



Youth Master Plan (YMP)

Health and Wellbeing: Our nutrition and physical fitness component is a direct attack against childhood obesity and overeating, which is a coping mechanism to trauma. We provide nutrition education and breakfast, lunch and dinner meals to our youth to ensure they are receiving the proper nutrition. Physical activity, athletic training, boxing and cardio fitness are coupled with nutrition.

Youth Voice: We include the voices of our youth to get a better understanding of their wants and desires. Youth assist with planning events, programs layout and enrichment activities.

Learning: Our enrichment and homework assistance portion of our program directly assist with academic support. We provide homework assistance Monday - Thursday to 10-15 youth with our college students and adult tutors. The youth complete homework, gets tutoring on a specific subjects, assistance with projects, assignments and test prep.

Safety & Justice: We teach youth how to advocate for themselves, understand their rights within the law and live demonstrations of the legislative process that changes laws by going to participate in youth days at the Capitol and working to amend laws that effects them.

Space & Place: We provide a positive environment that focuses on what youth love while also exposing them to experiences and things we don't think they'd normally be exposed to in their environment through our programs. We are working in a space that is creating more opportunities to educate the public on the need to explore physical fitness as a tool to combat trauma. Our youth know that we are a space that you can stop by to get a meal, decompress, workout or simply hang out.

Economic Stability: We hire 5-8 students and athletes on a collegiate and high school level to teach, connect and peer mentor our youth. We have financial literacy sessions and planning where we give youth relatable and achievable financial habits, goals and outlook on the economy.