



# **Y AFTERSCHOOL™**

We build strong kids, strong families, strong communities.



**IT'S JUST TWO HOURS A DAY  
BUT THE RESULTS LAST A LIFETIME.  
SO LET'S GET ON THE BUS!**

Community and kids: both are better in Sioux Falls because of the  
YMCA MIDDLE SCHOOL AFTER SCHOOL PROGRAM.



# THE YMCA AFTER SCHOOL PROGRAM. WHAT'S UP?

- The After School Program is held every day school is in full session.
- It's contribution based. No child is turned away for the inability to pay the suggested fee.
- Staff work from 3 to 6 pm. More than employees, the staff are role models who mentor the students.
- Unique to the After School Program, nine YMCA buses give the students a ride home at the end of each day.

### Held at these five Sioux Falls public schools:

- Axtell Park
- Edison
- Memorial
- Patrick Henry
- Whittier

### Students are there from 3:30 to 5:45 pm participating in:

- Computer lab and homework help
- Daily snack
- Games! Air hockey, foosball, ping-pong, shot-clock basketball, Wii video game, board and table games
- Recreational activities in gymnasiums
- Arts and crafts
- Baking and cooking classes
- Dance teams
- Tournaments in soccer, kickball, handball, foosball
- Activities by outside agencies, such as Boy & Girl Scouts, 4-H, Multi-Cultural Center, First Tee Program, South Side Skate Park, Fellowship of Christian Athletes
- Field trips to places such as Washington Pavilion, Carousel Skate, Thunder Road, Sport Bowl, Great Plains Zoo, and Great Bear Recreation Area

### FACTS ABOUT YMCA AFTERSCHOOL PROGRAM

Non-academic does not mean non-educational. Activities that strengthen, expand and provide real life context to information learned in the classroom are important to children's learning. For example, soccer helps in developing an understanding of geometry, cooking projects help to teach fractions and journal writing helps to develop writing skills and stimulate creative thinking.

YMCA of the USA

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## DOES PARTICIPATION IN AFTER SCHOOL PROGRAMS MAKE A DIFFERENCE?

Yes! A decade of research and evaluation studies confirms that children and youth who participate in after school programs can reap a host of positive academic, social, prevention, and health benefits.

Participation in after school programs is associated with:

- better attitudes toward school and higher educational aspirations
- higher school attendance and less tardiness
- less disciplinary action (e.g., suspension)
- lower drop-out rates
- better performance in school (as measured by achievement test scores and grades)
- improved homework completion and engagement in learning

The common thread in all these studies is that balancing academic support with engaging, fun, and structured extracurricular or cocurricular activities, which promote youth development in a variety of real-world contexts, appears to support and improve academic performance.

*Harvard Family Research Project  
Harvard Graduate School of Education*



**"Some of the kids come to school because of the program. For some students this is where they make their friends!"**

**Dr. Diana Messick**  
Principal  
Whittier Middle School



**"When your dollar goes for a relationship over equipment, you have a great investment!"**

**Steve Cain**  
Principal  
Axtell Park Middle School

## WHY IS A RIDE HOME SO IMPORTANT?

Unique to the Middle School After School Program, nine YMCA buses give the students a ride home at the end of each day. Without this ride, most students would not be able to attend the After School Program.

School boundaries are vast, the weather unpredictable, and parents are at work, so a bus ride is the safest way home for our students.



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# DEREK WASHINGTON

## FROM ASP TO COLLEGIATE SUCCESS

At 6'1" and 212 pounds, number 9 for the Dakota Wesleyan University (DWU) Tiger's football team is an imposing figure and is someone who makes a difference on the field playing defense as a strong safety.

Number 9 is Derek Washington. Derek was a regular attendee of ASP at the Edison site for his three years of middle school.

When asked to look back at the records from 1998 and select a few students who stood out as "needing the program," longtime director of the Edison After School Program, Bev Oliver, recalled Derek Washington. "Derek was a handful. It seems like he was always in trouble at ASP or in school. He had such a laughing, happy personality I hope he came through his teen years okay!" said Bev.

Now, as a 20 year old, Derek credits the program for keeping him out of trouble – or at least less trouble than he could have been in if not for ASP! Derek said that as a middle school student he needed a place to go after school as both his parents worked and he had too much time on his hands. He credits the program as a place where he made good friends outside of the classroom. The sports and games set up for the students kept him coming back day after day.

Both of Derek's parents work fulltime. His dad, Lee, has been at John Morrell for 22 years and his mother, Deb, is employed at First Premier Bank. Ten years ago, Deb Washington was concerned about her middle school son and knew that Derek had the propensity to find trouble.

Deb says, "Derek was the quiet, mischievous type of boy, meek but wild.

I needed to know where he was after school. I remember Bev, the site director, as a very caring person. I knew Derek was safe, able to participate in lots of activities. The homework help was very important to us."

Today, Derek is a junior at Dakota Wesleyan with a double major in Business Finance and Business Management and a minor in Communications. He hopes to bring these skills to the banking industry after college graduation.

Because ASP made a difference in Derek's life, he will most certainly make a difference in what ever field he is playing on in the future.



## A Decade of Making a Difference in the Lives of Youth.



Derek in Middle School



Derek in High School



Derek in College

photo credit:  
Inertia Photo

*Derek Washington has been a very good player and leader for us at Dakota Wesleyan University. I can always count on him because he has been both trustworthy and diligent about his responsibilities and his respect for the team values that we share here.*

*I love him like a son and wish that I had a whole truckload of young men just like him. Of course, when I think about that statement... I actually do have a whole truckload of guys just like him!*

*What makes Derek unique is his passion. Being "Meek but Wild", like his mother said, is a good quality for a football player. Derek brings a lot of emotion to the field.*

*Thank you for all the work you do with young people like Derek. You have made a difference in his life because he is a young man that we both can be proud of.*

**JB Pole**  
Head Football Coach  
Dakota Wesleyan University



**Bev Oliver**  
Edison ASP site

There are 40 staff members, like Bev Oliver, who provide fun, engaging activities and a safe environment for students every day at ASP.

**ASP FACT**  
The YMCA began busing students in 1998.

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TWO HOURS A DAY  
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last A LIFETIME.**

photo credit:  
Christian Begeman

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Research shows that the hours between 3:30 and 6 pm on weekdays are the highest level of incidence for crime, drug, sexual and alcohol related activities for middle school students.

# HEROES NEEDED

*A 7th grade boy said about the daily ASP snack: "Could I have another snack? My mom works an overnight tonight so I do not get dinner."*

*A girl to an ASP Site Director: "You are pretty much the person that has helped me with not doing suicide! I know it's weird, but it's true... you have helped me a lot!"*

*"All I want for Christmas is for my mom to stop being an alcoholic and for my dad to get a job so I can move back home." 8th grade girl*

*I do not go over to my dad's house anymore. He is in jail because he raped me." 6th grade girl*

*"I lost my virginity last year and then he told everyone. Now all the boys are mean to me and all they want is to have sex with me." 7th grade girl*



## HOW TO HIRE A HERO.

**When I interview potential ASP employees, I end the interview by saying:**  
*"The After School Program is more than a job. The kids count on you and look forward to seeing you every day. If you are not there, the program is not the same. The kids need you and your fellow staff members need you. We put 75% of our budget into our staff because they are what make our program special for our kids. If the main reason you want this job is because it has good hours, it seems easy, it sounds like fun, it has good pay, you get a free membership, or it is a good resume builder, this is not the job for you. Although all of those are great perks, we want all of our employees to want to work at the After School Program because they want to make a difference in the lives of the middle school youth of Sioux Falls. With this job you will make a difference in Sioux Falls, in the Middle Schools, and in the lives of hundreds of youth. Any questions?"*

Amanda Conrad, Youth Program Director



## A HERO'S STORY

"My name is Taylor Calmus. I am a senior at the University of Sioux Falls and this is my first year as a staff person at the Axtell Park After School Program. I've always enjoyed kids and was encouraged by co-workers to apply. It is the best part of my day.

One day, as we were loading the buses, I noticed one of our students on his bike. He rode it proudly even though it was in pretty rough shape. The fork (the part of the bike that the front wheel attaches to) was bent and it was completely brakeless. This bike was definitely not real safe to ride. I've had two years of experience working as a bike mechanic at Scheels, and I also had a lot of extra bike parts of my own. Since I had these skills and parts, I thought it would be fun to help him fix his bike. I approached the kid and asked him about his bike. I pointed out that it needed a new fork and that I could help him fix it. He was immediately excited and asked if we could put brakes on it, too!

I started looking for parts at home for his bike, and he would come looking for me every day to ask about them. Every day he would come in right away and sit down by me to talk. Meanwhile, I found out I didn't have the parts for his bike, so I went out and bought the parts from Scheels. We set up a time to work on his bike together. I brought my own tools in and we set up shop in the cafeteria. He was very attentive and helpful, and was pretty good with the tools. He learned a lot about both his own bike and the tools he used for the first time. We finished fixing the bike in just a few short days, and it was 10 times better than when he brought it in.

I've always felt that being mechanically inclined helps with problem solving. Showing this kid how to fix his bike not only gave him a safe ride, but skills that he will use forever. The next time his bike breaks down he will have a better idea of what to do and how to do it. Later, my new friend asked me if he could borrow one of my wrenches because he had a new tire he wanted to put on his bike. I let him use the wrench, and he put the tire on!"

### YAFTERSCHOOL™

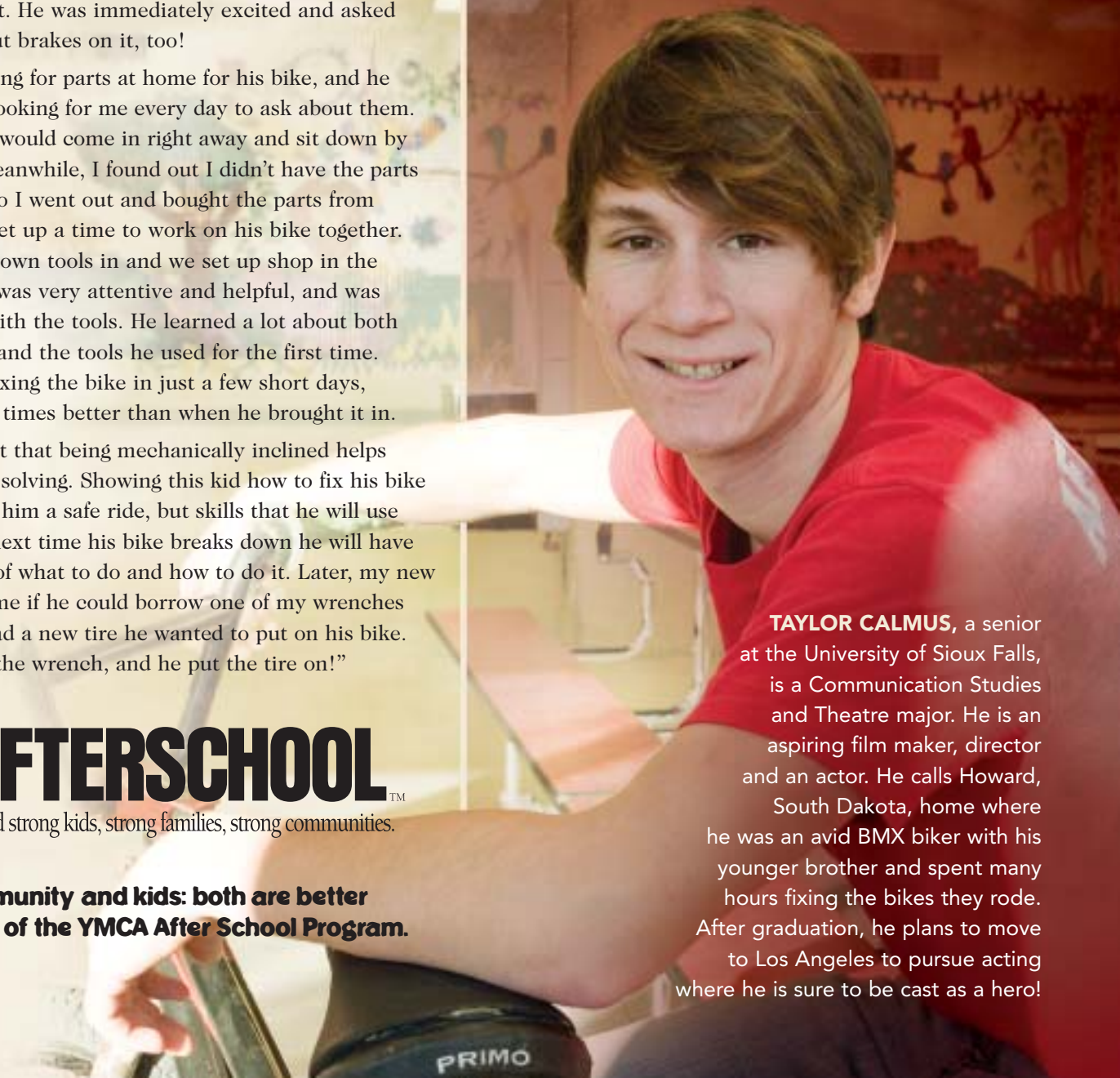
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South Dakota leads the nation in the percentage of both parents in the workforce (80.74%\* of all households). Every day 4,417 middle school students in the Sioux Falls public school system make a decision about what to do with their time when the school day ends. ASP is here, not for the kids who are going off to a practice or getting a ride home with a parent, but for the kids who go home to an empty house.

\* US Department of Health and Human Services

The After School Program is so successful because quality individuals like Taylor take the time to make ASP life-changing for the kids. Over 75% of the ASP budget is for carefully selected, trained staff who are there every day for the kids in routine and heroic ways.



**TAYLOR CALMUS**, a senior at the University of Sioux Falls, is a Communication Studies and Theatre major. He is an aspiring film maker, director and an actor. He calls Howard, South Dakota, home where he was an avid BMX biker with his younger brother and spent many hours fixing the bikes they rode. After graduation, he plans to move to Los Angeles to pursue acting where he is sure to be cast as a hero!



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C A B I N E T R Y

All proceeds from the YMCA Golf Classic benefit the YMCA Middle School After School Program.

Afterschool programs are cost-effective for stakeholders because participating youth do better in school, develop skills that will help them in the work force, and are less likely to engage in risk-taking behavior.

When youth participate in afterschool programs, their parents report that their stress at work is reduced and their productivity increases.

*Reimagining, Reconfiguring, and Reinventing  
YMCA Afterschool, YMCA of the USA*



Thank you to  
Alphagraphics for  
providing high quality  
print material.

# STUDENTS OF TODAY, LEADERS OF TOMORROW. **IT HAPPENS WITH THE POWER OF MANY.**

Community and Corporate Supporters of the Middle School After School Program

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This program is supported by the City of Sioux Falls, the Sioux Empire United Way, and a grant from the 21st Century Community Learning Centers (available to schools with 40+% of students qualifying for the free/reduced lunch program).

Supporters of programs like the YMCA After School Program are investing in the future of our community. We all know from our own experience how choices in friends and activities can drastically affect our outcome in life. Giving these future leaders, future parents, future neighbors and future co-workers a safe and engaging environment during the most critical time of their day can be the choice they need to succeed.

**Chuck Bennis**  
Program Executive  
Sioux Falls Family YMCA

When I'm asked why we jumped at the opportunity to sponsor the YMCA Middle School After School Program I always reply, "it's about the kids".

Consider this: there are hundreds of "latch key" kids in Sioux Falls. After school they head home to an empty house and a couple of unsupervised hours. It's easy for a kid to get into trouble, even if they don't mean to. The ASP program provides a safe and fun haven for these young people.

Some of these kids are sons and daughters of StarMark Cabinetry employees. Yes, this important program resonates close to home at StarMark. It is an honor to be part of ASP's fund raising process.

**John Sweden**  
President  
StarMark Cabinetry