



Established 2005

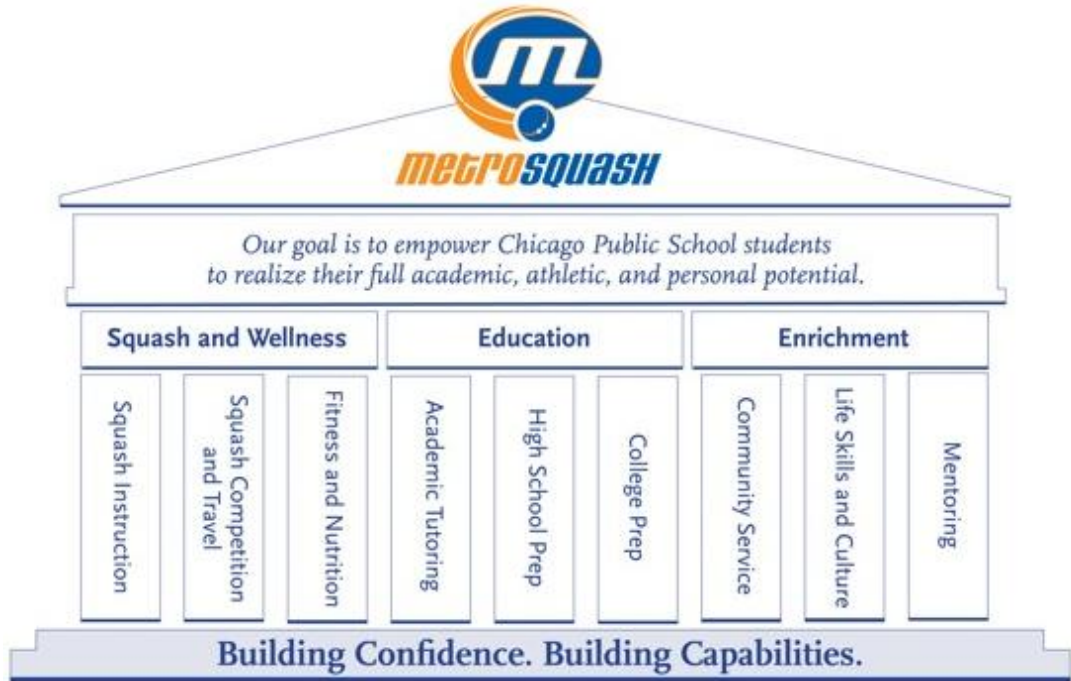
2010-11 Year-End Program Report

Our mission is to use squash, education, cultural experience, mentoring and community service to help Chicago Public School students realize their full academic, athletic and personal potential.

2010-11 Year End Program Report

METROsquash began in 2005 with 10 students in 5th grade and has been growing ever since. In 2010-11, METROsquash served over 130 students in 5th through 10th grades. This report provides a by-the-numbers look at results across the three core pillars of the program: squash and wellness, education, and enrichment.

Below is the METROsquash program architecture that illustrates how all of the elements of METROsquash work together to empower students to reach their full academic, athletic, and personal potential.



Attendance is a strong predictor of both student retention and student performance. This year's attendance rate was at an all-time high of **93%**. Commitment was strongest among those who have been with the program the longest.

5th & 6th Graders: **92.1%**

7th & 8th Graders: **91.4%**

9th & 10th Graders: **95.2%**

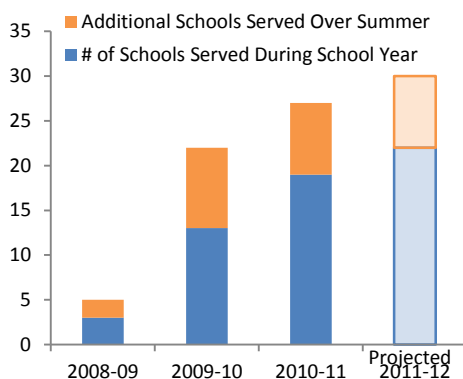
During the school year, METROsquash served students from 6 elementary schools and 12 high schools. Students from these schools, plus 8 additional schools, participated in METROsquash Summer Enrichment Camp, SSAT Camp, and ACT Camp.

5th – 8th Grades

Ariel Community Academy*
 John Fiske School
 Kozminski Community Academy
 Reavis Math and Science Special School
 University of Chicago Woodlawn Charter School*
 Kenwood Academy*

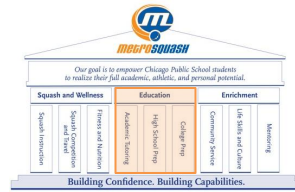
9th -10th Grades

Air Force Academy High School*
 Chicago High School for the Arts*
 Chicago Military Academy – Bronzeville*
 Gary Comer College Prep*
 Hales Franciscan
 The Hotchkiss School*
 Kenwood Academy
 King College Prep
 Simeon Career Academy
 UIC College Prep*
 U of C Woodlawn Charter School*
 Urban Prep – South Shore*



*Denotes new school partnership in 2010-11

Education



Academic Tutoring

METROSquash students benefit from homework help and academic enrichment 3 times per week. They work in small groups with qualified tutors. This year, middle school students' **math and reading comprehension scores improved by 53% and 40% respectively** over the course of the year as measured by ISAT-based tests administered in-house, which METROSquash finds to be the most timely and accurate measure of middle school students' grade level proficiencies.

7th grade students benefitted from 10 weeks of intensive ISAT Prep Classes. They showed a **50% improvement in their math scores** and a **47% improvement in their reading scores** on tests taken before and after the classes leading up to their official ISAT tests.

Most METROSquash high schoolers were recruited from low-performing CPS middle schools and were selected based on attitude and effort, not grades. METROSquash worked with them to improve their academic fundamentals and prepare them for high school. Now in high school, these students receive one-on-one tutoring and remedial help to improve their grades. Thanks to their hard work, this year's **high school team improved their performance by one full letter grade, ending the year with a "B" average.**

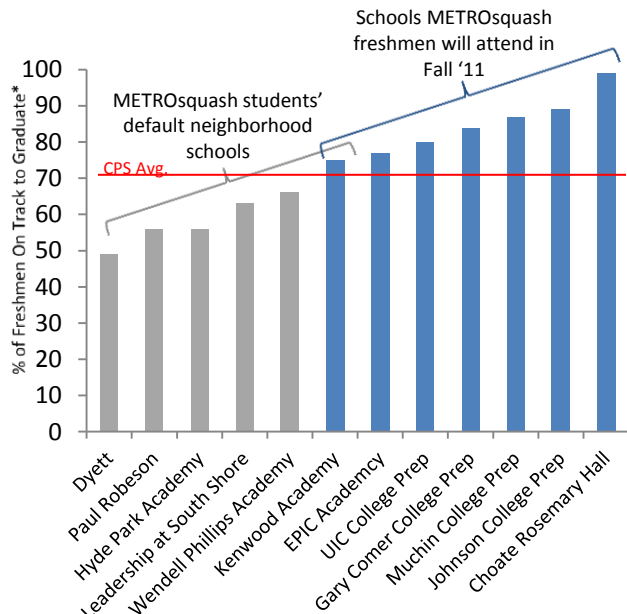
High School Application Process

12 METROSquash eighth graders worked hard this year to apply to a range of Selective Enrolment, Neighborhood, Parochial, Charter, Private, and Boarding schools.

CPS cancelled its High School Fair, so METROSquash hosted its own High School Info Session Series to provide valuable information to students, parents, and guardians.

Each family selected a best-fit school for their student with the guidance and support of METROSquash staff. Here's how the process broke down:

- | | |
|-------------------------------|----------------------------------|
| 9 high school info sessions | 6 high school open houses |
| 8 shadow days | 20 entrance exams |
| 70 submitted applications | 8 boarding school visits |
| 15 parent meetings | 3 private school interviews |
| 11 boarding school interviews | 66 high school acceptances |
| 2 scholarship winners | 12 students on track to college! |



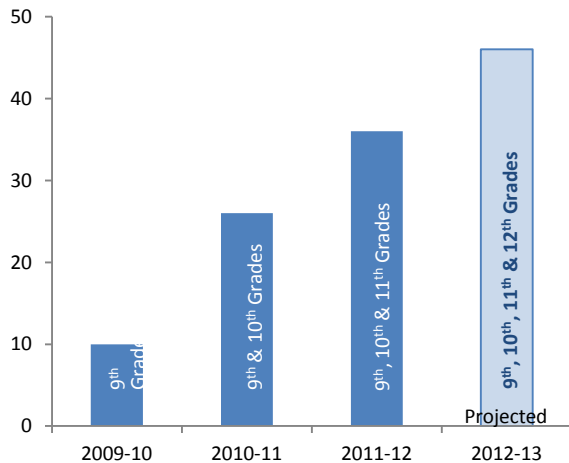
*According to the Consortium on Chicago School Research at the University of Chicago, freshmen are on-track if they earn at least 5 credits and no more than 1 'F' in a semester grade for a core class.

High School Prep

Getting Ready for College

This year, 9th and 10th grade students from 12 high schools received one-on-one tutoring twice per week, plus remedial homework help up to five times per week from qualified University of Chicago students and members of the Chicago business community. They toured 4 college campuses, interviewed for 5 METROSquash summer internships, and played squash against teams from Lake Forest Academy, Notre Dame University, and Northwestern University.

of Students in METROSquash College Prep Program



Summer College Experiences

Living and learning on a college campus provides invaluable insight into what college education can offer and shows students that college is within reach. This summer, METROSquash has arranged for students to participate in the following college programs:

Northwestern Center for Talent Development	7
St. Kate's First Step Summer Institute	3
University of Missouri Mizzou Engineering Camp	3
Power Squash Academy at Amherst College	2
Chicago State Summer Camp	1
Purdue University "Boiler Vet Camp"	1
TOTAL	17

College Prep



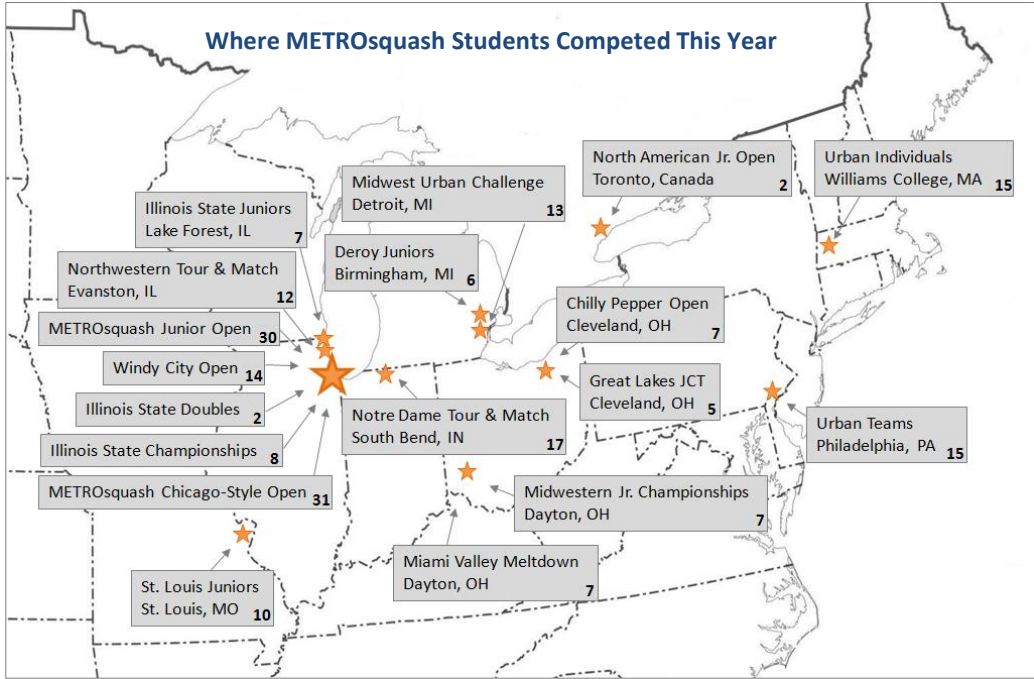
"Before joining METROSquash, the thought of going to college scared me. Now I know that there are scholarships and aid available and that METROSquash will help me with the process."
- Karina, 10th grade

Squash and Wellness

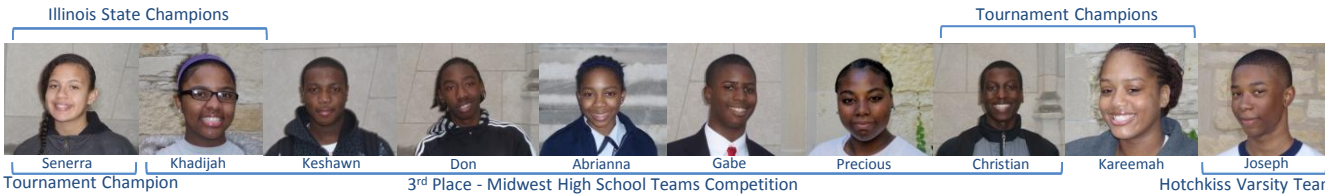
Squash Instruction

METROSquash students spent an average of 4 hours per week receiving squash instruction from professional squash coaches. 5 additional hours of instruction were arranged each week at off-site locations thanks to the generosity of John Flanigan and the University Club, Larry Kaiser and the Lakeshore Athletic Club, and Craig LaSota and the Union League Club.

Students competed in 18 tournaments and team competitions across the U.S. and in Canada.



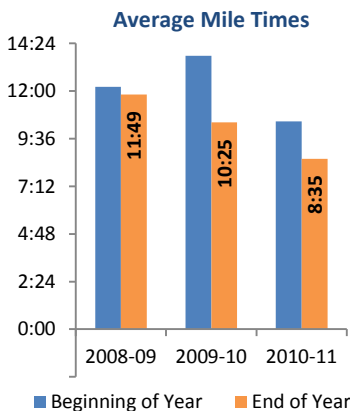
Squash Competition and Travel



METROSquash produced 2 Illinois State Champions, took 3rd place in the Midwest High School Teams competition, and won 3 additional tournament titles. In addition, METROSquash saw its first student earn a spot on a high school varsity squash team at Hotchkiss. More than 50 unique students traveled to out-of-town competitions where they stayed in college dorms, visited cultural sites, and befriended students and families from across the country.

Fitness and Nutrition

METROSquash incorporates fitness and nutrition into daily programming to teach students how to lead healthy lifestyles. The primary measure of fitness is how quickly students can run a mile. Students' mile times have decreased by an average of 3:24 over the last 3 years, and that's not just because the students have gotten older. In fact, the fastest miles were run by:



Girls

Nubia, 7th grade 6:54 *New Record*
Liliana, 5th grade 7:10

Boys

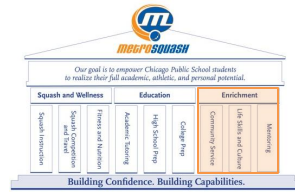
Christian, 10th grade 6:10 *New Record*
Lexis, 7th grade 6:40

As part of its commitment to nutrition, METROSquash provided healthy snacks every day. In addition, over 800 healthy lunches were served thanks to the generous support of 20th Ward Alderman Willie B. Cochran who sponsored Family Health & Wellness Day and the City of Chicago's Summer Nutrition Program.



"METROSquash has changed how my family eats. We only have baked chicken and stopped going for fast food. I play basketball so I can get more exercise and my mom has started walking in the mornings."
-- Yazmyne, 8th grade

Enrichment



Each student performed a minimum of 8 hours of community service over the course of the year. Some of their activities are highlighted below. METROSquash 8th, 9th and 10th graders also gave back to the program by tutoring and coaching younger students.



Serving breakfast at the Martin Farrell Seniors Home

Decorating lunch bags for the homeless

Contributing to World Sport Chicago's Family Sports Day

Making holiday gift baskets for seniors

In order to build confidence among its students, METROSquash places an emphasis on building knowledge. Expert speakers were recruited from the community and other non-profit organizations this past year to teach students valuable life skills in an interactive setting.

Life Skills Session	Speakers	Affiliations
Sex Ed	Nabilah Talib Jovita Hubbard Donya Hooks	YWCA Community Youth Leader
College Day	Board & Auxiliary Board Members, Parents, Volunteers	Colleges Across North America
Family Health & Wellness	Theresa Laurenz, MS, RD Chris Econos Dr. Elizabeth Littlejohn Anthony Causey	Northwestern University Healthy Interactions University of Chicago
Drug & Alcohol Awareness	Rudy Nimocks James Dodson David Lee	Redefined Fitness University of Chicago METROSquash Board Chair Illinois Intervention Center

Through travel and local cultural outings, METROSquash exposes students to museums, points of interest, and cultural activities that help broaden their mindsets. This year, METROSquash students experienced 29 cultural outings locally and abroad.



City Museum, St. Louis

Detroit Science Center

Philadelphia Museum of Art

CN Tower, Toronto

Ice Skating on the Midway

The Mentor Program is an integral part of METROSquash and has been growing each year. Mentors add an additional level of support for students as they enter high school and prepare for college. This year saw 11 new mentor/mentee pairings and some great events that included mentor/mentee squash mixers and potlucks.



Clare has been my mentor for 5 years - since I was in 6th grade. She motivates me to do well in school and she gives me great advice about school, friends, and boys. One of my favorite times was when we went to the Lyric Opera together. I had only ever seen opera on T.V. and in person it was so beautiful! Having a mentor has opened my eyes to so many new things. - Kareemah, 10th Grade

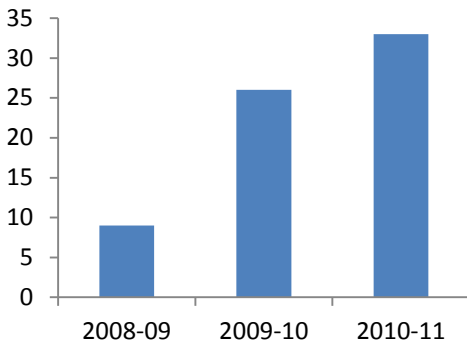


I just met my mentor, Ben, in May and we've already played squash together, gone to a healthy restaurant, and talked a lot over email. I know that we're going to stick together, even when we get older. He's easy to talk to, funny, and fun. And he's a great squash player too! - Tajj, 7th Grade

Parents & Guardians

Parents and guardians are a core part of the METROsquash program. They provide support for both students and staff, and the program wouldn't be where it is without them. Their engagement is a strong predictor of student commitment and retention. That's why this year, for the first time, parent/guardian interviews were included in the student tryout process. This year's record student attendance rate is directly attributed to the commitment and support of METROsquash parents and guardians.

Parent/Guardian-Attended Events



Highlights

Highlight	# Attended
Served as chaperones for Midwest Urban Squash Challenge in Detroit	3
Learned about healthy lifestyles at Family Health & Wellness Day	19
Presented to students at METROsquash Life Skills sessions	3
Participated in monthly "Coffee at the T" parent mixers	16
Represented METROsquash at Woodlawn Community Meetings	2
Attended high school info sessions	14
Celebrated at Holiday Pot luck	25
Cheered on students at local squash tournaments	15
Shared in year-end celebration & picnic	32

Volunteers

METROsquash volunteers are committed, patient, and an invaluable source of guidance and encouragement. This year, METROsquash was fortunate to become an official Work Study site for the University of Chicago, which allowed for the recruitment of 10 highly-qualified, part-time tutors. Other volunteers from the University, the Lab School, local high schools, and the community also assisted in the classroom. Dedicated volunteers from the Chicago squash community helped students hone their skills during daily squash practices.

Source	# of Volunteers
The University of Chicago	14
The University of Chicago Work Study Program	10
The University of Chicago Laboratory Schools	26
Local Community	2
Chicago Business Community	26
METROsquash - Parents	15
METROsquash - High School Students	12
Other High Schools	7
TOTAL Volunteers	112

Summer Programming 2011

METROsquash provides both in-house and external summer opportunities for its students where they focus on academic enrichment, squash, fitness, and leadership. METROsquash also provides the opportunity for students to gain work experience as METROsquash Summer Interns.

Program	Students Participating
METROsquash Summer Enrichment Camp	50
METROsquash Summer Internships	5
Academic Programs at Colleges Across the Midwest (full list on page 2)	15
Squash & Fitness Camps:	
University Club Squash Camps	6
Chicago Fitness Challenge	5
NUSEA Embrace Camp, Philadelphia	2
Cleveland Squash Camp	3
Dayton Squash Camp	3
University of Chicago Summer Sports Camps	4
Power Squash Academy at Amherst College	2
Leadership and Personal Development Programs:	
YMCA Camp Edwards	4
Second City Acting Intensive Camp	2
Spanish Language Center: Intro to Spanish	1
METROsquash SSAT and ACT Prep Classes	19
TOTAL Summer Opportunities Provided	121

Looking Ahead to 2011-12

METROsquash is excited about the year ahead. Here are some of the ways the program will be expanding and improving:

- A new partner middle school will be added to heighten service within the Woodlawn community
- The number of schools served will increase from 18 to 23, representing opportunities for new students
- The program schedule will be extended by 5 hours per week to maximize squash and tutoring time
- Tryouts will be held in mid-September to recruit new team members, including a new cohort of 5th graders
- The program will expand to serve 7 cohorts, including students in 5th through 11th grades
- The Academic Program will recruit additional tutors to support the increased needs of the growing high school program
- The Squash Program will establish an elite squad with enhanced fitness requirements for students who are committed to playing squash in college
- The College Prep Program will expand to include test prep, increased on-campus learning opportunities, a rigorous writing program, and college guidance
- The High School Prep Program will continue to expose students and families to a range of high school options and help them gain admittance to their best-fit schools, along with financial aid
- The Mentor Program will grow to include 20 new pairings

This fall, METROsquash will continue to expand programming while finding new and creative ways to access more squash court time. High school practices will be divided according to grade and high school to take advantage of some schools' early Friday dismissals.

2011-12 Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Scheduled
7-8AM			Middle School Squash			Crown Field House	
2:00PM-3PM					Noble High School Squash	10AM-12PM High School Squash	Squash Tournaments
3PM - 4:15PM	7 th & 8 th Squash	5 th & 6 th Squash	7 th & 8 th Squash	5 th & 6 th Squash	★	12PM-2PM High School Squash	High School/ College Visits
	9 th Study Hall	11 th Study Hall	10 th Study Hall	Non-Noble High School Study Hall			7 th & 8 th Academics
4:15PM-5:30PM	9 th Squash	11 th Squash	10 th Squash	Non-Noble High School Squash	7 th & 8 th Squash	1PM-5PM	Downtown High School Squash by invitation
	7 th & 8 th Academics	5 th & 6 th Academics	7 th & 8 th Academics	5 th & 6 th Squash	Noble High School Academics		
5:30PM-7PM	9 th Academics	11 th Academics	10 th Academics	Non-Noble High School Academics			Mentor Outings
							Life Skills Sessions

★ = Additional Court Time

5th & 6th Grades

7th & 8th Grades

9th Grade

10th Grade

11th Grade



METROSquash encourages you to get involved!

To learn more about volunteering, tutoring, coaching, mentoring, or supporting the program, please email us at info@metrosquash.org or call us at (773) 241-5150.



5655 S. University Avenue
Chicago, Illinois 60637
www.metrosquash.org