

# Year-End Program Report

## 2013-2014

September 1, 2013 to August 31, 2014

Serving Santa Barbara Students Since 2006

[www.SBSOS.org](http://www.SBSOS.org)



**SBSOS - Changing lives, one student at a time**

# Santa Barbara School of Squash

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## OUR MISSION

*To provide year-round, long-term academic and athletic programming and guidance to children from low-income families. By exposing these children to educational experiences and the sport of squash SBSOS helps each child build confidence and character, and maximize his or her academic and personal potential.*

The information contained in this report will show the reader how Santa Barbara School of Squash is changing lives. As the name of the program suggests, it is NOT just about squash. You will find that we touch on many different areas of education and life skills, not just in the classroom. You will see that the many hours we spend with our students' compliments our approach to teaching to the whole child. We teach our students respect and to look people in the eye while giving a firm handshake. We teach responsibility, discipline, integrity, and sportsmanship. We teach our students that education is everything, and that their efforts now can change their future. And yes, we teach them to play squash, a sport that requires discipline, perseverance and focus combined with fitness and athleticism. We hope the sport of squash will remain with them throughout their lives, and will continue to provide them with lifelong friendships.

The demographic we serve is students that qualify for the federal free and reduced lunch program, which is an economic indicator of their poverty. Our mission is to make sure our students are successful from elementary school through middle and high school and that they are focused on their future. We are also a support resource for them during those college years. We know that education is the way to break the cycle of poverty.

SBSOS follows our students through the age of 25. This allows us to support and report outcomes from 4<sup>th</sup> grade to high school graduation, to university graduation, to their first jobs out of school. We now have five students that have graduated from high school and 100% have gone on to college.

The impact of a great teacher or coach in the lives of children cannot be underestimated. Many successful people say they had strong mentors along the way who guided and encouraged them. We are committed to find ways to impact the lives of the students in our program. This support is made possible by our committed volunteers, our dedicated staff and the generosity of our patrons.

Thank you for helping us to encourage our students' academic success, and to see them grow into productive, happy, active citizens of our community.

*Terry Eagle*

**Board Chairman**

NATIONAL URBAN SQUASH  
+ EDUCATION ASSOCIATION

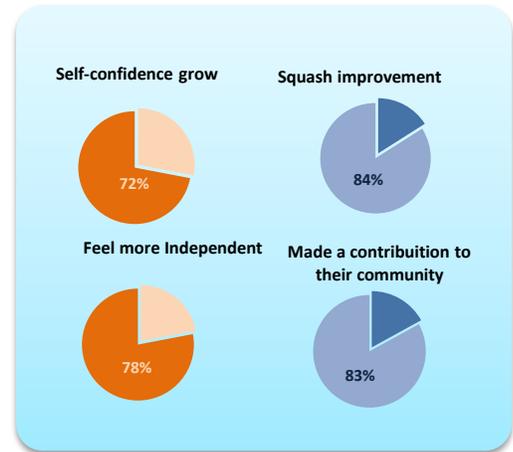


# 2013-2014 Year-End Program Report

## INTRODUCTION: CLOSING THE ACHIEVEMENT GAP

SBSOS is a youth development program for motivated low-income students. Our students have had limited access to the everyday experiences their more affluent peers have. **Our goal is to open their minds to new things and to fill in some of the gaps in their learning and experiences.** SBSOS is not just about completing homework – it’s about finding ways outside of the classroom to get students interested, excited and motivated, and to build self-esteem and confidence. Character development and working with the “whole child” means our students are being exposed to all types of learning.

Students can be in the program for up to nine years, from 4<sup>th</sup> to 12<sup>th</sup> grade – and further, to the age of 25. SBSOS supports our students through college in order to measure long-term student satisfaction, long-term program success, and to make sure they have all the resources necessary to graduate from university. The more exposure our students get to new things, the more prepared they will be for their future, and sustained participation in the program will help lead to their success. Much of this learning and success is qualitative and not measurable in numbers, charts, or other visual outcomes, but visible in the life skills we see our students learn and retain.



\*21 students participated in the 2013-2014 year-end survey



## 2013-2014 STUDENTS

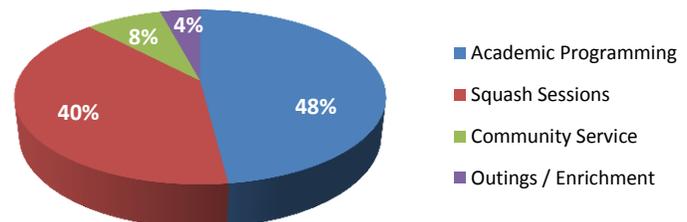
Students are selected for the program based on many things including enthusiasm and ability to commit to the rigorous requirements of the program. SBSOS seeks academically motivated students that will benefit from the opportunities we offer. The main criteria to be in the SBSOS program is that at the time of entry into the program, the students must qualify for the federal free and reduced lunch program (Title 1). 38 students were served during the 2013-2014 year (19 attended summer programming), nine students participated in school sports and two students prepared taxes for low-income families. Four students quit the program during the year and two were expelled. One student is a freshman at the University of Oregon. 100% of our students are Latino and we have a 50/50 gender balance.

## A LOOK AT THE NUMBERS

Santa Barbara School of Squash completed a total of **7,474 hours** during the 2013-2014 year with academic programming, squash sessions, community service, nutrition/wellness, outings/enrichment which results in 202 hours average of programming per student.

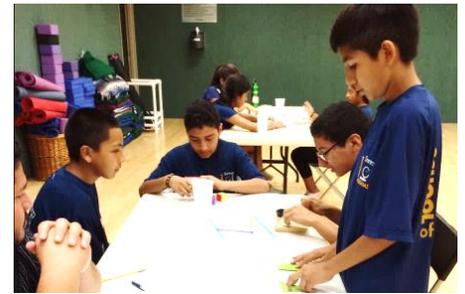
PROGRAM / ACTIVITY	HOURS
Academic Programming	3596
Squash Sessions	2990
Community Service	595
Outings / Enrichment	312
<b>TOTAL</b>	<b>7474</b>

Programming Total Hours (%)



# ACADEMIC PROGRAM

Academic support is a priority for the SBSOS program. Homework help and individualized curriculum with a focus on math and language arts is the best use of the time we spend with our students. Students that are struggling with classwork are matched with one-on-one tutors in order to improve grades. Elementary school students meet one extra day a week to make sure they are at Basic, or Above Basic, before they enter middle school. Middle and high school students' grades are monitored weekly. When a student falls below a "C" the situation is reviewed closely to determine the nature of the problem. If necessary that student would be paired with a one-on-one tutor to work on raising their grade. High school students focus on career introductions and college preparation.



In 2013-2014 SBSOS provided over 3,596 hours of academic support and enrichment. Each student benefited from at least three hours per week of academic support with the opportunity to work with a one-on-one tutor at no cost. The total of 163 hours of one-on-one support was provided this year. Our dedicated volunteer tutors allowed us to have a student-tutor ratio of 3:1. Santa Barbara School of Squash served 14 public and private schools in 2013-2014.

## ELEMENTARY SCHOOLS

- Adams Elementary School
- Brandon Elementary School
- Hope Elementary School
- Monroe Elementary School
- Summerland Elementary School\*
- Washington Elementary School

## JUNIOR HIGH SCHOOLS

- Carpinteria Junior High School\*
- La Colina Junior High School
- La Cumbre Junior High School
- Santa Barbara Junior High School

## HIGH SCHOOLS

- Dos Pueblos High School
- San Marcos High School
- Santa Barbara High School

## PRIVATE SCHOOL

- Laguna Blanca\*
- Garden Street Academy\*

## UNIVERSITY

- University of Oregon

\*New schools this year

## Ricardo Mata



Ricardo Mata 6<sup>th</sup> grade graduation

*"Ricardo Mata has been a member of SBSOS for three years. Although an avid reader, Ricardo struggled with math and benefited from assistance with his organizational skills. With the support of the academic staff and his mentor, Koji Tanaka, Ricardo flourished. His grades along with his squash game improved greatly. He served as student body class president at his school as a sixth grader and has received academic achievement awards for his reading. With the support of SBSOS he has developed his academic achievement, his fitness and squash skills and his self-confidence. Ricardo was offered a scholarship to the Garden Street Academy for his 7<sup>th</sup> grade year. According to Ricardo, "SBSOS has helped me to improve my grades and to learn a new sport. They got me into a really nice school but I learned I needed to work for that. I like my new school and I think that I learn more there." We are proud of Ricardo's hard work and excited to be a part of his bright future!"*

~Vicki Slater - Academic Director~

## Highlights:

- ✓ SBSOS students received over \$105,000 in financial aid scholarships to local private schools facilitated by SBSOS
- ✓ Eric Cervantes, Vladimir Claudio and Miguel Nava graduated from high school in June with the class of 2014.
- ✓ Darwin Miguel continues to attend Laguna Blanca School as a 10<sup>th</sup> grader, Zaira Paredes started Laguna Blanca as a 9<sup>th</sup> grader, Josh Baron started Laguna as a 7<sup>th</sup> grader, and Patty Claudio started as a 5<sup>th</sup> grader at the Garden Street Academy.

## Retention Rate

Retention is an important number as it tells the story of how many years we are able to impact our students. NUSEA's finding is that continuous participation in the program for more than six years shows the commitment of each student and their desire to change their future.

	2009-10	2010-11	2011-12	2012-13	2013-14
STARTED YEAR	18	28	36	41	38
LEFT PROGRAM	1	7	9	7	6
REMAINED IN PROGRAM	17	21	27	34	32
RETENTION RATE	94%	75%	75%	82%	84%

## Class of 2013 and 2014

Seeing our students graduate from high school and go on to college is a major part of our mission. The class of 2014 was the largest graduating class thus far from SBSOS. 100% of the students graduated high school and all three graduating seniors will be the first in their families to attend college. Two out of three will attend Santa Barbara City College and one will attend University of Colorado, Boulder.



*Class of 2014*

**Eric Cervantes**

University of Colorado, Boulder

*Eric Cervantes has been with the SBSOS program since the 6<sup>th</sup> grade. Eric has proven himself in the classroom and on the athletic field. He was recruited into the APLE Academy at San Marcos High School. He was on the runner-up team for SM's Mock Trial Team. He also played varsity football, ran track and was on the wrestling team. Eric will be attending the University of Colorado, Boulder in the fall.*



*Class of 2014*

**Vladimir Claudio**

Santa Barbara City College

*Vladimir Claudio has been in the program for 6 years and graduated from Santa Barbara High School. Vlad was a member of the SBHS track team and participated in a tax preparation program for low-income families. Vlad was the smiling face we always use to promote SBSOS. He is attending Santa Barbara City College in the fall.*



*Class of 2014*

**Miguel Nava**

Santa Barbara City College

*Miguel Nava joined the SBSOS program as a 6<sup>th</sup> grader and has been a standout on the squash court. His senior year, Miguel was ranked in the top 50 in the country and was voted All American by US Squash. He was also the #1 player in the SoCal High School League. Miguel graduated from Dos Pueblos where he was a participant in the AVID program. Miguel will be attending Santa Barbara City College and hopes to go on to play college squash in a year or two at a four year school.*



*Class of 2013*

**Brian Miguel**

University of Oregon

*Brian Miguel, the first high school graduate of the SBSOS program came home after his freshman year and checked in with us. He is thriving at the University of Oregon, although he admitted to us that he had no idea how difficult it would be to live in the cold, gloomy weather! He appreciates Santa Barbara more now for having experienced the cold weather in Bend, Oregon and looks forward to returning home to Santa Barbara.*

# SQUASH PROGRAM

Squash is FUN and was voted the “healthiest sport” by Forbes Magazine for cardiorespiratory and muscular strength, and calories burned for 30 minutes (517) – beating out rowing, swimming, running and basketball. Squash is the hook that keeps our students coming back. SBSOS students spent a total of 2990 hours playing squash, 485 hours more than last year. The sport of squash is on the rise in the U.S. with 125+ university squash teams, and that means opportunities to play squash on a varsity or club team. The SBSOS Travel Team boasts several nationally ranked players in the BU17, Miguel Nava (49), BU15, David Quintero (45) and BU13, Sebastian Paredes (53). Miguel Nava was voted high school All American by US Squash. Squash is an individual sport, but as a part of the SBSOS program, our students participated as a team versus SquashDrive, our sister program in Oakland, CA.



Stanford Squad with Mark Talbott

## Highlights:

- ✓ Miguel Nava was voted All American by US Squash.
- ✓ 10 SBSOS students (27%) played on the Travel Team and played in 10 tournaments throughout California, Oregon and Washington. 6 students attended the Stanford Squash Camps for a total of 493 hours of squash competition and camps.
- ✓ 5 students participated in the SoCal High School League, which they won representing Santa Barbara!
- ✓ All students participated in yoga classes
- ✓ **493 hours** traveling to tournaments and camps compared to 263 hours last year



Miguel Nava - All American

## Skills & Fitness Testing and Measurements

As part of the fitness regime at SBSOS students are tested four times a year in various stationary activities including number of push-ups, burpees, sit-ups, and squats accomplished in a 2 minute period. It is difficult to see dramatic improvement in these areas as increases are minimal, but practicing fitness and testing forms the good habits of working out in general. The fitter you are, the better your squash will be.

In the past we have incorporated a timed mile run as a gauge of “fitness” but over the summer we introduced the “Beep Test” to a few of the Travel Team players with excellent results. We plan to incorporate the Beep Test to our fitness testing measurements with all students next year. The Beep Test is a multi-stage fitness test used to estimate the student’s maximum oxygen uptake, or VO2 max. Students can see improvements in their endurance, which can also be used as a mental training tool enabling students to see just how far they can push themselves. It is a short test, with significant quantifiable measurements. It will be incorporated into the fitness testing four times a year.



# COMMUNITY SERVICE



Volunteering at the SB Rescue Mission

The SBSOS students completed 26 community service projects. Angela Lopez, a 7<sup>th</sup> grader, had the distinction of completing 29 hours of service over the course of the year, nearly twice the amount of hours required. All but one of our students fed the hungry at the Santa Barbara Rescue Mission this program year.

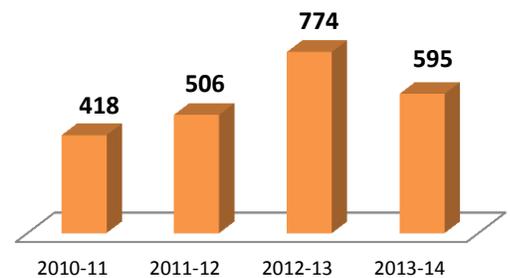
Kids that grow up giving back to the community become adults that give back to the community. Teaching this to kids is a big part of our programming and each student is required to complete a minimum of 15 hours of service each year. Performing activities in the community is a way for the kids to give back to the community that supports the program. This year SBSOS students performed a total of **595** hours of service. Additionally, siblings of students in the program joined us in performing an additional 13 hours of service.

ACTIVITY	DATE
Villa Santa Barbara – Games with Seniors (x 4)	1 <sup>st</sup> Wednesday of every month
Santa Barbara Rescue Mission (x 8)	2 <sup>nd</sup> Tuesday of every month
Day of Caring	September 4, 2013
American Diabetes Association – Tour de Cure	October 26, 2013
Girl On Fire 5K & 10K	March 8, 2014
Girls Rock – Fundraiser	March 22, 2014
Channel Keepers Beach Clean-Up	March 28, 2014
Jewish Festival	May 4, 2014
The Best Day – Disabled students day at Leadbetter Beach	May 30, 2014
New Directions Sock Hop: Disabled adults dance	June 22, 2014
French Festival	July 13, 2014
Kiwanis Pancake Breakfast – Community Fundraiser	August 3, 2014
Santa Barbara Flyers – Dog Agility Trial (x 2)	August 16, 2014
Food Forward – Orange harvest	August 16, 2014
Santa Barbara Triathlon	August 24, 2014

## Highlights:

- ✓ 25 students met or exceeded the 15 hours requirement of community service
- ✓ 12 students had more than 20 hours (5+ more than required)
- ✓ 7 students had between 10-14 hours (just under the required hours)
- ✓ 2 students had under 5 hours due to other sports and employment experience
- ✓ 4 siblings of students in the program participated in 13 hours of service (total)

## Community Service Total Hours 2010 - 2014





## Cultural & Educational Outings, Academic Enrichment and FUN Outings

Throughout the year SBSOS took students to 28 different events, twice as many as last year. Cultural and educational outings give students the opportunity to go places that they haven't been and experience new activities they never even imagined. Academic enrichment is a fun way to introduce experiences that aren't learned in the classroom. The total hours spent participating in cultural and educational outings was **312 hours**.



Westmont Tour

ACADEMIC AND CULTURAL ENRICHMENT	DATE
State Court of Appeals Session	October 23, 2013
Nutcracker @ Arlington	December 13, 2013
Revels @ The Lobero	December 20, 2013
Opera – Magic Flute @ The Granada	February 25, 2014
Westmont College Tour	March, 25, 2014
Kids Draw Architecture – Music Academy of the West	April 12, 2014
Fairview Gardens – Storytelling in the Orchard	May 17, 2014
Firehouse #1 Tour	June 10, 2014
Channel Keepers Research Vessel – Ocean tour	June 17, 2014
Lake Cachuma – Boat tour – Hike – Museum	July 2, 2014
Tour of Santa Barbara with SquashDrive	July 10, 2014
Fairview Gardens – Tour	July 22, 2014
Solvang Tour – Mission Santa Inges / Painting @ Mills / Solvang	July 26, 2014

FUN OUTINGS	LOCATION
Indoor Rock Climbing	Santa Barbara, CA
Jonathan Club Pro Clinic with Amanda Sobhy – U.S. #1 Woman	Los Angeles, CA
Volleyball @ West Beach	Santa Barbara, CA
Kite Festival @ SBCC	Santa Barbara, CA
Ventura Fusion Soccer Match	Ventura, CA
Beach Day	Santa Barbara, CA
Hike – Lizards Mouth	Santa Barbara, CA
Bowling @ Zodo's Bowling & Beyond with SquashDrive	Santa Barbara, CA
Squash Tournament / Beach Day / BBQ with SquashDrive	Santa Barbara, CA
Year End Party @ Garden Street Academy	Santa Barbara, CA
Cloud 10 Trampoline Park	Santa Barbara, CA



SB Marathon Community Service



Academic Director, Vicki Slater,  
playing squash



Fairview Gardens Tour



## HEALTH & WELLNESS

*In 2010 approximately 50% of America's children were obese and almost two thirds of American children got little or no physical activity. SBSOS provides a minimum of two hours per week on the squash court working on squash skills and games. Some students work off court training to up their level of fitness in order to compete on a national level at squash. We also get our kids outdoors. We hike in the foothills of Santa Barbara as much as possible in order to expose our students to the beauty of our environment. We are lucky! Most of our students have never hiked before they joined SBSOS. We also have beach days where we play volleyball, beach soccer or just have fun in the water.*



Lizards Mouth Hike

## Yoga for Kids

SBSOS students participated in yoga sessions throughout the year. Teaching yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength and balance. In addition, they focus on concentration and a sense of calmness and relaxation.



## SBSOS SUMMER PROGRAMMING

Research on expanded summer learning programs shows a positive effect on student attendance at school, reduced high school dropout rates, reduced juvenile crime and increased academic success for students. Statistics show that all students experience learning loss during summer, but especially low-income students who are more prone to longer lasting and more academically damaging summer learning loss than their peers. One explanation for the summer achievement gap for low-income students is access to summer learning programs that provide basic needs such as educational opportunities and access to healthy meals and adequate adult supervision. Our goal is to make sure our students are safe, healthy and involved in learning over the summer months. Summer programming participation is mandatory. SBSOS students participated in three squash clinics and three academic sessions every week. Each student had the opportunity to play squash and learn and experience new activities. Students were given the opportunity to attend a week-long summer camp for a discounted rate at Circle V Ranch in the Los Padres National Forest. Partners In Education provided five professional career presentations including firefighting, law enforcement, sales and marketing, cooking and we had a college athlete turned professional dance instructor.



Lake Cachuma Tour

### Highlights:

- ✓ *Partners In Education career presentations: Marketing, Law Enforcement, Chef, Ballroom Dancing & Firefighting*
- ✓ *As a result of our partnership with the Channel Keepers. Students were able to go out on a boat off the coast and through a video camera held by a diver they were able to see the ocean floor.*
- ✓ *College campus tours: Westmont, UCLA and Stanford*
- ✓ *Lake Cachuma tour*
- ✓ *Solvang tour*
- ✓ *Circle V Camp: MVP Camp, Science Camp, Adventure Camp and Medieval Camp*



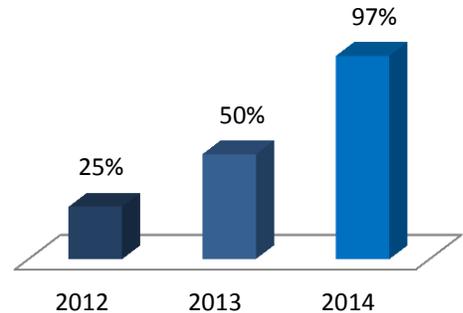
## PARENT PARTICIPATION

Research shows that when families are involved in schools, students do better. We can also expect that family and community members with an investment, however large or small, in a school-based after-school program will tend to be more interested and involved in their own children's learning, in the learning of all children in the program, and in the life of the school as a whole. Teachers and school administrators encourage parents to support their children's academic pursuits, but often times they are unable to help with homework, or they are working. By participating in the SBSOS program we are able to help students work on homework with support from volunteer tutors.

In addition to meeting scheduling and cost needs, we ease parent stress by providing transportation from school to the site location of the program. Transportation is a major cost for an extended day program, but one that is especially a major safety and logistical concern for families. Parents were surveyed and were very satisfied with the program both in terms of positive changes in their child's behavior and attitudes as well as general functioning of the program. They felt the staff cared about and respected their children.

Parents are required to participate in a minimum of one project per year. This year parents logged 94 volunteer hours and 87% volunteered for one or more projects. We are moving in the right direction and our parents understand the importance of their participation to support their children.

### Parent Participation



## VOLUNTEERS



High functioning afterschool programs are formed around consistent staff and volunteers. Consistency is important as we find that the more students are comfortable with staff and volunteers, the more likely they are to feel comfortable and open to learning and trying new things. Staff is reviewed annually by the Executive Director, and the Executive Director is reviewed by the BOD President.

SBSOS staff is made up of former educators and squash coaches. Our volunteers are mostly former educators and future educators affiliated with local universities, as well as squash players from the community. SBSOS works closely with Partners In Education to staff key volunteer positions. Staff stability is excellent and we have very low staff turnover.



SBSOS relies heavily on its volunteers to help run day-to-day programming and events. From tutoring students in academics sessions to one-on-one tutoring, our students have benefitted from over a thousand hours of academic volunteer time. Volunteer squash coaches help with squash coaching, fitness training, Travel Team chaperoning and fitness testing. Our volunteer community includes individuals that tutor, coach, help with events and help with administrative work and our website.



## PARTNERSHIPS

Santa Barbara School of Squash has some amazing partners that help us to provide programming to our students. All of our site locations provide facilities to us at no cost including Santa Barbara Athletic Club, Santa Barbara YMCA and the City of Santa Barbara which provides space for our academics sessions at the Westside Neighborhood Center. Partners In Education helps us to recruit high-quality volunteers and the Santa Barbara Foodbank provides healthy snacks to our students at every session. Without the support of our community agencies, we would not be able to provide programming to our low-income students and families. We thrive due to these partnerships and appreciate their support of our mission.



# HONOR ROLL OF CUMULATIVE GIVING 2006-2014

Santa Barbara School of Squash would like to thank all of its donors and supporters. SBSOS would not be able to provide transformative programming without this support.

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"Our goal is to support each student through their education and to make sure that we provide an afterschool program that is challenging as well as fun and enriching so they grow and learn every day."

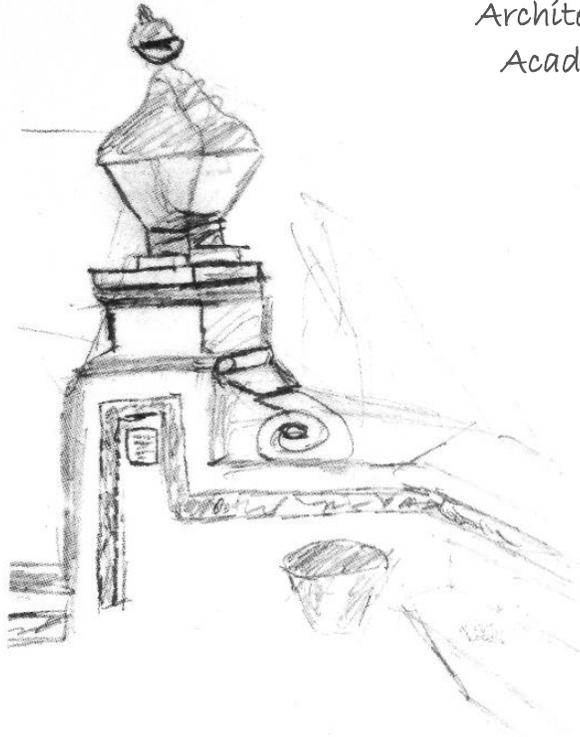
**Debbie Brown**  
Program Director

"I love everything about SBSOS especially the other kids. I always love helping them, and if that's part of the program – even better!"

**Daisy Altamirano**  
Junior @ San Marcos High School

# June

SBSOS Kids Draw  
Architecture at the Music  
Academy of The West



Diego Lopez

age 13

8<sup>th</sup> grade, La Cumbre Junior High School

# January 2016



Patty Claudio

age 11

5<sup>th</sup> grade, Garden Street Academy



Samantha Huerta, Artist

7<sup>th</sup> grade, La Cumbre Junior High School



*Changing lives, one student at a time.*

**Santa Barbara School of Squash**

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