



The Urban youth enrichment program combining
Education, Squash and Community Service

**2011-2012
Year-End Program Report**



Serving Santa Barbara Public School Students since 2006
Santa Barbara School of Squash
www.SBSOS.org

Message from the President



Board of Directors

Terry Eagle, *President*
Debbie Brown, *Executive Director*
Orla O'Doherty, *Secretary*
Gary Owen, *Treasurer*
Nori Francis
Don Fuhrer
Robert Graham
Glenn Miller, MD
Shereef Moharram
Steven Spencer
George Witter

Advisory Board

Robert Bartlein
Geoff Grant
Peter Hilf
Tom Parker
Jonathan Siegel

Sometimes dreams come true. Seven years ago when Mike Lewis was still a Santa Barbara High School student, he called a group together with a plan. He wanted to try to help economically disadvantaged children. The group subsequently founded the Santa Barbara School of Squash (SBSOS) using the National Urban Squash Education Association (NUSEA) best practices. Last April SBSOS was unanimously voted as Provisional First Year Members into NUSEA. We were the 12th program to be admitted, and the only program from a small market city. We worked with just six kids that first year and have grown to a full contingent of 30 students from 4th through 11th grade. We operate five days a week, three sessions at the Santa Barbara Athletic Club and two sessions at Cate School in Carpentaria. Our students are strictly contracted with us and attendance is a pillar of participating in the program. As you will see from this report each student is deeply immersed in academic tutoring, physical fitness and squash instruction, and community service. They are more and more aware of how to help and be good citizens. Much of our success has come from the leadership and example setting by our Executive Director Debbie Brown, who has been with the program from the beginning. Special thanks to all of you for your continuing and generous and increasing economic contributions. It has been a good year.

Terry Eagle

President

The Santa Barbara School of Squash



In August of 2012, Santa Barbara School of Squash completed its 7th year of programming, serving low-income Santa Barbara students through quality, individualized programming. After meeting 20 criteria, Santa Barbara School of Squash was unanimously admitted as the 12th member program to the National Urban Squash and Education Association (NUSEA) as a first year Provisional Member, only the second program on the west coast, and the first in a small market. SBSOS served (enrolled) over 35 students from 12 Santa Barbara public schools during the 2011-2012 year with 5 days of programming. Commitment to attendance, strong effort, and community service are required of all students to remain in the program. We commit to them, and they must reciprocate. ***SBSOS is a nonprofit organization providing elementary, middle and high school students from financially disadvantaged families in Santa Barbara with a safe and structured place to exercise their bodies and minds during the after school hours, including before school and summer time programming.*** Students must qualify for the Federal Free Lunch Program to be eligible for the program. SBSOS combines academic tutoring and enrichment, squash instruction, and community service programming to empower motivated youth and to enhance their ability to grow academically, athletically, and in life. SBSOS is the only after-school program in Santa Barbara that promotes the sport of squash with individualized attention on academics and the opportunity to travel to squash tournaments locally, and throughout the country, giving them exposure to college coaches. Squash is on the rise in the United States and for students that have the diversity package that SBSOS students do, there are excellent college opportunities. The **Santa Barbara Athletic Club and Cate School** host the program, free of charge. This report provides a dashboard look at results from all aspects of the program.

2011-2012 Year-End Program Report



ACADEMIC PROGRAM

Schools served by Santa Barbara School of Squash in 2011-2012:

Elementary Schools

Adams Elementary School
 Monroe Elementary School
 Peabody Charter School

Middle Schools

Goleta Valley Junior High School*
 La Colina High School
 La Cumbre High School
 Santa Barbara Junior High School

High School

Dos Pueblos High School
 Laguna Blanca School*
 Providence Hall High School*
 San Marcos High School
 Santa Barbara High School

*Private School

In 2011-2012 SBSOS provided over **2,624** hours of academic programming. Each student benefited from at least 2 hours per week of academic support with the opportunity to work with a one-on-one tutor provided by SBSOS (at no cost). The average tutor/student ratio is 1:3. Eleven students participated in **one-on-one** tutoring sessions.



Highlights:

- 2 students have been accepted to Laguna Blanca on financial and scholarships.
- 2 students were accepted to Providence Hall on partial financial aid scholarships.

Retention and Utilization

Utilization is determined by “daily attendance” divided by “daily student capacity”. This allows staff to monitor the program’s effectiveness with regard to student retention and as well as how we maximize our resources.

	2008-2009	2009-2010	2010-2011	2011-2012
Started Year	18	18	28	36
Left Program	8	1	7	9
Remained in Program	10	17	21	27
Retention Rate	61.1%	94.4%	75%	90%



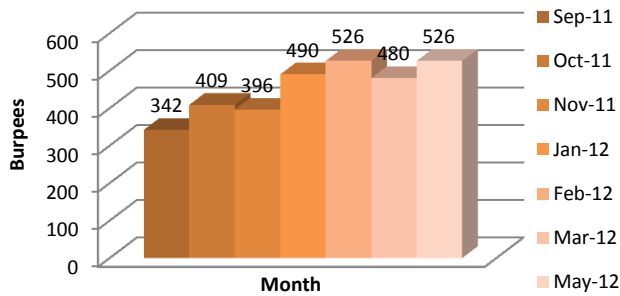
SQUASH PROGRAM

Fitness Improvement

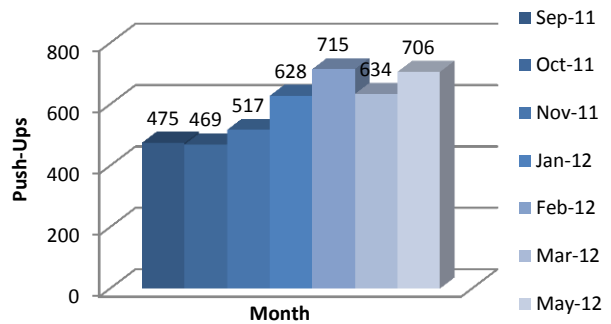
Students were tested 4 times throughout the year in 5 fitness categories: burpees, push-ups, sit-ups, court sprints, and timed one mile run. The following graphics represent the total performance for the burpees, push-ups, sit-ups and court sprints per month.



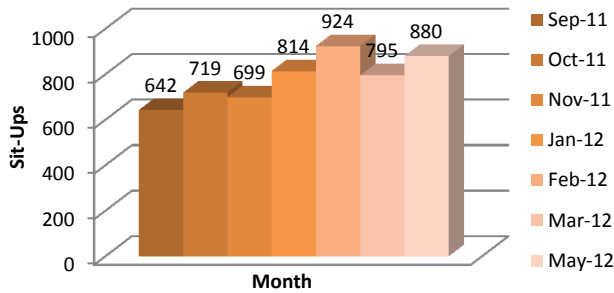
Total Number of Burpees by month



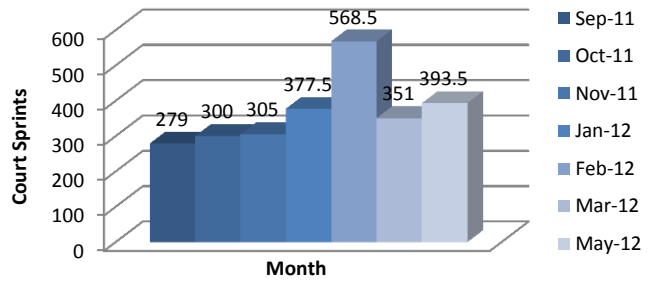
Total Number of Push-Ups by Month



Total number of Sit-Ups by Month



Total Number of Court Sprints by month



Squash Competition and Travel

Playing squash provided the opportunity for 11 students to participate in squash tournaments this year as a part of the SBSOS travel team. When possible, SBSOS tries to incorporate college campus trips when traveling to tournaments. Many leave their family for the first time to travel to tournaments. Students that participate in 3 or more tournaments a year are eligible to obtain national rankings.



Highlights:

- 2 students flew to Williams College in Massachusetts to compete in the NUSEA Individual Nationals where one student came in second and the other came in 11th.
- SBSOS spent 206 hours traveling to tournaments with the travel team.

Tournament	Location	Date	Hours
Bartlein Tournament	Santa Barbara, CA	September 23, 2011	6
San Diego – Silver	San Diego, CA	October 28, 2011	20
PacBuster’s - Bronze	Redwood City, CA	November 19, 2011	20
Squash Drive Open - Silver	San Francisco, CA	December 9, 2011	20
Rose Bud Classic – Silver	Portland, OR	February 3, 2012	30
San Diego Squash Open - Bronze	San Diego, CA	February 10, 2012	40
Jonathan Club Junior	Los Angeles, CA	March 16, 2012	10
San Francisco – Silver	San Francisco, CA	March 30, 2012	20
Stanford Junior – Silver	Stanford, CA	May 10, 2012	10
NUSEA Individual National’s Tournament	Williamstown, MA	June 15, 2012	30
TOTAL			206

National Squash Rankings

Three SBSOS students earned U.S. National Squash rankings in the 2011-2012 season with two of them placing in the top 100 in their age groups. Two students have rankings in the age group above them as well. SBSOS students make an impact on and off the court with their good sportsmanship, a major component of the squash program.

Name	Age	Category	2010/2011	2011/2012
David Quintero	14	Boys Under 15	#178	#122
Miguel Nava	14	Boys Under 15	#75	#81
	15	Boys Under 17	#154	-
Daniel Reisman	14	Boys Under 15	#90	#160
	15	Boys Under 17	-	#105



David Quintero with his trophy – First Annual LA Junior Open Squash, 2012



COMMUNITY SERVICE

School of Squash students are required to perform at least 15 hours of community service per year. Students perform activities in the community as a way of giving back to the community that supports the program. Performing service is a vital way to teach students the importance of giving back. This year SBSOS students performed a total of **505.5** hours of community service.



Backyard Bounty Lemon Harvest

ACTIVITY	DATE
SBSOS Orientation	August, 2011
Dog Agility Trial	October 15, 2011
Backyard Bounty Lemon Harvest	October 22, 2011
Empty Bowles Fundraiser	November 06, 2011
Santa Barbara International Marathon	November 12, 2011
Food Bank of Santa Barbara: Turkey Handout	November 12, 2011
Food Bank of Santa Barbara: Food Drive	December 17, 2011
Beach Clean-Up: Channel Keepers	January 28, 2012
Dream Foundation	February 28/ March 1, 2012
Villa Santa Barbara: Games with Seniors	March 7/ April 18, 2012
Beach Clean-Up: Save the Mermaids	March 10, 2012
French Festival	July 14, 2012
Dog Agility Trial	August 11, 2012
Santa Barbara Triathlon	August 25, 2012



Cultural and Educational Outings and Enrichment

SBSOS provides unique cultural activities to the students inside and outside of Santa Barbara. During the 2011-2012 year, SBSOS went on 14 outings in total which included a trip to Ventura, 32 miles from Santa Barbara.

OUTINGS	LOCATION
Opera: La Boheme	Santa Barbara, CA
Battle Ship Tour	Santa Barbara, CA
Nutcracker Ballet	Arlington Theater, Santa Barbara, CA
Aikido Studio – Aikido Class	Santa Barbara, CA
Monarch Butterflies at Ellwood Beach	Santa Barbara, CA
Movie at DA Club	Santa Barbara, CA
Mission Buena Ventura and Ventura Tour	Ventura, CA
Hike: Lead by Citrix Employees	Santa Barbara, CA
Opera: Orpheus and Eurycide	Lobero Theater, Santa Barbara, CA
Kids Draw Architecture	Santa Barbara, CA
UCSB: Polynesian Dance Performance	Santa Barbara, CA
Boston: City Tour	Boston, MA
Hike: Romero Canyon	Santa Barbara, CA
Dodger Game	Los Angeles, CA

Summer Program

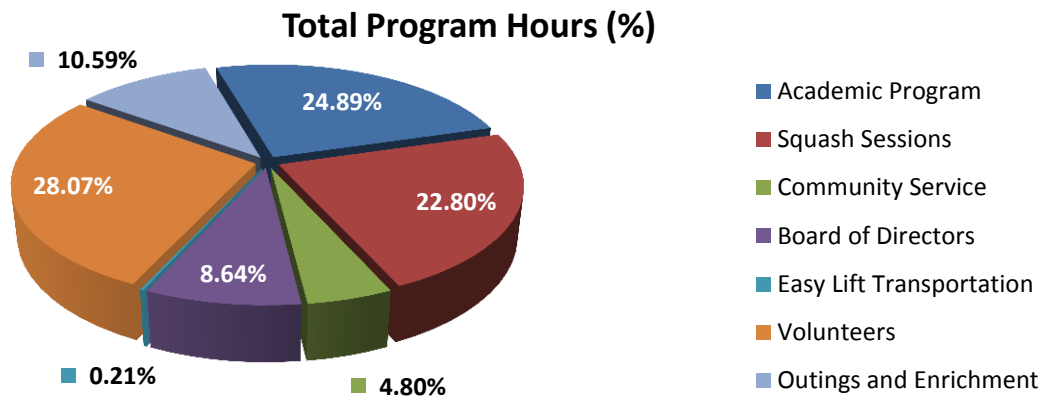
During the Summer Program, 23 SBSOS students were given scholarships to attend the Yosemite Institute Campus, an educational facility at Crane Flats, where they studied the environment, learned about the delicate ecosystems and the importance of caring for the planet. They participated in team building exercises and they learned about food waste and many other things. Many of these students had never been away from their parents before or traveled so far from home. The yearly trip is provided to SBSOS students by a Board member. It is an amazing opportunity for the students to bond and experience what it is like to see other places.



SUMMER ACTIVITIES	
Weekly Squash Camps	Yosemite Trip – Yosemite Institute
French Festival Community Service	Mis Tres Caras Program at Art from Scrap
Save the Mermaids - Kayak Trip (Santa Cruz Island)	Zodo's Bowling & Beyond – Year End Party



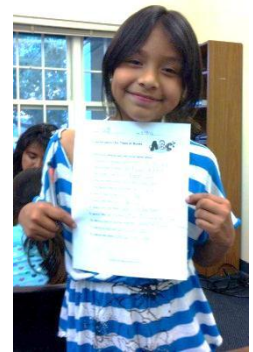
SBSOS TOTAL PROGRAM HOURS



ACADEMIC PROGRAM	HOURS
School Year Hours	1161
Meet @ The T Hours	185
One-on-One Tutoring Hours	141
Academic Enrichment	1138
TOTAL	2625 hours

SQUASH SESSIONS	HOURS
School Year Hours	1819
Summer Hours	318
Morning Sessions	61
Travel Team Hours	206
TOTAL	2404 hours

COMMUNITY SERVICE	HOURS
SBSOS Orientation	1
Dog Agility Trial	30
Backyard Bounty Lemon Harvest	80
Empty Bowles Fundraiser	20
Santa Barbara International Marathon	55
Food Bank of Santa Barbara: Turkey Handout	6
Food Bank of Santa Barbara: Food Drive	15
Beach Clean-up	20
Dream Foundation	28
Villa Santa Barbara - Games with Seniors	36
Beach Clean-Up: Save the Mermaids	27
French Festival	10
Dog Agility Trial	42
Santa Barbara Triathlon	54
TOTAL	506 hours



VOLUNTEER HOURS	HOURS
Academic Tutors	396
Squash Coaching	42
Cate School Tutors	1125
One-on-One	129
Chaperones	597
Dubin Learning Center	52
Fundraising	200
Yosemite Trip	394
Mentoring	25
TOTAL	2960 hours

BOARD OF DIRECTORS	HOURS
Terry Eagle	260
Gary Owen	78
Nori Burk Francis	52
Don Fuhrer	208
Robert Graham (New BOD Member)	5
Glenn Miller (New BOD Member)	5
Shereef Moharram	52
Steven Spencer (New BOD Member)	5
George Witter	104
Orla O'Doherty	12
Debbie Brown	12
Don Yosemite	16
TOTAL	911

EASY LIFT TRANSPORTATION	HOURS
Backyard Bounty Community Service	2
Ellwood Beach, Monarch Butterfly's	3
Buena Vista Ventura Mission, Ventura	6
Art From Scrap (4 times)	4
Dodger Game, Los Angeles	7
TOTAL	22 hours



ACHIEVEMENTS AND GOALS

The 2011-2012 year was a successful year for Santa Barbara School of Squash. By following the best practices of our national parent organization, we were provided the framework that drives our success to produce the following outcomes:

- ✓ Improved test scores and grades as well the attendance and engagement in learning (school connectedness);
- ✓ Reduced truancy and improved behavior in school;
- ✓ Making a positive impact on self-esteem and decision making;
- ✓ Keeping students safe by providing a healthy environment;
- ✓ Helping working families improve parental participation.



Moving forward to the new year, SBSOS expects to see marked improvement in school attendance, behavior at school, general attitude toward learning, self-esteem, grades, and fitness levels among its students. Academically, we will continue to work to increase the number of elementary students performing at grade level or better in English and math by providing academic assistance during tutoring sessions or placing them with one-on-one tutors on non-program days. During this time, SBSOS will focus on:



1. Working with 30 students (high, middle and elementary students) and working towards the goal of adding 10 to 20 more students by March of 2013;
2. Adding additional days of programming;
3. Adding college counseling and college preparation;
4. Increase attendance rate;
5. Increase volunteer pool to accommodate student/tutor ratio;
6. Ensure that all students will have higher GPA's.



In the long-term, Santa Barbara School of Squash expects that all team members will complete elementary school with Basic or higher grades, that they will complete middle school and graduate from high school and ultimately they will be college ready and college bound. Santa Barbara School of Squash expects these academic and attitudinal improvements because of our intensive tutoring program and our very strong emphasis on school work, school attendance, respect for peers and adults, and personal achievement of goals.



Board of Directors

Terry Eagle, *President*
Debbie Brown, *Executive Director*
Orla O'Doherty, *Secretary*
Gary Owen, *Treasurer*
Nori Francis
Don Fuhrer
Robert Graham
Glenn Miller, MD
Shereef Moharram
Steven Spencer
George Witter

Advisory Board

Robert Bartlein
Geoff Grant
Peter Hilf
Tom Parker
Jonathan Siegel

Volunteers/ Staff

Nori Francis, *Academic Director*
Crystalann Bolam, *Volunteer
Coordinator Team 1*

Shantel Dickerson, *Volunteer
Coordinator Team 2*
David Farber, *Lead One-On-One
Tutor*
Koji Tanaka, *Volunteer Coordinator
Team 1*
Orla O'Doherty, *Squash and Program
Director*
Dennis Marable, *Squash Coach*
Daniel Reisman, *Squash Assistant*
Liliana Lau, *Assistant to the Executive
Director*



Santa Barbara School of Squash
1530 Chapala Street
Santa Barbara CA 93101
Phone: 805.570.9970
www.SBSOS.org

Santa Barbara Athletic Club
520 Castillo St.
Santa Barbara CA 93101

Facebook/SantaBarbaraSchoolOfSquash

