and KCBS-AM.

Brittany became a coach through Team-Up's Coaching Corps program, which recruits, trains and places college students as youth coaches in low-income neighborhoods. Since September 2005 she has been a volunteer wheelchair basketball coach at Bay Area Outreach and Recreation Program

(B.O.R.P), a nonprofit that works to improve the lives of people with physical disabilities.

"From the start I felt welcomed into the BORP community," Brittany said. "It's such an inspiring place. I really enjoy my time there and can't wait for practices."

She immediately connected with players and was voted the BORP "Coach of the Year" in 2006. She helped encourage and support players like Christine Burke, who was once a bit shy about playing co-ed basketball but will now play at the University of Arizona this fall.

"We're not just coaching basketball; we're trying to teach life lessons as well," Brittany said.

Brittany also served as the UC Berkeley Campus Representative for Coaching Corps, helping double the number of coaches in the program. She now teaches training seminars for our new Coaching Corps volunteers, passing on her learning and experience. We are delighted that Brittany is such a big part of the Team-Up team and we congratulate her on her Jefferson Award!

*"We're not just coaching basketball; we're trying to teach life lessons as well..."*

*—Coach Brittany*



COACH BRITTANY (THIRD FROM LEFT) AND TEAM

# Off of the Sidelines and Into the Game: Juan's Story

*"An important concept we've learned from Team-Up is how to create an emotionally safe environment for kids,"*

*—Chad Dupont, Seven Tepees*

Team-Up is helping small nonprofits like Seven Tepees make a big difference in kids' lives.

Seven Tepees provides sports, tutoring and enrichment to inner-city San Francisco youth. The unique program recruits youth as sixth graders who stay with the program until they graduate from high school—up to seven years.

When Juan first joined Seven Tepees, he had no experience with athletics. "Juan was one of my most challenging kids. He was disruptive and resistant to participating, especially in physical activity," says Chad Dupont, Seven Tepees' middle school coordinator.

Team-Up has supported Seven Tepees in many ways, including technical assistance where we developed a training to make sure that all staff clearly understood Seven Tepees as a youth development organization and how that translates into working with the youth.

"An important concept we've learned from Team-Up is how to create an emotionally safe environment for kids," says Chad. "In Juan's case, he needed to know that others weren't going to make fun of him."

Staff noticed Juan's guarded interest in basketball and with their consistent encouragement, Juan began to play. Says Chad: "He developed his athletic skills, but more importantly he developed relationships with the other players."

Juan now has the confidence to participate in other sports as well. On a recent camping retreat Chad completed a strenuous ten-mile hike. "When we finished the hike, Juan was completely exhausted, but so proud of himself," says Chad.

Strong programs help to build strong kids. As Juan starts high school this fall, the skills and confidence he has developed will go a long way in helping him succeed in this next stage of the game.

IN THE PAST FIVE YEARS,  
TEAM-UP HAS...

Created over **15,000**  
new opportunities for the healthy  
development of youth

Strengthened and expanded over  
**120** community-based organizations

Impacted over **70,000** youth

Recruited, trained and placed over  
**200** coaches

Trained over **1,600**  
sports program leaders and staff

Awarded over **\$5 million**  
in grants to expand and improve  
sports programs



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FOR YOUTH

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AN INDEPENDENT EVALUATION SHOWED THAT PROGRAMS WE SUPPORT HELP KIDS:

**BUILD CONFIDENCE**

**LEARN  
TEAMWORK**

**MAKE NEW FRIENDS**

**BUILD SKILLS**

**INCREASE THEIR PHYSICAL ACTIVITY**

**IMPROVE SELF-EFFICACY**

Source: 2007 Team-Up for Youth Evaluation, Philliber Research Associates

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