

Submission Date: Feb 13, 2008

Priority: of



Ted Stevens

United States Senator for Alaska

Please Note:

- Fill out one request form for each request
- This form (and any attachments) can be returned via:

Fax - (202) 224-2354

Mail - The Honorable Ted Stevens
United States Senate
522 Hart Senate Office Bldg.
Washington, D.C. 20510

- Requests are due by February 15, 2008.

FISCAL YEAR 2009 PROJECT REQUEST FORM

Project Name: Boys & Girls Clubs Alaska's Triple Play, Rural Alaska Youth Fitness Initiative

Project Location: 25 Rural Alaskan communities*

Project Description (please attach additional pages as required):

Boys & Girls Clubs respectfully requests funding to provide outcome-based obesity prevention, and fitness, nutrition and life skill programs to 3,145 rural Alaskan school-age youth. Federal funds will support rural employee salaries and benefits, program equipment and supplies, and attendance incentives necessary to implement Triple Play in 25 communities at \$50,000 per site. Triple Play is a Boys & Girls Clubs of America program that takes a holistic approach to educating youth about the importance of good nutrition and making physical fitness a daily practice.

*Boys & Girls Clubs proposes program development and implementation in the following rural Alaskan communities: Akiak, Barrow, Dillingham, Elim, Emmonak, Hydaburg, Hoonah, Juneau, Kake, King Cove, Klawock, Kotzebue, Metlakatla, New Stuyahok, Nome, Nuiqsut, Petersburg, St. Mary's, Sand Point, Selawik, Sitka, Togiak, Tok, Tyonek, Wrangell. These communities are deemed eligible for federal support by the Office of Rural Health Policy, and DHSS Rural Health Outreach, Network Development, or Rural AED Grant Programs.

Related Appropriations Bill: DHMS, Rural Health Outreach

Amount of federal funding requested for FY09: \$1,250,000

Total funding to complete this project: \$3,136,500

Number of years to fund this project: One

Matching funds from the State of Alaska: FY08 \$495,000

Matching funds from local and private entities:

In 2007, these 25 communities secured \$1,729,000 in local support and of these funds, 15% or \$264,900 was cash support.

If this project was funded in prior appropriations bills (within the last five years), list each bill and the amount funded:

N/A

Amount included in the President's FY09 Budget: \$0

Amount included in the State of Alaska FY09 Budget: \$0 to date

Check this box if state funding was sought but not provided.

List legislation that authorizes this project:

Check all that apply:

- A change in the current law is necessary in order to proceed with the project. If so, attach language and a list of laws that need to be amended.
- Bill or report language is needed. If so, attach requested language.

Boys & Girls Club's mission is to empower and inspire the diverse youth of Alaska to realize their full potential by offering them hope, opportunity, and a safe environment. Clubhouses provide youth with a safe, drug-free setting during after school hours where they can participate in a wide variety of social-recreational and skill-building programs implemented by dedicated, youth development professionals and volunteers. Boys & Girls Clubs is committed to empowering youth of all backgrounds, but especially those youth from socially and/or economically disadvantaged backgrounds, with the knowledge and skills they need to become healthy, caring, and contributing members of the community.

Boys & Girls Clubs respectfully requests funding for rural employee salaries and benefits, program equipment and supplies, and attendance incentives necessary to implement Triple Play in 25 rural Alaskan communities at \$50,000 per site. Target communities are Akiak, Barrow, Dillingham, Elim, Emmonak, Hydaburg, Hoonah, Juneau, Kake, King Cove, Klawock, Kotzebue, Metlakatla, New Stuyahok, Nome, Nuiqsut, Petersburg, St. Mary's, Sand Point, Selawik, Sitka, Togiak, Tok, Tyonek, Wrangell. These communities are deemed eligible for federal support by the Office of Rural Health Policy, and DHSS Rural Health Outreach, Network Development, or Rural AED Grant Programs.

Triple Play is a Boys & Girls Clubs of America program that takes a holistic approach to educating youth about the importance of good nutrition and making physical fitness a daily practice. In addition, it helps develop individual strengths and good character. Along with components for the mind and body, the Triple Play program gets at the soul of the Club experience – the gamesroom. Each Mind, Body and Soul program component can stand alone; yet integrating them allows Club members to reap more powerful, lifelong benefits.

The program components are as follows:

- The Mind component is addressed through the Healthy Habits curriculum, which promotes healthy eating and good nutrition through such topics as the power of choice, calories, vitamins and minerals, the food pyramid and appropriate portion size.
- The Body component encourages members to move more and sit less by taking the Clubs' traditional sports and fitness programming to a higher level by adding two new strategies - Triple Play Daily Challenges and Sports Club. Daily Challenges are a series of six non-competitive programs that promote physical fitness. Sports Club is a small-group leadership and service club for teens. Teens are trained to coach, officiate, keep score, conduct sports-related community service projects, and assist staff with conducting Daily Challenges.
- The Soul component centers around each Club's gamesroom and its daily social-recreation programming, which provides youth with opportunities to have fun – one of the main reasons they attend the Club. The benefits of social-recreation cannot be overstated as it contributes to a person's emotional, social and psychological well-being. Staff implement regularly scheduled gamesroom activities such as chess or ping pong while simultaneously teaching members values and skills such as respect for people and property and good sportsmanship, stress-management and leadership skills.

The target population for Triple Play are 3,145 rural Club members between the ages of 6 and 18 years. Triple Play programming will be offered as follows:

- Healthy Habits classes will be offered at regularly scheduled intervals throughout the year. There are ten sessions per class, designed for three different age groups. All three age groups will be served at least once per year. Output: Youth will graduate with 75% or greater attendance.
- Every two months throughout the year, a new Daily Challenge series will be offered. Output: Youth will participate in at least one Challenge series.
- Sports Club meetings and activities will be implemented at least once per week. At least two service projects will be conducted throughout the year; these will be developed and implemented by the Sports Club members. Output: Teens will participate in a monthly Sports Club meeting or a Sports Club activity.
- Social-recreation activities will occur daily throughout the year. Output: Youth will participate in a daily social-recreation activity.

Triple Play outcome opportunities include: Increase in Club members' knowledge of health habits, good nutrition and importance of physical fitness; increase in Club members' ability to interact positively with all youth and engage in healthy relationships; and improve teen participation in health, sports/fitness and recreation programs.

Triple Play will empower rural Alaskan youth with the skills and relevant experiences they need to make more informed choices regarding their health and well being, which will ultimately lead to an improved quality of life for years in the future!