



River City Squash News

Summer 2018 Update

www.rivercitysquash.org

2017-2018: Our Third Year!



Summer has arrived, and our third year of programming has drawn to a close! This year was another year of growth and challenge for our youth program, and we are once again deeply grateful for the support of all involved. With the help of our supporters, volunteers, and community partners, we ran our weekly after-school sessions this year with three school partner groups: **Brocklehurst Middle School**, and **Arthur Hatton Elementary School** as well as our new school partner **A.E. Perry Elementary School!**

The program works by engaging students through the sport of squash and fostering personal growth through academic tutoring and mentoring. We work to connect initially with students from grades four to seven, encouraging participation and commitment in weekly after school sessions, with the plan of supporting them through the program until graduation from high school.

Some of the students take to activities immediately, keen to hit a squash ball, solve an academic puzzle, or tackle a concentration game. Others need more encouragement and patience; there are often complex challenges and also great rewards in working with the students. It is a pleasure getting to know the kids and we are grateful for the support we have received to allow us to move the program forward.

Our Program



We are continuing to build our program on the Urban Squash model which has been a strong and positive force in the lives of hundreds of inner-city kids across the United States. Our focus is to connect with at-risk children and youth from lower-income families, although we include children and youth from a variety of backgrounds to encourage peer modelling and overall healthy diversity.

We are building teams of students from each school with a target of ten to twelve students in each group. We pick the students up at their schools at the end of the school day, drive them to the sessions and then drive them home afterwards. Snacks are provided when we pick them up, usually mandarins, bananas, granola bars, and fruit juice, and the food often seems to be one of the favourite parts of the session.

Mentoring

Mentorship is an inherent part of the River City Squash program. Providing positive role models to the students through staff and volunteers and developing relationships with the students is the foundation to the program's success. By providing a safe, reliable, and predictable environment, we can encourage the children and youth to explore and understand personal choices leading toward healthy lifestyles, respect and empathy towards others, and self-esteem and confidence in themselves.

Academics

Weekly sessions this last school year consisted of groups of students in grades 4-6 and 7-9, and we are developing academic activities to challenge and

A note from Dave Clutton, our
Executive Director:



We are very grateful for our supporters, partners, and volunteers - many thanks to all! If you would like to be involved in any way, or if you'd like to know more about our program, please contact me by phone: 250-314-9600, or by email: dave@rivercitysquash.org

Our Mission



Our mission is to engage at-risk youth to achieve their full potential. We seek to build motivation, through an engaging environment, and to expand and enrich each participant's life experience.

Program Goals

- Improve life skills
- Improve decision making skills
- Build positive relationships
- Build leadership skills
- Increase critical thinking skills
- Build healthy lifestyle choices
- Improve cultural awareness
- Improve academic performance
- Increase sense of belonging
- Improve sense of safety and security

engage all levels. For all students, homework help is always available as needed.

We also focus on building knowledge relating to physiology and health, as these tie in so well with the game of squash and sport in general.



Literacy

We are building a small lending library with books that our students can sign out and return. We also have several boxes of books donated by Domtar and First Books Canada. First Books donates books to educational programs and schools, and Domtar facilitated the donation of books to share with our students. We give these books to our students to keep, and we will gladly share any extra books with other community groups.

Sport

Many after-school programs use sport as a "hook", a way to teach life lessons about character, healthy lifestyles, and continuous learning. Squash is a physically and intellectually demanding sport that requires focus, technical skill, and physical fitness. Squash works well as a tool of engagement, especially for those with short attention spans, and it can be adapted to suit different learning levels and abilities.



There is a wide range of ability and skills with the students in the program. Even in the beginner level

Our Volunteer Leaders



Adrian Conradi

Adrian coached mostly with the Arthur Hatton group sessions, and his patience, optimism, and positive outlook served as great inspiration. Adrian is a teacher and international education consultant who has experience locally at TRU World and internationally; he is also a published writer and a fierce crokinole player.



Cheyenne Marchant

Cheyenne is one of the Grade 5/6 teachers at Arthur Hatton Elementary, and she has been helping to lead the after-school sessions from her school this year (it is invaluable for us to have the help of teachers and staff with the children). Cheyenne is also a competitive squash player and is building her coaching skills on court.

there is a range of skills, as some have already developed hand-to-eye skills and are adept at running and movement, while some need the time to learn basic physical literacy.

Some kids also simply need encouragement to learn how to perform to their optimum ability, or to be mindful and calm in a group setting. Our work is to encourage each one to be their best, and to help them discover their full potential in sport and in life.

School Partners

In 2016, we began weekly sessions with our first partner school, **Brocklehurst Middle School**, and toward the end of that year we began sessions with our second school partner, **Arthur Hatton Elementary School**. This spring we began sessions with our third school partner, **A.E. Perry Elementary School**.

We are continuing to work towards developing partnerships with other schools in north Kamloops, and with the elementary school serving children from the Tk'emlups te Secwepemc, the **Sk'elep School of Excellence**, and we are hoping to begin two new partnerships in the fall.

Community Partners



Community partner sessions so far have included the **Kamloops Boys and Girls Club**, the **Full Circle Youth Centre** and local daycare **Puddle Jumpers**.

No Limits Fitness, the fitness facility with squash courts in Kamloops, has generously continued to offer discounted access to their facility space for the program; their facility is located close to the schools serving low-income families on the north shore of Kamloops.



Kyle Crowder

Kyle has helped coach weekly sessions with both schools and has been a regular volunteer with the Brock middle school student sessions; his energy and enthusiasm provided a welcome boost to the sessions. Kyle works as a financial associate and develops games in his spare time (when he isn't playing squash).



Online Information

For more information on River City Squash, please visit our website: www.rivercitysquash.org



Our Volunteers and Supporters

We are fortunate to have had the help of a fantastic group of volunteers helping out on and off the court. Volunteer coaches and tutors to date have included Danica Silver, Cheyenne Macleod, Adrian Conradi, Kyle Crowder, Hubert Bourne, Tom Vinterlik, Phil Arkinstall, Kathy Rollheiser, Broughton Maywood, and Grant Rice. Volunteers play a vital role in our program, providing positive role models and mentors for our students.



If you are interested in helping our program as a volunteer, there are a lot of opportunities to become involved, and positions can be weekly or on-call.

Academic tutoring: Volunteers are needed to work with our students on daily homework assignments. Subject areas may include basic reading, math, science, and computer skills.

Squash coaching: Volunteers are needed to coach, drill, and practice with the students on court. Coaching certification is preferred but not required, and players with a passion for the game and a minimum C playing level are welcome to apply.

Community outings: Volunteers may also be needed to help with community service events.

Our Supporters and Community Partners 2014-2018



Thompson Okanagan
community board*



Champions (\$10,000 +)

The Joyce Family Foundation

Leaders (\$5,000-9,999)

Ames Family Foundation; Anonymous; The Block Charitable Foundation; Dr Ann Worth Charitable Foundation; Economical Insurance; General Mills, Champions for Healthy Kids; Loyal Protestant Association; RBC Learn to Play Grant; TELUS Thompson Okanagan Community Board

Patrons (\$2,500-4,999)

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Friends (\$1,000-2,499)

adidas Canada; Anonymous; BAT Construction; Charles and Julie Bentall Family Foundation; Joel Olson; Kamloops Blazers Sports Society, Sports Legacy Fund; The Lloyd Carr-Harris Foundation; Loblaw Healthy Kids Grant; Lohn Foundation; Mathisen Family Private Foundation; The Rotary Club of Kamloops; TD Canada Trust, TD Play

Supporters (\$500-999)

Anonymous; Certes Applied and Natural Sciences Ltd.; Dark Horse Consulting Ltd.; Georgina Foundation; Iranian-Canadian Benevolent Foundation; Riley Nash; Schein Foundation; Sean Gosnell; Shefali Thakore; Steve and Kathy Rollheiser

Contributors (\$250-499)

Anonymous; Leanne Children's Foundation; Murray Foubister

Donors (\$1- 249)

Anonymous (2); Bruce Madu; Chris Town; Dave Clutton; Grant Rice; Mario Costa; Naowarat Cheeptham; Teck Resources (matching funds)

Gifts in Kind

Domtar (books for our students, with First Book Canada)

Our Corporate Supporters

Black Knight; No Limits Fitness; Tad's Sporting Goods

River City Squash is a registered charity and contributions are tax deductible in accordance with the laws governing gifts to Canadian charities.

