

## TRAININGS IN PHYSICAL ACTIVITY for Youth Providers (Overview)

Organizations	Area	Contact	What They Do	Target Population	Types of Trainings	Training/Program Costs
<b>School &amp; AS Focused</b>						
<b>CATCH</b> www.catchinfo.org 1-(866) 346-6163	Texas/ National	<b>Peter Cribb</b> National Program Director	CATCH is an in-school health program which builds a network of youth providers to teach children and their families how to be healthy and promote healthy living in the community	Serves children of all ages in Texas School Communities. Provides trainings in out-of-Texas areas in San Diego and Orange County	Has formal CATCH trainings in: Implementation, Orientation, Component Specific, Booster, Evaluation, Recreation and AS Care	Training: 1 full day (7 hours) for each training Cost: approx. \$3500/per training on a sliding scale with a min of 20 and a max of 70 participants
<b>Joy of Sports Foundation</b> www.joyofsports.org (202) 548-0185	Statewide/ East Coast	<b>Scott Boyle</b> Regional Director	Using a variety of sports-based educational programs, JSF works with at-risk children to help them grow in mind, body, and spirit and learn critical life success skills through sports	Serves at-risk children ages 3-12. Program is year round in schools and is implemented in surrounding areas of Wash DC, SF, and San Diego.	Has the following trainings: Star Power for Preschoolers, Trainings in Soccer, Basketball, & Tennis and Green Light Nutrition	Training: Year round school program with 2-hour long trainings Cost: \$300/per training with 20 youth or less
<b>NikeGO</b> www.nike.com/nikebiz/nikego 1-(800) 344-6453	National	<b>Molly White</b> Director of U.S. Community Affairs	Created with SPARK, NikeGO provides schools and AS programs with training, equipment, and a curriculum to deliver standards-based, PA programs for youth	Focuses on elementary schools (K-5) although AS program works with ages 5-14. Implemented in 6 cities: Chicago, Los Angeles, Memphis, NY, Portland (Oregon), Akron (Ohio)	Consists of a 2-day training with a customized curriculum and hands-on teacher training. Also includes assistance with state & national standards and purchasing of equipment	Training: 2 days Cost: You have to apply for their grant. If selected, sites will also receive \$10K to spend on fitness equipment
<b>Physical Best</b> www.aahperd.org/naspe/ physicalbest 1-(800) 213-7193 ext. 489	National	<b>Susan Schoenberg</b> Professional Services Manager	Physical Best combines with the Fitness Gram/Activity Gram to provide resources and professional development workshops for PE Instructors working with youth of all ages	For mainly K-12 PE Instructors who wish to enhance their skills in teaching physical activity. Currently serving school districts in NY, Ohio, and in CA (LA and San Diego)	Offer 2 certifications: Health-Fitness Specialist Certification and Instructor Certification. They also have a training designed for youth providers and staff of K-12 youth	Training: 1/2 & full day available Cost: In-service workshops cost \$2500 for a full day and \$1500 for a half-day training with a max of 50 participants
<b>SPARK</b> www.sparkpe.org 1-(800) SPARK PE	Statewide/ National	<b>Bruce Bettey</b> Associate Director	SPARK provides a training method (organized by age level) for youth providers on how to incorporate activity into their school programs. Also works with AS & Rec Programs	Serves K-8 youth providers in California and nationwide. Also targets PE Teachers who want to enhance their curriculum	SPARK has workshops and curricula on how to implement SPARK that are specific for these 6 areas: Early Childhood, K-2, 3-6, 6-8, Lifelong Wellness, and After School	Training: Standard 1 day (6 hours) or Premium 2 day (12 hours) trainings available Cost: \$2499 for Standard; \$4499 for Premium with a max of 40 participants

**KEY: AS = AFTER SCHOOL, PA = PHYSICAL ACTIVITY**

**DEVELOPED BY:**

**CANFIT**  
CALIFORNIA ADOLESCENT NUTRITION AND FITNESS PROGRAM

www.canfit.org

**JANUARY 2007**

**PAGE 1 of 2**

## TRAININGS IN PHYSICAL ACTIVITY for Youth Providers (Overview)

Organizations	Area	Contact	What They Do	Target Population	Types of Trainings	Training/Program Costs
<b>Sports4Kids</b> <a href="http://www.sports4kids.org">www.sports4kids.org</a> (510) 893-4180	SF Area/ East Coast	<b>Erin Lewellen</b> Regional Director	Sports4Kids promotes play from a physical, emotional, and cognitive standpoint and uses physical activity programming as a framework for youth development	Works with low-income public schools with 50% or more free or reduced-lunch-eligible students. Program is year round and implemented in surrounding areas of Baltimore, Boston, DC, and SF	Sports4Kids' program includes 5 components that are implemented at each school and has trainings in Sports & Play, Conflict Resolution, and Violence Prevention	Training: Year round school program Cost: \$23K to implement in school. Sports4Kids pays 1/2 of the cost. Also, their trainings run from \$150-\$200/per hour.
<b>Sport For All</b> <a href="http://www.sportime.com/sportime-shared/resources/sportforall">www.sportime.com/sportime-shared/resources/sportforall</a> 1-(800) 283-5700 ext. 7260	National	<b>Duane Puckett</b> VP of Sales, Sportime	Sport For All is designed to teach young children sport-related skills in appropriate ways so they can enjoy participating in sport and health-related physical activities more frequently	Targets rural, suburban, and urban communities of youth of all ages. Works with both school and after school programs and activities	Has 3 Leader trainings: SportFun (for ages 3-5), SportPlay (for ages 5-7), SportSkill Basic (for ages 8-10). They have certified trainings that will be held in January 2007 in Atlanta.	Training: 1/2 and full day available Cost: ranges from a min. of \$1,000 for Basic Training to \$2,100 for program equipment and training for all three modules.
<b>Team-Up for Youth</b> <a href="http://www.teamupforyouth.org">www.teamupforyouth.org</a> (510) 663-9200	SF Area	<b>Victoria Gevlin</b> Program Associate	Team-Up provides trainings for youth development in AS programs & believes that sports can be a powerful vehicle to encourage the development of youth	Targets ethnic youth of all ages (especially girls) in low-income neighborhoods around the SF Bay Area	Has the following community-based trainings: Team-up Training camp, Girls in Sports, Measuring Quality, Games Games Games, Sandwich Chat, & Positive Behavior Management	Training: 1/2, full, and 2 day trainings available Cost: 1/2 day - approx. \$30-\$50 per person. 2-day - \$100/per person with a max of 20 participants
<b>Community Focused</b>						
<b>Kaboom!</b> <a href="http://www.kaboom.org">www.kaboom.org</a> (202) 659-0215	National	<b>Tiffiney Carney</b> Client Services Coordinator	Kaboom! increases play opportunities for youth by building playgrounds; they also provide resources, including trainings for communities that wish to build a new playspace on their own	Targets all youth communities in the U.S. looking to build a playspace as a means of community building and enhancement	Community-build playspace trainings entitled "U Play" and "We Play". "U Play" is on February 8-10, 2007. "We Play" will have 7 regional trainings in 2007	Training: "We Play!" is a free 1 day training; "U Play" is a 3 day workshop Cost: "U Play!" Reg. Fee is \$195, but scholarships to waive fee plus a travel reimbursement of \$405 is available.
<b>A World Fit For Kids</b> <a href="http://www.worldfitforkids.org">www.worldfitforkids.org</a> (213) 387-7712	LA Area, National	<b>Normandie Nigh</b> Executive Director	AWFFK has a "kids teaching kids" approach. They mold high school teens into youth leaders, who then act as mentors and positive role models for younger adolescents.	Primarily focuses on inner city ethnic middle school and high school youth communities in the Los Angeles Area	AWFFK has a Teen Success Training Program (TSTP) for AS which includes trainings in Youth Development, PA Leadership, Mentoring, and Work Readiness. Also offers a Sport For All training	Training: 1 day (6.5 hours) training with 3 hr optional workshops Cost: 3 hour - \$2500/per workshop; 1 day - \$3600, both with a max of 40 participants

**KEY: AS = AFTER SCHOOL, PA = PHYSICAL ACTIVITY**

**DEVELOPED BY:**

**CANFIT**

CALIFORNIA ADOLESCENT NUTRITION AND FITNESS PROGRAM

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

**JANUARY 2007**

**PAGE 2 of 2**