

2017 Collaborative Mentoring Webinar Series Planning Team

The Collaborative Mentoring Webinar Series is funded by the **Office of Juvenile Justice and Delinquency Prevention** through the National Mentoring Resource Center and facilitated in partnership with MENTOR:
The National Mentoring Partnership



Good to Know...

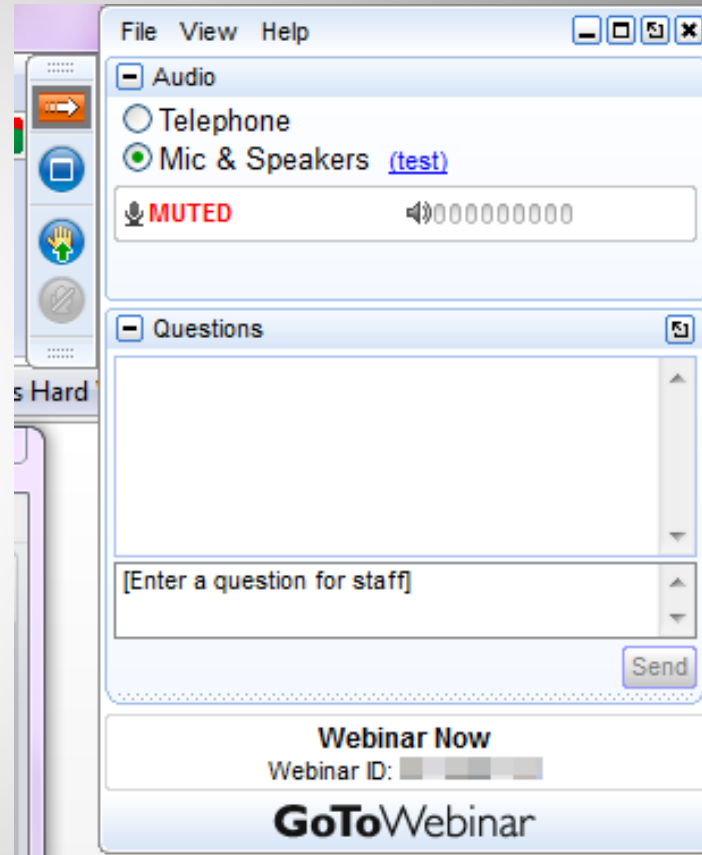
One week after the webinar, all attendees receive an email with:

- Instructions for how to access a PDF of presentation slides and webinar recording
- Link to the Collaborative Mentoring Webinar Series webpage, where all slides, recordings and resources are posted

Please help us out by answering survey questions at the end of the webinar.

Participate in Today's Webinar

- All attendees muted for best sound
- Type questions and comments in the question box
- Respond to polls
- Who is with us today?



Desiree' Robertson, Facilitator



- A community engagement and nonprofit professional for over 15 years
- Senior Manager, Memphis Grizzlies and Director, TEAM UP Youth Mentoring Partnership
- Master of Arts (Sociology)
- Adjunct Sociology professor

Today's Webinar

- Thomas Padro
- Joel Katz

**Q & A throughout the presentation
(use the Q & A panel)**

Panelist 1: Thomas Padro – *Up2Us Sports*



- Currently, Training Manager
- Past Positions: Up2Us Program Manager in Miami
- Miami Dolphins Special Teams Program; Miami Marlins Community Outreach Department
- Coaches baseball at Cooper City High School
- 2012 graduate of Anderson University, BA in Business Administration

Panelist 2: Joel Katz - Senior Manager

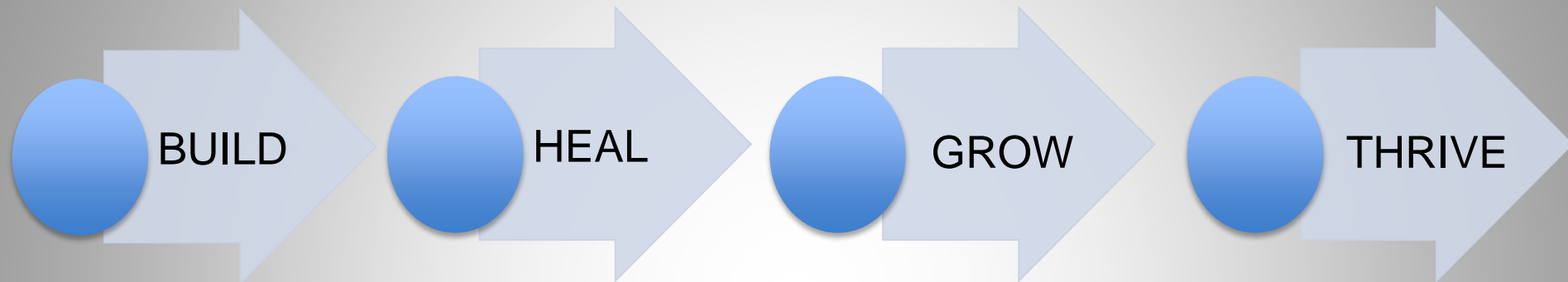


- BA – Geography and Sport Management from University of California, Santa Barbara
- Joined Memphis Grizzlies Foundation in 2010
- Helped to pioneer the Grizzlies TEAM Mentor Program
- Pioneered the GrizzFit Initiative in 2014

Up2Us Sports' Model



Up2Us Sports' Model



- Train the Trainer model
- Trainings are active & experiential
- Activate coaches through 4 certification levels

Benefits to Sports-Based Mentoring

- Sports are fun!
- Benefits of physical activity
- Experiencing progress
- Immediate feedback loop

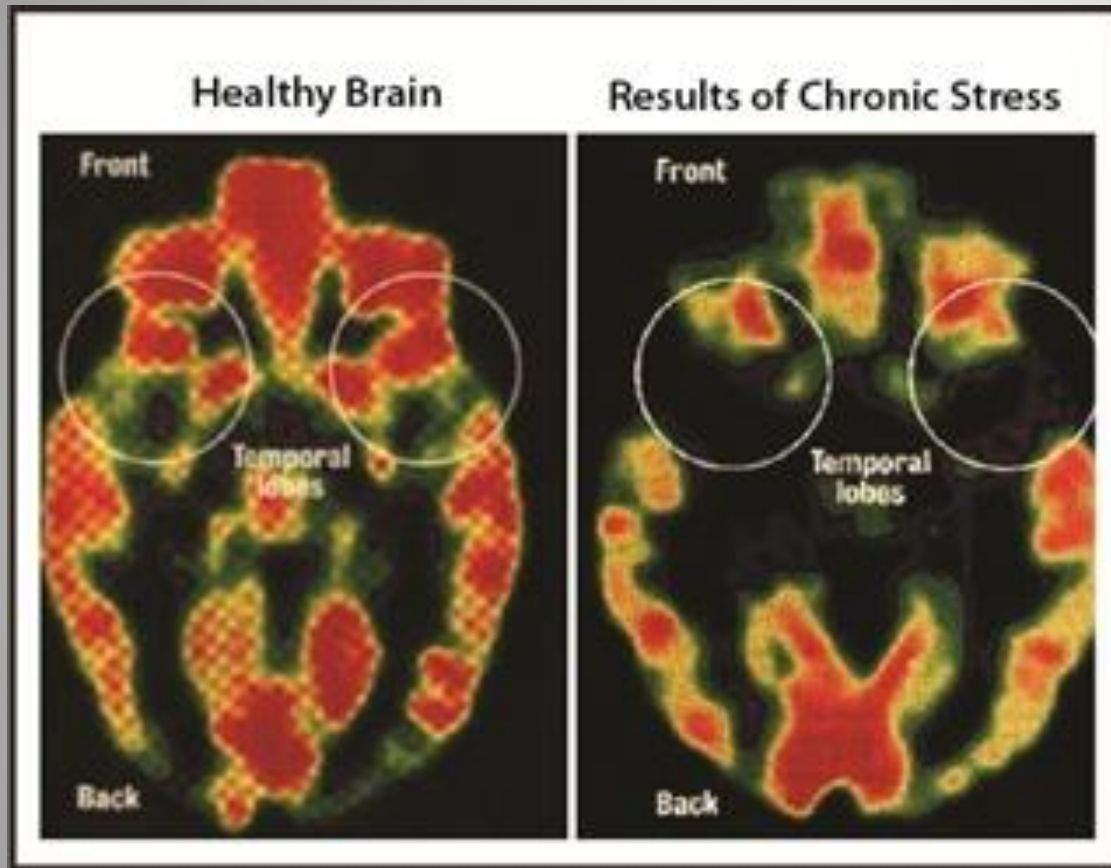


Sports Based Youth Development (SBYD) coaches do MORE!



- Informing and “activating” coaches
- Getting referees involved
- Community partners

Trauma-sensitive Coaching



The challenges:

- ACEs
- PTSD statistics

The solution:

- Well-informed coaches
- Relationships!
- Skill building and competition

Challenges of Sport-based Mentoring

- Perceptions of coaches and sport
- What defines a “good” coach?



Memphis Grizzlies Foundation



MEMPHIS GRIZZLIES
FOUNDATION



Collaborative Mentoring Webinar Series

GrizzFit Goals & Strategies

- ❑ **Grow** the number of students in Shelby County with access to innovative youth sports programs
- ❑ **Leverage** the unique role of coaches to help prepare students to be successful in school and in life
- ❑ **Increase** the quality and quantity of coaches in Shelby County, ensuring that all are trained, have the skills to build relationships, teach sport and behavior skills, and draw them into the task of continued coach education
- ❑ **Develop** a community network of organizations that use sports as a catalyst for change

GrizzFit Program Practices

GrizzFit Coach Certification

- Sports-Based Youth Development workshops
- Trauma Sensitive coaching workshops
- Developmental Relationships training

Program Fidelity

- Evaluating fitness impacts
 - Le Bonheur Children's Research Hospital
 - Healthy Lifestyles Network

Localized Best Practices

- Professional sports team integration
- Coach monitoring and support strategy
- Bridging learning environments and organization culture
- Connecting stakeholders through a centralized database



Bootcamp Coach Commitment

- SBYD Training*
- Developmental Relationships
- Program Orientation*
- Weekly Curriculum prep
- (2) Weekly Bootcamps
- Monthly curriculum prep



Grizzlies Foundation Youth Sports Partnership



Research Community Partner

Partnership Elements:

- **Establish** comprehensive evaluation – **GrizzFit**
Combine
- **Recommend** related to programmatic outcomes and curriculum alignment
- **Move** the needle in metabolic, physical fitness, and overall healthier lifestyle habits among youth
- **Build** a culture of wellness in Memphis communities
- **Create** applied tools to inform stakeholders of student progression; “coach to outcomes”



Partnership Building Learnings

- ❑ Have **clearly defined roles, timelines** and **deliverables; be flexible** that those may change
- ❑ **Training** is **integral** to program success; ensure all involved stakeholders attend
- ❑ Build-in time for **strategic conversations, informal brainstorming, venting sessions, etc.**
- ❑ Program Partners
 - ❑ **Identify a site-champion** responsible for participant recruitment, accountability, and staff integration
 - ❑ **Create synergy** in organizations operations



GrizzFit Combine

Metabolic Metrics

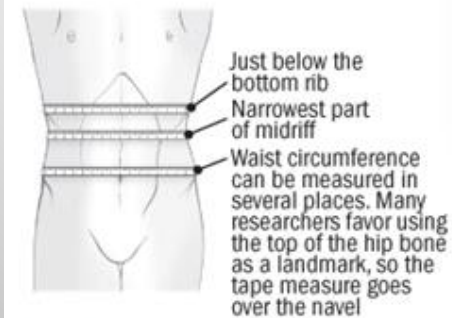
- Weight and Height
- BMI
- Waist Circumference



Physical Metrics

- Two-minute Walk
- Vertical Jump
- Push-ups
- Curl-ups
- Shuttle Run
- Sit-and-Reach

Waist circumference



Learnings and Recommendations: Data Collection/Outcomes

Tailor recruitment criteria

- Focus on ages ≥ 10 years
- For metabolic focus: BMI $\geq 85^{\text{th}}$ percentile
- Comparison group (control, waitlist)

Increase dose and frequency

- More sessions within 10-weeks
- Add session 0

Review curriculum objectives and structure

- Lesson Content
- Observations
- Participant incentives



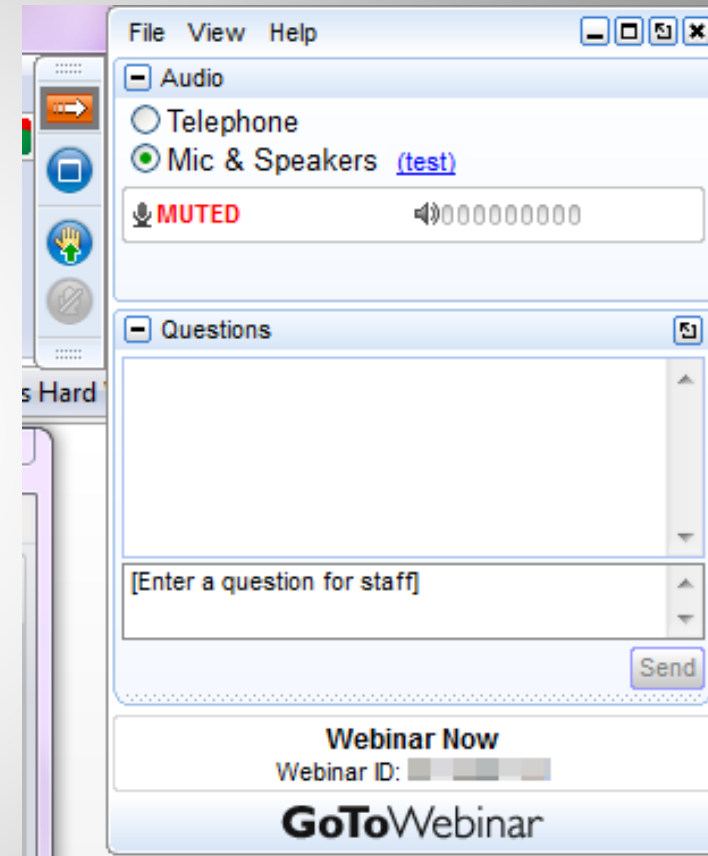
Considering Sports-based Mentoring?

- Do it!
- Allow it to fit your program
- Use your community's context to build the model
- Invest in **QUALITY** over **QUANTITY!**



Q&A

Type your questions in the question box:



Additional Resources



National Mentoring Resource Center

Check out the [OJJDP National Mentoring Resource Center](#) for no-cost evidence-based mentoring resources

Mentoring Connector

Recruit mentors by submitting your program to the Mentoring Connector <https://connect.mentoring.org/admin>

Remember...

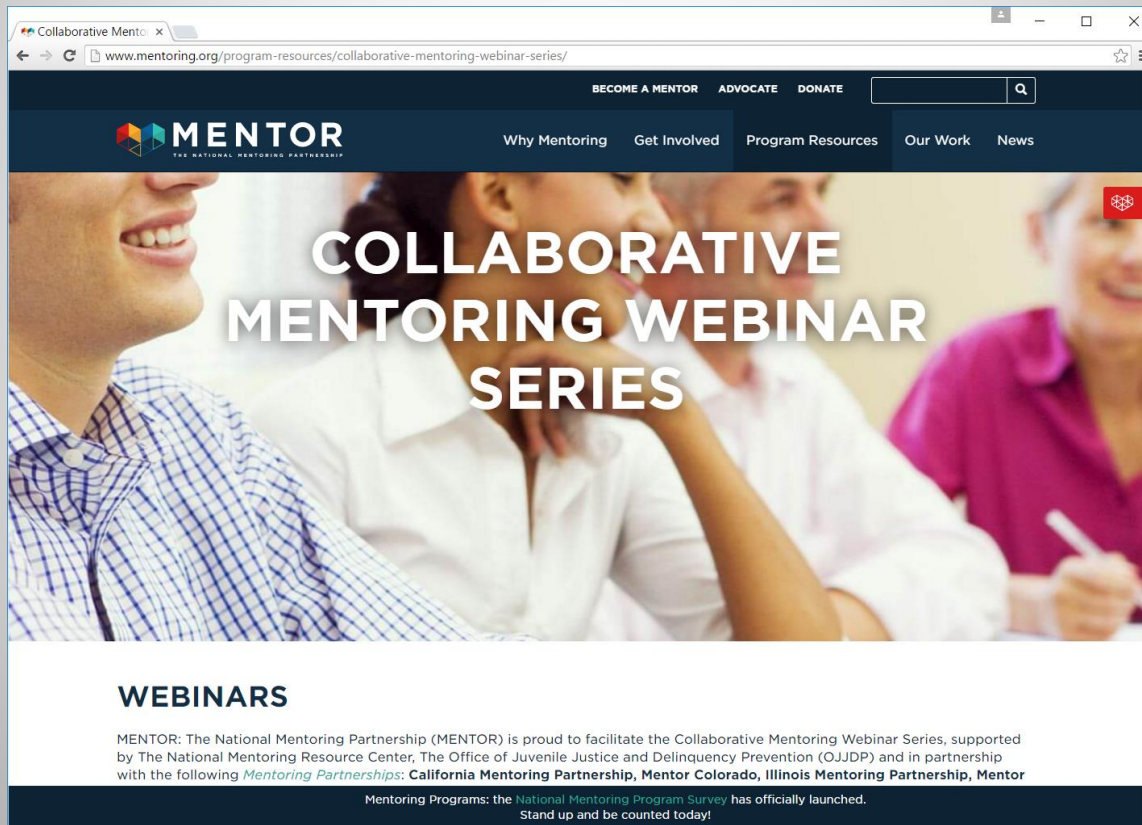
After the webinar:

- Please help us out by answering survey questions at the end of the webinar.
- Everyone will get an email with information on how to download the slides, recording, and resources on the CMWS webpage on the MENTOR website:

http://www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series/

Stay Connected

- Email us at collaborativewebinarseries@mentoring.org
- Tweet with hashtag #MentoringWebinar
- Visit our webpage on the MENTOR website for past and upcoming webinars:



The screenshot shows a web browser window displaying the MENTOR website. The URL in the address bar is www.mentoring.org/program-resources/collaborative-mentoring-webinar-series/. The page features a dark blue header with the MENTOR logo (The National Mentoring Partnership) and navigation links: "BECOME A MENTOR", "ADVOCATE", "DONATE", "Why Mentoring", "Get Involved", "Program Resources", "Our Work", and "News". A search bar is also present. The main content area has a large image of four diverse people smiling and talking, with the text "COLLABORATIVE MENTORING WEBINAR SERIES" overlaid in white. Below the image, the section is titled "WEBINARS" and contains text about the series, supported by various mentoring partnerships. At the bottom, it states: "Mentoring Programs: the National Mentoring Program Survey has officially launched. Stand up and be counted today!"

Collaborative Mentoring Webinar Series

Join Us Next Month!



Creating an Effective Team
October 19, 2017
1 - 2:15 pm Eastern



Collaborative Mentoring Webinar Series