Urban Initiatives' mission is to use the power of sport and play to empower Chicago's youth to achieve academic success, develop social emotional skills, and build social capital.

2023-2024
Program Guide

All Urban Initiatives' programs are grounded in the Weikart Center's Youth Program Quality Assessment, a best in class evaluation tool verified by research. Our staff are trained in key coach behaviors and program activities which provide a healing-centered environment for critical social emotional learning skill growth.

Register for programming HERE:
<table>
<thead>
<tr>
<th>Program</th>
<th>Price</th>
<th>Audience</th>
<th>Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recess</td>
<td>$37,000</td>
<td>All students</td>
<td>20 minutes of recess per grade daily + additional support</td>
</tr>
<tr>
<td>OST SEL Soccer (Travel)</td>
<td>$7,500</td>
<td>Up to 30 2nd - 4th graders</td>
<td>2, 10-week seasons 3, 90 min sessions/week 5-6 travel game days</td>
</tr>
<tr>
<td>OST SEL Soccer (Non-Travel)</td>
<td>$4,500</td>
<td>Up to 30 2nd - 4th graders</td>
<td>2, 10-week seasons 3, 90 min sessions/week</td>
</tr>
<tr>
<td>ECE SEL Soccer</td>
<td>$4,500</td>
<td>Up to 20 Pre-K students</td>
<td>2, 10-week seasons 3, 90 min sessions/week</td>
</tr>
<tr>
<td>Parent Workshops</td>
<td>$250/hour</td>
<td>Up to 30* participants</td>
<td>1 hour stand-alone workshop or workshop series (*can accommodate up to 150 for additional fee)</td>
</tr>
<tr>
<td>PD Workshops</td>
<td>$250/hour</td>
<td>Up to 30* school staff members</td>
<td>2 hour stand-alone workshop or workshop series (*can accommodate up to 150 for additional fee)</td>
</tr>
<tr>
<td>Summer Camp</td>
<td>$5,000</td>
<td>Up to 50 1st - 5th graders</td>
<td>4 weeks, 4 days/week, 3 hours/day</td>
</tr>
<tr>
<td>Take the Lead</td>
<td>Free</td>
<td>5-20 Middle School Students (5th-8th grade)</td>
<td>Quarterly retreats Bi-weekly school-based SEL huddles</td>
</tr>
</tbody>
</table>
Urban Initiatives’ (UI) Recess Program enhances and enriches the value of recess as a vital break from the demands of the academic day. By taking a healing-centered approach, highly-trained UI Recess Coaches provide opportunities for improved physical activity, community building, and social emotional learning opportunities through active play. They maximize impact by implementing active, safe, restorative, and fun recess every day!

THE BASICS:

Recess programming provides active structured play with opportunities for social emotional learning skill development:

- 20 minutes of recess per grade, daily
- 6 hours of staffed support for the school (Recess Coach can provide in-classroom assistance, small group support, or additional duties during non-recess hours)
- 1 PD session for all school-based recess support staff

UI PROVIDES:

- School-based Recess Coach
- Training for coaches & additional recess staff grounded in principles from the Weikert Center for Youth Program Quality
- Accessible management to support program quality with bi-weekly in-person presence

SCHOOL PROVIDES:

- Designated, conducive space for both outdoor and indoor recess activities
- Additional staff presence at recess to support student safety and program quality
- Administrative point person of contact for UI staff

OUR PHILOSOPHY

Often recess and play within a school community is viewed as a privilege - one that is frequently the first to be lost when youth break rules and overstep boundaries. We believe play is a right, and that when used correctly, recess can be a center for restorative and healing centered practices that create improved school cultures where youth can thrive. With buy-in from key staff members, we build a coalition that provides youth with essential play-based learning opportunities that benefit the entire school day.

Need more info? schoolpartnerships@urbaninitiatives.org
Out-of-school-time (OST) soccer programming is part of Urban Initiatives‘ (UI’s) suite of social emotional learning (SEL) services designed to build a strong foundation of SEL through sport and play. The OST soccer curriculum uses soccer as a tool to support SEL and soccer skill development. Each session involves experiential learning through play and discussion.

**THE BASICS:**
- Teams composed of up to 30 2nd-4th graders
- Two 10 week seasons, 3 90-minute sessions/week
  - Fall season Sept-Dec.
  - Spring season March-May
- Travel & non-travel options

**Travel Cost:** $7,500 annually
- 5 travel game days

**Non-Travel Cost:** $4,500 annually
- Intra-team games

**UI PROVIDES:**
- Recruitment of students
- Training for coaches grounded in principles from the Weikert Center for Youth Program Quality
- Curriculum designed to integrate SEL & soccer skills
- Equipment for practices
- Accessible management to support program quality

**SCHOOL PROVIDES:**
- Head Coach* (member of school community)
  - School provides personnel; UI pays them
- Practice space (indoor & outdoor)
- Administrative point person of contact for UI staff
- Equipment storage location

"My favorite part about soccer is being part of a team and getting to work together at something. And I love getting to meet other kids and play them on game days!"

Need more info? schoolpartnerships@urbaninitiatives.org
The Early Childhood Education (ECE) soccer program is based on our traditional OST soccer program, utilizing a curriculum geared toward younger students to simultaneously support SEL and soccer skill development. Each session involves experiential learning through play and discussion, building a strong foundation of SEL through developmentally appropriate sport and play. Our ECE soccer program helps fill the emergent need for high quality after school programming for Pre-K students.

**THE BASICS:**
- Teams composed of 20 Pre-K students
- Two 10 week seasons, 3 90-minute sessions/week
  - Fall season Sept-Dec.
  - Spring season March-May

**UI PROVIDES:**
- Recruitment of students
- Training for coaches grounded in principles from the Weikert Center for Youth Program Quality
- Curriculum designed to integrate SEL & soccer skills
- Equipment for practices
- Accessible management to support program quality

**SCHOOL PROVIDES:**
- Head Coach* and Assistant Coach* (members of school community)
  - *School provides personnel; UI pays them
- Practice space (indoor & outdoor)
- Administrative point person of contact for UI staff
- Equipment storage location

**Cost:** $4,500* annually
(*subsidization from CPS OECE is possible but not guaranteed)

My child is always asking, "When's soccer? When's Monday?" Every day! I say, "You love soccer that much?" She says, "Yes!"

- Parent

Need more info? schoolpartnerships@urbaninitiatives.org
Urban Initiatives (UI) takes best practices from our 20 years in sport- and play-based youth development to create fun and meaningful experiences for adults and kids. Participants will learn research-based and trauma-informed strategies to connect through play, build resilience, identify and regulate emotions, and support social emotional development. UI’s core methodology is adapted from the Weikart Center’s Social & Emotional Learning Program Quality Assessment. Parents and guardians will leave our workshops with practical strategies.

WORKSHOP OPTIONS:

All workshops are interactive and experiential, can be delivered in English or Spanish, and can be adapted to fit your school community’s specific needs and target audience.

- **Parent Coach Foundations Workshop (one-hour session):** Parents/guardians will learn games and strategies to help build skills with their kids like understanding emotions and how to address them, being active at home, and playing well together.
- **Playing Together as a Family (one-hour session):** This session for parents/guardians and students together emphasizes the supportive and connective power of play. Participants will play together and discuss ways to use play to process emotion, build energy, and have fun together.
- **Parent Coach Series (multiple one-hour sessions):** A powerful combination of adult-only and family play workshop sessions that provide the opportunity to experience the fun of parent/guardian and child play, while also building a tighter network of support and technical knowledge within the parent community.

**UI PROVIDES:**
- Content and training materials
- Facilitation (English, Spanish, or both)
- Outreach & recruitment toolkit

**SCHOOL PROVIDES:**
- Space
- Participants and outreach

$250/session (up to 30 participants)

Need more info? schoolpartnerships@urbaninitiatives.org
Creating engaging PD for your school team can be a challenge. Urban Initiatives' (UI) Professional Development workshops create a connected, fun, and supportive environment that enhances your team's ability to follow through on school-wide SEL initiatives. UI's research-based methodology (developed in collaboration with the Weikart Center for Youth Program Quality and based on our 20 years of experience in Chicago Public Schools) is designed to work in concert with your school's SEL priorities to support and enhance existing programs and practices.

We can work with you to create a customized professional learning plan for your team. Workshops are each 2 hours in duration and can be facilitated across 1, 2, or 4 days.

Sample trajectory:

1. **Fun!**
   Fun is at the heart of positive relationships, healthy environments, and sticky learning experiences. This session focuses on infusing fun into the classroom.

2. **Creating Safe Spaces**
   Safe spaces are the foundation for trust, skill-building, and growth. This session teaches practical techniques to reinforce safety on an ongoing basis.

3. **Building Skills**
   Re-centering and re-committing to growth mindset, this session targets innovative ways to dismantle barriers to skill building for kids and adults.

4. **Fostering Independence**
   The final session will develop tactics to foster independence in young people and equip them to make healthy decisions on their own.

**UI PROVIDES:**
- Content
- Facilitation
- Take home training materials for participants

**SCHOOL PROVIDES:**
- Space
- Participants

These interactive workshops are essential to us as adults to gain different tactics on SEL that will benefit the students.

- **CPS teacher**

Need more info?

[ schoolpartnerships@urbaninitiatives.org ]
Summer Camp

Urban Initiatives has a 10+ year tradition of organizing and facilitating a fun and active day camp at partnering schools for 1st-5th grade students during the summer. Summer Sports Camp emphasizes team sports & activities, health education, social emotional learning development, and lots of active play! Led by Urban Initiatives professionals trained in sports-based youth development practices, our goal is for students to enjoy a safe and active summer by playing and learning together with caring coaches. Participating schools will also experience a culminating field trip!

THE DETAILS:

- **Dates**: June 26th - July 27th (18 days total)
- **Days**: 4 days/week (Mon-Thurs.)*
  - *NO CAMP July 3rd-4th*
- **Time**: 3 hours/day (typically 9am-12pm)
- **Enrollment**: up to 50 1st-5th grade students

**UI PROVIDES:**

- At least two coaches* trained to facilitate sports-based youth development programming
  - *all staff are trained and background checked*
- All equipment
- Accessible Program Manager to support program quality with weekly in-person presence

**SCHOOL PROVIDES:**

- Outdoor field with access to indoor gym in the event of inclement weather
- Access to indoor space for restrooms & drinking water
- Storage space for equipment
- On-site supervisor to serve as real-time point person for Program Manager

Student recruitment is a collaborative effort

Need more info?

schoolpartnerships@urbaninitiatives.org
Take the Lead

Take the Lead is a leadership development and high school readiness program that offers middle school students the opportunity to serve as Team Captains for younger students on the Urban Initiatives soccer team or on other sports teams within their school community. Captains participate in group mentoring sessions, or “huddles”, that promote the development of key social emotional learning skills. Through leadership retreats hosted at corporations, cultural institutions, and schools across Chicago, students meet fellow Captains, build their peer networks, and develop social capital and leadership skills.

THE BASICS:
- Serves 5th-8th graders
- Bi-weekly huddles
- Quarterly retreats

TTL is a FREE add-on to OST soccer starting in the program's 2nd year

UI PROVIDES:
- Recruitment of students
- Facilitation of curriculum designed to promote SEL and leadership skill development
- Transportation for retreats

SCHOOL PROVIDES:
- Space for bi-weekly huddles
- Access to student recruitment opportunities
- Point person of contact for UI staff

I learned that you should always set an example. The program made me care about my teammates more.

Need more info? schoolpartnerships@urbaninitiatives.org