

HUSKY STRENGTH PROGRAM REPORT 2017 - 2018



GET ACTIVE!

CHANGE THE GAME!



Husky Sport
Department of Educational Leadership
249 Glenbrook Road, Unit 3093
Storrs, Connecticut 06269

HUSKY STRENGTH PROGRAM REPORT



Program Overview

The Husky Strength Program engages young men in grades 7-8 at Fred D. Wish Museum School in Sport-Based Youth Development (SBYD) practices that enable the development of life skills and leadership traits. The SBYD framework, integrated with positive coaching and intentional lessons provides the young men with structured opportunities to learn, practice and apply transferable life skills and leadership traits within the program, inside the classroom, and in their everyday lives.

2017-2018 ANNUAL REPORT

Scope	3
Partnerships	4
Program Leaders' Highlights	5
Data Collection	7
Testimonials	8
Key Takeaways	9
Looking Ahead	10

Get Active!
Change the Game!

SCOPE

In the second full year of Husky Strength programming at F. D. Wish School, Husky Sport and four Neag School of Education Ph.D graduate assistants continued to improve upon the research, pedagogy, and experiences from the prior year to continue improving upon different methods that engage youth in the development of leadership roles through sport. Husky Sport program leaders continue to frame the program using a sport-based authentic leadership framework with goals of instilling and building upon the already present leadership traits of the young men. Working with key teachers and administrators, a returning group of 8th grade boys - and new group of 7th grader boys - were all invited to be a part of the program. After the initial open invitation, roughly sixteen students from each grade made a commitment to participate in the weekly program. With the support of school administration and teachers, a weekly schedule was developed that allowed the each grade level of students to participate once a week, for 45-minute sessions, for the majority of the 2017-2018 academic year.



PARTNERSHIPS

The foundation of Husky Strength is communication from UCONN NEAG School of Ed faculty and students, Wish Administration, and Wish Teaching Staff. Without these three partners consistently being on the same page with the Husky Strength program leaders, issues with scheduling, location/space, and the behavior of students would not allow for the weekly implementation and impact of the program. Through email, formal and informal meetings, and constant support from Wish Administration and Teachers, all partners were able to establish a consistent and reliable means of communication to ensure the success of Husky Strength.

Our Partners



**Fred D. Wish
Museum School**

PROGRAM LEADERS' HIGHLIGHTS



This year we were able to reconnect with a lot of the boys from the 8th grade and make new connections with the boys in the 7th grade. It was great to see how the young men in the 8th grade had matured and grown over the course of two years. We could hear and see a lot of the young men applying the lessons we were trying to convey during program and in the classroom. Being in the same school with the same group, building those long term connections have really allowed us to build better connections and as a result a better program. As we move forward, building the same connections with the soon to be 8th graders and a new group of 7th graders is exciting. Talking with the young men we have heard some great suggestions and ideas on how we can get better. I think this is a good reflection on their investment in the program and faith in us to continue to provide the best program.

- Charles

As year one comes to an end, and as I reflect upon my experiences with Husky Strength, the relationships built with the 7th and 8th graders have been a great joy. Building a foundation with other program leaders has allowed me to develop relationships with the students on a larger scale. I've seen growth in students from the beginning to the end and I look forward to building on this foundation, moving forward into next year.

- Kolin



PROGRAM LEADERS' HIGHLIGHTS



As I am finishing up my studies at UCONN, this year I was able to take a step back and begin letting go of the Strength Program in terms of planning and preparation. In doing this, it was great to see the new leaders of the program step in, take charge, and really have a desire to be a part of the F.D. Wish School community. There are a lot of ups and downs that this partnership has to navigate and work through but when you have a room full of genuine, passionate, and loving people it makes it a great overall experience. Between the adults and kids that I have been blessed to interact with over these past four years, I have grown in ways that no formal education could ever teach me. – Michael

This was the first year in the Husky Strength program that we've had the opportunity to be with a consistent set of students for more than one year. It has been encouraging to see the growth of the students who have participated in our program, on and off the field, these past two years. While we still have a lot to learn and have room to grow as students and practitioners, I am excited for this program to be at Fred D. Wish school for another year, to continue to engage youth through sport. I have learned so much about Hartford and about myself during my these past four years, I will miss being a part of the Fred D. Wish school community. - Jesse



DATA COLLECTION

*Husky Strength guiding framework identifies attributes of authentic leadership and distinguishes them into **4 categories**:*

- Self Core
- Empathetic Core
- Trust-Building Core
- Community Core

1

Hartford Public Schools located in the North-End hosting Husky Strength

4

Program Leaders leading the development and delivery of lesson plans

118

Engagements over the course of the school year

16

Teachers involved and administrators involved

30

7th & 8th grade students in Husky Strength At Fred D. Wish School

160+

Minutes of intentional leadership development through sport every week

What Is **Husky Strength**?

Husky Strength engages young men in middle school grades in Sport-Based Youth Development learning and practices so to empower development of life skills and leadership traits that can be transferred into classroom, home, and community life. Engagement centers around physical activity in a team setting with Husky Sport coaches, with intentional and consistent fostering of a supportive and challenging culture. Student participants regularly complete journal writing and reflection that underlines the importance of self awareness and personal growth. Partnership with classroom teachers, school leaders, and families supports the transfer of learning and skills beyond the Husky Strength program.

Learn *more at*
HuskySport.uconn.edu



Follow UConn
Husky Sport

TESTIMONIALS



Question to Students: What so you like to do when you come to Husky Strength?

- *I like playing sports. Specifically any sport because if I haven't played the sport before, I like, if I've never played the sport before, I really have fun with that. I like it because I can interact with other students and figure out their interests and enjoy cooperating with them.*
- *I like workouts because it gets me moving.*



Question to Students: What did you all think about the golden tickets incentive program? Did it help?

- *It did. I think it helped a lot, because like if we, when you all did the charts and stuff, it told the kids, it helped the kids that was in our classes, that was in our grades, it would help them to stay on task and that they wouldn't get in trouble because everybody likes to go to the school store, so they would like to be good and they wouldn't like to get in trouble so they could earn stuff when they come to UCONN and they can have tickets to go to the store.*
- *I really liked it because like, I felt happy when I got like, when this person said this or that. I followed directions and all that. I felt positive, not negative and I felt like I did something good to help my teammates or myself.*



Question to Students: What were some of your favorite activities and why?

- *I think I'll pick doing exercises over doing sports because it keeps you motivated to keep working harder and harder, especially when your friends motivate you, even though you say you can't, you can though..*
- *I think I'll pick doing exercises over doing sports because it keeps you motivated to keep working harder and harder, especially when your friends motivate you, even though you say you can't, you can though, instead of saying you can't, you should say you could because nothing is impossible.*

KEY TAKEAWAYS

Remaining positive was an area the young men highlighted. While individuals may get mad, lose a game, do poorly in an activity, being positive allowed the young men to enjoy themselves more and do better.

All young men in the program reported to learn leadership traits and positive life-skills through participating in the program. Some even reported forming bonds with young men they would have typically not

By tapping into the power of sport, positive relationships and leadership skills, life skills can be further developed, which can transfer to the classroom and other facets of daily life.

Resilience Honesty
Responsibility
Leadership
Respect Encouraging
Positive Caring



LOOKING AHEAD

With Husky Strength having such a positive impact on various measures for the young men, we look forward to:

- Strengthening the Partnership with the administration and teachers of F.D. Wish Elementary and Middle schools, to engage youth with a program that centers their needs and voice
- Providing a meaningful program with measurable outcomes/improvements in areas of need for the youth and community that we serve
- Challenging the youth to develop important life skills, so they can realize and project their strong leadership traits in school and the community. .

