



# Year-End Program Report 2012-2013

September 1, 2012 to August 31, 2013

Serving Santa Barbara Public Schools Students since 2006  
[www.SBSOS.org](http://www.SBSOS.org)



# Santa Barbara School of Squash



## 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 all 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 effort can change their future. And yes, we teach them to play squash, a sport that requires discipline, focus 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 post high-school education. 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 are happy to be able to highlight our first high school graduate this year with the class of 2013. He is off to University of Oregon and we are proud to continue to support him.

The impact of a great teacher or coach in the lives of children cannot be underestimated. Most 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 and, 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 Chair**

*Debbie Brown*

**Executive Director**

NATIONAL URBAN SQUASH  
+ EDUCATION ASSOCIATION



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National Urban Squash & Education  
Association (NUSEA)

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Crystalann Bolam, *Academic Coordinator*  
David Farber, *Lead One-on-one Tutor*  
Ernesto Gutierrez, *IT Director*  
Nabil Laachi, *Squash Coordinator*  
Dirk Reynolds, *Website Designer*  
Michele Sakakibara, *Event Coordinator*  
Koji Tanaka, *Academic Coordinator*

# 2012-2013 Year-End Program Report



## ACADEMIC PROGRAM

Academic support is a priority for the SBSOS program. Homework support 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. For our high school students the focus is on good grades, career introductions and college preparation.

In 2012-2013 SBSOS provided over **4,324** hours of academic support and enrichment – double what we completed in 2011-2012. Students spent an average of 110 hours in academic programming. 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. 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 2012-2013.

### Elementary Schools

Adams Elementary School  
 Brandon Elementary School\*  
 Hope Elementary School\*  
 Monroe Elementary School  
 Peabody Charter School  
 Washington Elementary School\*

### Junior High Schools

Goleta Valley Junior High School  
 La Colina High School  
 La Cumbre 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\*\*

### Highlights:

- ✓ SBSOS students received over \$145,000 in financial aid scholarships to local private schools facilitated by SBSOS;
- ✓ Brian Miguel graduated in June with the Laguna Blanca class of 2013.
- ✓ Darwin Miguel continues to attend Laguna Blanca School as a 10<sup>th</sup> grader;
- ✓ Three additional students were accepted to private school on financial aid scholarships for 2013-2014:
  - Josh Baron 7<sup>th</sup> grade – Laguna Blanca
  - Zaira Paredes 9<sup>th</sup> Grade – Laguna Blanca
  - Patty Claudio 6<sup>th</sup> grade – 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. Continuous participation in the program for 6+ years shows the commitment of each student and their desire to change their future.

	2009-10	2010-11	2011-12	2012-13
Started Year	18	28	36	41
Left Program	1	7	9	7
Remained in Program	17	21	27	34
Retention Rate	94%	75%	75%	82%

\* New schools added in 2012-2013

\*\*Laguna Blanca School is an independent, co-educational, college-preparatory day school for students in grades K-12 in Santa Barbara, California.

\*\*\* Garden Street Academy is a K-12 private independent school located in Santa Barbara, California.

## CLASS OF 2013

Brian Miguel started with SBSOS as a 6<sup>th</sup> grader and is the first senior to graduate from the program. Brian graduated with a 3.5 GPA from Laguna Blanca School where he was awarded a four year financial aid scholarship, facilitated by SBSOS. Brian is a talented athlete, an honor student and a motivated young man. He has been an excellent role model to his brother and sister and to the students in the program. He will be attending the University of Oregon for his freshman year and then plans to transfer to University of Southern California where he will pursue a career in medicine. SBSOS will continue to support Brian through his time in college and we look forward to seeing him in Santa Barbara when he comes home for visits.

*"Santa Barbara School of Squash has given me the opportunity to do things I wouldn't have been able to do, for example the summer Yosemite trips. Ultimately it falls on each student to take advantage of resources and opportunities, but most of the students given this chance will take it and run with it. I believe what the SBSOS program, and the many volunteers that help out, are doing for kids is amazing and that they will continue to have a big impact on the students. All someone needs to do to believe that this program makes a difference, and what it can do for kids, is to look at me – I'm attending the University of Oregon next year!"*

~Brian Miguel ~



Debbie Brown and Brian Miguel at his graduation ceremony at Laguna Blanca.

## We have another success story to tell...



Diego Perez joined SBSOS in 2008 as an 8<sup>th</sup> grader. Diego is a first generation immigrant who didn't speak any English when he arrived in Santa Barbara. School was difficult for him in a new language; however, sports have a universal language. Diego took to squash very easily and he became a talented squash player. Most of all, Diego was truly a joy to watch compete because his sportsmanship on court was impeccable. He became Captain of the team and became a role model to our other students. Diego struggled in his senior year in high school and transferred to a continuation school. Diego aged out of the program at 18 and as the years have gone by we lost touch with him. About a year ago he reconnected with us and brought great news – he had stayed in school and earned his GED. Diego contributes his success on remembering his time with the SBSOS program and how we supported him telling him that he could do it. And he did! Not only did Diego finish high school – he became a "Dreamer" and was able to get his social security number because he stayed in school continuously since his arrival into the US.

Diego is 20 years old now and he is enrolled at Santa Barbara City College where he is pursuing his Associate of Arts degree and he volunteers at SBSOS when his schedule allows. Diego's perseverance to complete his GED and to continue his education- will change his future. We are very proud of his dedication to make a better future for himself.

*"SBSOS was a window to a whole new me and to a whole new world. Through the window I was able to see a better me – I was able to see a better life of job, and happiness and success. I know this program will help others like me. This program is a life changer."*

~ Diego Perez ~



Diego Perez, Santa Barbara School of Squash alumni.



## SQUASH PROGRAM

Squash is FUN! Squash is the hook that keeps our students coming back. SBSOS students spent a total of 2505 hours playing squash. The sport of squash is on the rise in the US with 85+ university squash teams, and that means opportunities to play squash on a varsity or club team. The SBSOS team boasts two National Champion squash players, Miguel Nava (12<sup>th</sup> grade) and Sebastian Paredes (7<sup>th</sup> grade), and several nationally ranked players. Squash is an individual sport, but as a part of the SBSOS program, our students participated as a team versus Access Youth Academy, our sister program in San Diego. Next year we will also compete with the newest NUSEA program in Oakland, SquashDrive.



SBSOS and San Diego's urban squash program, Access Youth Academy

### Highlights:

- ✓ Three students flew to Williams College in Massachusetts to compete in the NUSEA Individual Nationals where two of the students won their divisions and another took third place.
- ✓ SBSOS spent **230 hours** traveling to tournaments with the Travel Team which was 24 hours more than last year.
- ✓ Sebastian Paredes was given a full scholarship to attend the prestigious Princeton Squash Camp on the campus of Princeton University.



The Bronze Travel Team at the Walt Disney Concert Hall in Los Angeles

### Squash Competition and Travel

Playing squash on the Travel Team provided the opportunity for 11 students to play in squash tournaments this year outside of Santa Barbara. Many of our students leave their families for the first time to travel to tournaments. *Students must maintain good grades in order to be a part of the Travel Team.* While traveling, SBSOS tries to incorporate cultural outings and college campus tours. Students that participate in three or more tournaments a year are eligible to obtain national rankings.

As a team, 35 students trained hard over the year with practices three days a week that included solo skills, fitness training and individual and group lessons.

TOURNAMENT RESULTS	Category	PACBuster Open	Cate School Invitational	Bay Club Silicon Valley Open	2nd Annual LA Bronze Open	NUSEA National Individual Championships	California Junior Open Tournament
Miguel Nava	Boys Under 17	3rd	1st	1st	1st	1st	1st
David Quintero	Boys Under 15	3rd	1st	3rd	1st	3rd	2nd
Sebastian Paredes	Boys Under 13	NA	4th	7th	1st	1st	1st

The SBSOS Travel Team played in 16 tournaments all over the west coast including San Francisco, Silicon Valley, Los Angeles, San Diego and Oregon. Not all of our students are on the Travel Team, but they ALL love the game and we hope that they will carry that love of the game with them through adulthood and that it will continue to be a way to meet people and to exercise and be healthy through sport. Statistics show that kids that work-out grow up into adults who work-out.

TOURNAMENTS	LEVEL	DATE	HOURS
Silicon Valley Junior Open	Bronze	September 2012	10
University Club Junior Open	Silver	October 2012	15
SBSOS vs. Access Youth Academy	NA	October 2012	25
Bay Club Silicon Valley Open	Bronze	February 2012	10
Oregon Singles Junior Squash – Portland, OR	Silver	November 2012	10
PACBuster Junior Open – Redwood City	Silver	November 2012	10
University Club – San Francisco, CA	Bronze	December 2012	20
Cate School Junior Tournament – Santa Barbara, CA	Bronze	January 2013	25
Bay Club Silicon Valley Open – Silicon Valley, CA	Silver	February 2013	15
2 <sup>nd</sup> Annual LA Open – Los Angeles, CA	Bronze	March 2013	30
San Francisco Bay Club – San Francisco, CA	Silver	March 2013	15
3 <sup>rd</sup> LA Junior Open – Los Angeles, CA	Bronze	May 2013	20
NUSEA Individual Nationals – Williamstown, MA	NUSEA	June 2013	15
San Francisco Squash Junior Open – San Francisco, CA	Gold	June 2013	15
California Junior Open – Redwood City, CA	Silver	July 2013	10
LAAC Summer Camp Cup – Los Angeles, CA	Silver	July 2013	10
<b>TOTAL</b>			



### Fitness Training Program

As part of the fitness regime at SBSOS students were tested four times throughout the year in four fitness categories: burpees, push-ups, sit-ups and court sprints.

Fitness Test Results – Average by month and category				
	Burpees	Push-Ups	Sit-Ups	Court Sprints
October	37	41	56	19
January	37	41	57	19
April	37	42	57	19
June	37	42	57	19



## COMMUNITY SERVICE

The SBSOS students completed 20 community service projects with each student completing a minimum of 15 hours. Patty Claudio, a rising fifth grader, had the distinction of completing 52 hours of service over the course of a year, three times more than the required. She participated in every service project.

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 to give back to the community that supports the program. This year SBSOS students performed a total of **774** hours of service.



Volunteering at the Day of Caring at the Presidio Museum

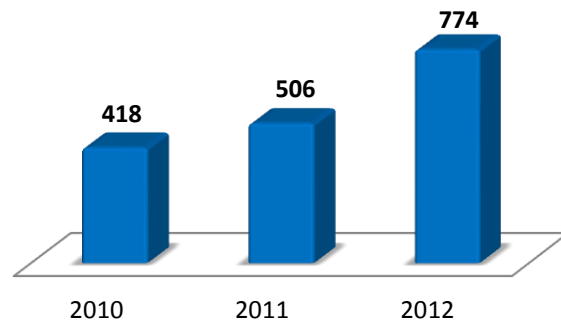
ACTIVITY	DATE
Villa Santa Barbara – Games with Seniors x 7	Every first Wednesday of the month
SB International Marathon – Water Station	November 10, 2012
American Diabetes Association – Tour de Cure	November 17, 2012
Villa Santa Barbara – Christmas Party w/Elders	December 12, 2012
Foodbank of Santa Barbara – Food Drive	December 15, 2012
Jewish Festival at Oak Park	April 28, 2013
Channel Keepers Beach Clean-Up	June 10, 2013
Villa Santa Barbara – Games and Picnic at Padaro Beach	June 28, 2013
Channel Keepers Beach Clean-Up	August 5, 2013
Run or Dye 5k at UCSB – Water Station	August 10, 2013
Santa Barbara Flyers – Agility Trial	August 18, 2013
FarmTrack – Buellton – Harvesting Vegetables	August 20, 2013
Santa Barbara Triathlon – Water Station	August 24, 2013
Day of Caring – Building Restoration	September 5, 2013

Compared to 2010, SBSOS almost doubled their hours of community service. Every year, each student volunteered more and gave more time to the community and we think they really enjoy it!



SB International Marathon – kids volunteering at the water station

### Community Service Total Hours 2010 - 2012



## Cultural and Educational Outings and Academic Enrichment

Throughout the year SBSOS took the students to 28 different events, twice as many as last year. Cultural and education outings give students the opportunity to go places that they haven't been and experience new activities that they never thought that they would be able to. Academic enrichment is a fun way to teach things that aren't learned in the classroom. The total hours spent participating in cultural and education outings was **330**.



Trolley of Lights Tour

CULTURAL AND EDUCATION OUTINGS	LOCATION
Polo Mach – Santa Barbara Polo & Racquet Club	Carpinteria, CA
Trolley of Lights Tour – RockStar	Santa Barbara, CA
Santa Barbara International Film Festival –Brave	Arlington Theater, Santa Barbara, CA
Meet the Board Party – “Are You Smarter Than A 5 <sup>th</sup> Grader?” Contest	Santa Barbara, CA
Fishing on the Wharf	Santa Barbara, CA
Spring Break - Beach Party	Ledbetter Beach, Santa Barbara, CA
Soccer Game – Supporting Kayla Miguel	Santa Barbara, CA
Women’s Pro Squash Event: Alison Waters, Madeline Perry, Rachael Grinham & Latasha Khan	Santa Barbara, CA
Men’s Pro Squash Event: Amr Shabana & Shahir Razik	Santa Barbara, CA
Year End & Volunteer Appreciation Party – Garden Street Academy	Santa Barbara, CA
Holiday Parent Potluck	Santa Barbara, CA

ACADEMIC ENRICHMENT	DATE
Agata Bykovtsev – Chess Champion Presentation	December 8, 2012
Nutcracker – Arlington Theater	December 9, 2012
Reveler’s - Lobero Theater	December 14, 2012
UCSB Focus Group – Mis Tres Caras	December 15, 2012
Lotusland – Docent Tour	February 2, 2013
Ernesto Paredes Presentation, Director of Easy Lift	February 9, 2013
Hike – San Ysidro Trail	February 10, 2013
Art Session – Westside Neighborhood Center	February 5, 2013
Fatima Rahmanovic Presentation on Tolerance	March 18, 2013
Emergency Medical Technician Presentation: Kids CPR & Ambulance Tour	March 25, 2013
Peikert Group Architects Tour	March 27, 2013
Docent Hike – Malibu Creek State Park	March 29, 2013
First Thursday – Art Gallery Tour	April 4, 2013
Elika Shahrestani – Peer Buddies Presentation	April 13, 2013
Bici Centro – Bike Week – Rules of The Road	June 7, 2013
University of California, Santa Barbara Tour	July 3, 2013
Opera – Magic Flute – Granada Theater	August 2, 2013
Santa Barbara City College – Campus Tour	August 7, 2013



EMT & ambulance tour



Space Shuttle @ Science Museum





## NUTRITION WELLNESS and LIFE SKILLS

As a part of our commitment to educating our students on positive nutrition habits, SBSOS provided nutritious snacks to students to bridge the time between school and dinner. Healthy snacks were provided by Tri Country Produce and Whole Foods.

This year Santa Barbara School of Squash participated in the Feed Your Family Right Program (FYFR), a Neighborhood Outreach Program of the Parks and Recreation Department of the City of Santa Barbara with assistance from the Orfalea Foundation. The FYFR program is an eight week nutritional cooking program that teaches families about kitchen tools, cooking methods, and shopping skills. Thirteen families participated in 275 hours in the program based at Westside Neighborhood Center.



Feed Your Family Right – kids and families learning how to make healthy meals.



Yoga session at Santa Barbara Athletic Club

## Yoga for Kids

Santa Barbara Athletic Club yoga instructors provided monthly yoga sessions to our students 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 ACTIVITIES

- Weekly Squash Camps
- Bike Week – Bici Centro
- Swimming Lessons – Los Baños
- Science Museum – Los Angeles
- Yosemite Trip – NatureBridge
- Academic Sessions
- SBSOS Year End Party at Garden Street Academy
- UCSB Department Tours: Theoretical Physics, Mechanical Engineering & Art Departments
- Malibu Creek – Docent Hike



Yosemite 2013

Summer programming participation is mandatory. SBSOS students were required to participate in three squash clinics and three academic sessions every week. Each student had the opportunity to play squash and learn and experience new activities. For the third summer in a row the students went to Yosemite National Park through scholarships provided by NatureBridge, which is an academic campus at Crane Flats. Students participated in four days/three nights of learning about nature and its importance. The students also had the opportunity to improve their skills as a group by participating in team building and group activities.

### Bike Week

During the summer, SBSOS partnered with Bici Centro to provide students in the program with bikes if they did not own one. Squash sessions were held at the Santa Barbara Athletic Club while the academic sessions were held at the Westside Neighborhood Center – 8 blocks away – biking back and forth was a healthy way to get from one location to another. Bici Centro is a countywide advocacy and resource organization that promotes bicycling for safe transportation and recreation. Their volunteers gave a week long education course on riding safely, bike maintenance and they even taught the kids how to put their bikes on the city buses.



Students participated in bike education at Bici Centro

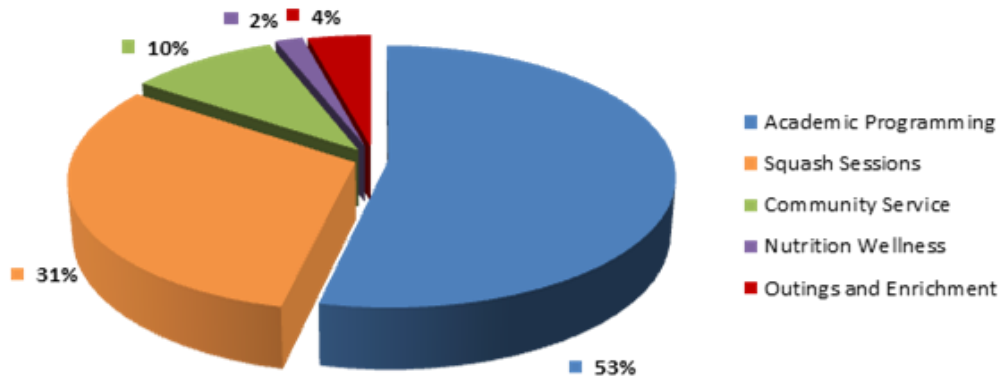


### SBSOS PROGRAMMING TOTAL HOURS

Santa Barbara School of Squash had a total of **8075 hours** during the 2012-2013 year with academic programming, squash sessions, community service, nutrition/wellness, outings / enrichment. Compared with last year (6652 programming hours), SBSOS increased its hours by 17%.

Program / Activity	Hours
Academic Programming	4324
Squash Sessions	2505
Community Service	774
Nutrition / Wellness	142.5
Outings / Enrichment	329.5

Programming Total Hours (%)



# HONOR ROLL OF CUMULATIVE GIVING 2006-2013

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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## VOLUNTEERS

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 of hours of academic volunteer time. Volunteer squash coaches include squash coaching, fitness training, Travel Team chaperoning and fitness testing. Our volunteer community includes individuals that tutor, coach, help with events, with administrative work and website.

*"I am extremely proud to volunteer with academics tutoring at SBSOS. It is a well-run outreach organization that community kids love to attend."*

*~ Andrew Choi, Volunteer Tutor ~*

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*"This program has been the best thing that happened to me since my arrival to Santa Barbara. You have a gem of a program on your hands and it is truly and positively impacting the lives of many kids in this community. Not just the kids' lives are impacted – but the lives of all of the volunteers as well. Mentoring and investing in our youth is critical."*

*~ Nabil Laachi, Volunteer Tutor & Squash Coach ~*



**Santa Barbara School of Squash – Changing lives, one student at a time.**



**Santa Barbara School of Squash**  
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