



METROSquash

CHICAGO'S URBAN SQUASH AND EDUCATION PROGRAM

2009-2010 Year End Program Report

METROSquash has completed its 5th year of programming, serving Chicago Public School students through quality squash and academic programming. This report provides a by-the-numbers look at results from all aspects of the program: squash and wellness, education, and enrichment.

This year METROSquash emphasized the development of its High School Prep, College Prep, and Life Skills curricula. Below is the METROSquash brand house, which provides a snapshot of how all program elements fit together to empower students to reach their full academic, athletic and personal potential.



Attendance rates remained high in 2010. Students who have been with the program longest had the best results.

5th & 6th Graders: **84.4%**

7th & 8th Graders: **89.8%**

9th Graders: **95.3%**

This year METROSquash served students from 6 elementary schools and 7 high schools. Those highlighted represent **primary partner schools** for METROSquash.

5th – 8th Grade

John Fiske School*

Kozminski Community Academy

Reavis Math and Science Special School

Barnard Elementary School*

Lindblom Math and Science Academy*

Robert A. Black Magnet School*

9th Grade

Curie Metropolitan High School*

Hales Franciscan*

Hope College Prep*

Kenwood Academy*

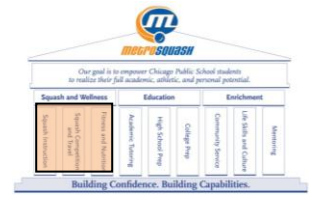
King College Prep*

Simeon Career Academy*

Walter H. Dyett High School*

*New School Relationships

Squash Competition and Travel



51 unique students participated in squash tournaments this year – the highest number ever. Highlighted tournaments represented opportunities for students to take their first flights, stay in college dorms, visit new cities and interact with new people from squash communities across the East Coast and the Midwest.

Tournament	Location	Students	Tournament Highlights
Sept Great Lakes Open	University Club of Chicago & Lakeshore Athletic Club, IL	7	Christian Williams - Men's 3.0 Runner Up
Oct SquashProShop.com Open	Lifetime Fitness, IL	4	Jordan Collins – Boys Under 15 Winner
Nov Flying Pig Open	Cincinnati Country Club, OH	6	All 6 students placed 5 th or higher
METROsquash Chicago Style Open	Henry Crown Field House, IL	16	Christian Williams – Boys Under 17 Winner
Dec Cleveland Open	Cleveland Racquet Club, OH	10	Valencia Scaife – Girls Under 15 2 nd Place
Deroy Junior Invitational	Birmingham Athletic Club, MI	10	7 students experienced first tournament
Jan Urban Team Nationals	Northeastern University & Harvard University, MA	10	2-girl/3-boy team - Boys Under 15 3 rd Place
Feb Klippermate Open	Lifetime Fitness, IL	4	2 students experienced first tournament
Lakeshore Blizzard	Lakeshore Athletic Club, IL	7	Keshawn Idris - Men's 3.5 Winner
University Club Jr. Open	University Club of Chicago, IL	4	Jasmine Harris – Novice Division 2 nd Place
Midwest Junior Championships	Dayton Squash Center, OH	6	Jordan Collins - BU15 3 rd Place
METROsquash Junior Open	Henry Crown Field House, IL	29	Keshawn Idris - BU15 1 st Place
Mar Windy City Open	University Club of Chicago, IL	10	Gabby Powell - GU13 2 nd Place
METROsquash PRO-AM Doubles	Onwentsia Club, IL	7	Students tried doubles for the first time
Apr Illinois State Singles Championship	Lakeshore Athletic Club, IL	9	Jordan Collins – Men's 3.5 State Champion
METROsquash Illinois State Doubles	Racquet Club of Chicago, IL	3	Don Hall – Men's B Consolation Winner
U.S. Junior Bronze Nationals	Yale University, CT	11	Khadijah Muhammad - GU15 6 th Place
May METROsquash Club Championships	Henry Crown Field House, IL	30	Year end tournament for all team members
Jun Urban Individual Nationals	Williams College, MA	14	14 selected to represent METROsquash

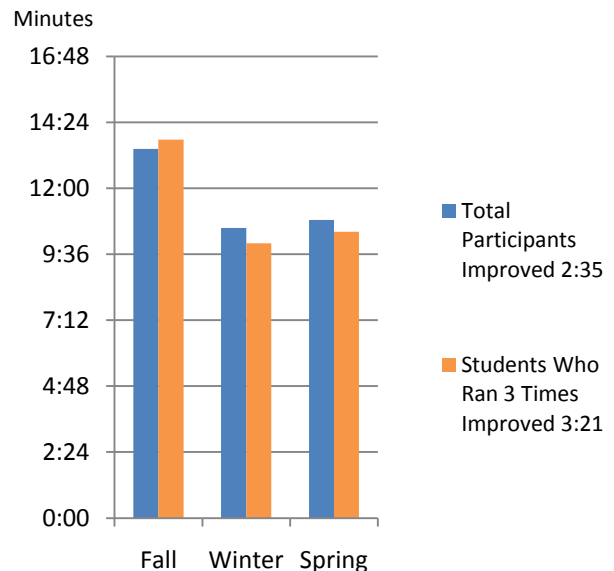
National Squash Rankings

14 students earned U.S. Squash rankings this year with 5 placing in the top 100 in their age category.

Boys Under 13	Johnathan Montgomery	#141
Girls Under 15	Valencia Scaife	#45
	Khadijah Muhammad	#80
Boys Under 15	Jordan Collins	#91
	Keshawn Idris	#97
	Joseph Harris	#106
	Donnie Harris	#117
	Juwan Fletcher	#172
Girls Under 17	Gabriel Burton	#196
	Kareemah Bates	#102
	Precious Rooks	#130
Boys Under 17	Briahna Whitmore	#137
	Christian Williams	#96
	Don Hall	#147

Fitness Improvements

Students ran a timed mile three times this year to track fitness levels.





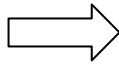
Academic Tutoring

Over the course of the year, the **number of students reading above grade level more than doubled from 39% to 87%**. On average, students' **math scores showed 72% improvement by mid-year and another 53% improvement by year end**, as measured by METROSquash tests administered three times per year.

High School Prep

METROSquash helped students and their parents navigate the complex high school application process. The goal was to help students gain acceptance to the best high schools possible and make the best individual enrollment choices.

- **6** high school fairs & open houses
- **23** high school shadow days
- **48** parent meetings
- **217** submitted applications
- **31** admission exams
- **27** interviews
- **92** high school acceptances



All **14** eighth grade METROSquash students will attend selective high schools in September 2010!

Next year, students will attend the following high schools, each representing a great fit and a strong academic choice. Students at these schools are better prepared for success than those at many METROSquash neighborhood schools. On average, students perform 30% higher on the ACT at these schools – a prime indicator of college acceptance.

Student	High School Selected
Gabe Burton	Providence St. Mel
Abrianna Carter	Air Force Academy High School
Jordan Collins	University of Chicago Woodlawn Charter School
Xaria Echols	Noble Street – UIC College Prep
Donnie Harris	University of Chicago Woodlawn Charter School
Joseph Harris	The Hotchkiss School
Gregory Johnson	Chicago Military Academy - Bronzeville
Alexis Martin	Chicago Military Academy - Bronzeville
Teron McGee	Air Force Academy High School
David McNeal	Urban Prep South Shore
Khadijah Muhammad	Chicago High School for the Arts
Mildred Okwuedei	King College Prep
Tanaya Orange	Noble Street – Gary Comer College Prep
Valencia Scaife	Noble Street – Gary Comer College Prep

Special thanks to Ms. Jann & Mr. Lyden from Kozminski, and Mr. Coleman from Reavis, for all of their 8th grade recommendations and counsel!

College Prep

This marked the first year of high school programming for METROSquash. 9th graders focused on homework completion, study habits, and college & career explorations. METROSquash extended program hours by 90 minutes, 2 times per week, to accommodate later high school dismissals and provide individualized tutoring time.

<p>Homework Completion Students engaged in one-on-one tutoring with volunteers from the University of Chicago and the business community. Subjects tutored included Algebra, Environmental Science, World Studies, Survey Lit, Biology, Spanish, French, Latin & Chinese.</p>	<p>Study Skills Students participated in interactive sessions about effective listening, classroom etiquette, paraphrasing vs. plagiarism, source citation, and test taking skills.</p>	<p>College & Career Explorations Students participated in college presentations and career discussions with individuals from the fields of law, marketing, design, finance, medicine, agriculture, and environmental science. Each student also developed and completed a resume in time to apply for METROSquash summer camp positions.</p>
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Cultural Enrichment



Students participated in a range of cultural activities in Chicago, around Illinois, and in the cities they visited during squash tournaments.

Month	Outing	Location
Aug	Prairie Fruits Farm	Urbana-Champagne, IL
Sept	2009 U.S. Open	Pioneer Plaza, Chicago, IL
	METROsquash Gala	The University Club of Chicago, Chicago, IL
Dec	Uline Factory Tour	Waukegan, IL
Jan	Faneuil Hall & Quincy Market	Boston, MA
	Harvard Square	Boston, MA
Feb	Ice Skating on the Midway	Chicago, IL
	U of C Basketball Game	Chicago, IL
Apr	2010 U.S. Open Promotional Event	The Gage Restaurant, Chicago, IL
	Bowling with the Junior League	Diversey Bowl, Chicago, IL

Community Service

Each student contributed a minimum of 8 hours of community service in Hyde Park and South-Side neighborhoods.

Month	Activity	Location
Oct	Park Clean-up	Sherman Park
Oct	Brush Clearing	Cook County Forest Preserve
Jan	Cooking and Serving Breakfast	Martin Farrell Seniors Home
May	Planting Sand Dunes	South Shore Nature Preserve
Year-round	METROsquash Tutoring (9 th graders tutoring younger students)	METROsquash

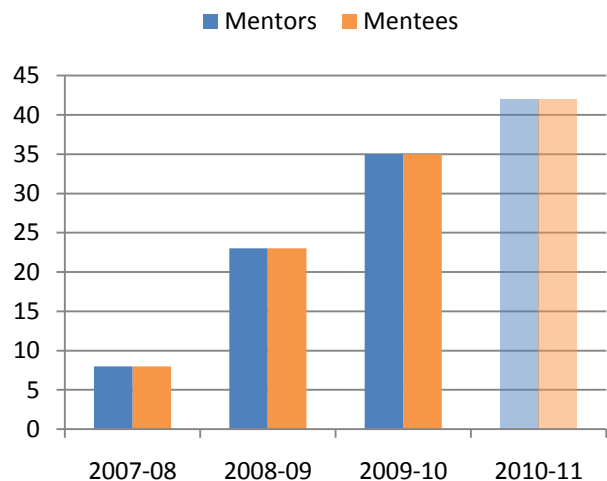
Nutrition and Life Skills

Life Skills became an integral part of weekend programming this year, with 9 interactive sessions that covered a range of pertinent topics.

Session	Speakers	Participants
Nutrition	1	18
Farmer's Market/Healthy Cooking	3	25
Junior League Health Train	14	18
Family Health & Wellness Day	4	19
Etiquette (5 th -6 th grade)	6	12
Etiquette (7 th -9 th grade)	6	13
Sex Ed	5	30
Career Day	9	31
Anti-Violence	2	29

Mentor Program

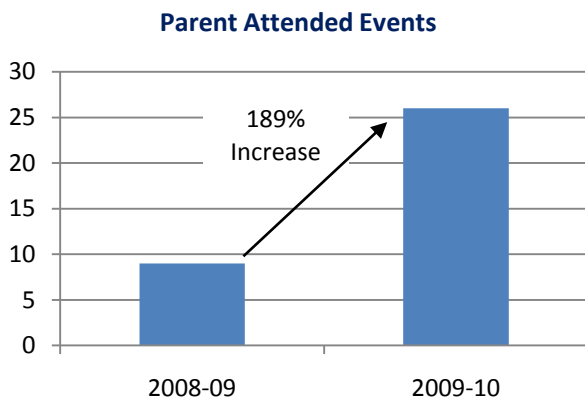
METROsquash expanded its mentor program to include all 7th, 8th and 9th graders. As more students matriculate to seventh grade, the program will continue to grow.





METROSquash Parent Involvement

Parent involvement is a strong indicator of student commitment and retention. The number of parent-attended events more than doubled this year. METROSquash looks forward to expanding parent participation next year.



Top Ten Parent Attended Events	Parents
Thanksgiving Potluck	20
METROSquash Junior Open Tournament	11
7 th Grade Parents High School Meeting	9
Holiday Potluck	8
High School Parent Meeting	8
September Blue Team Parent Meeting	8
September Orange Team Parent Meeting	7
Lake Forest Academy Visit	7
Family Health & Wellness Day	7
METROSquash Chicago Style Open Tournament	6



METROSquash Volunteers

METROSquash expanded its volunteer base to include tutors from its 9th grade class, plus 2 additional high schools.

Source	Squash & Academic Volunteers
The University of Chicago	18
The University of Chicago Work Study Program	4
The University of Chicago Laboratory Schools	12
King College Prep	1
Kenwood Academy	3
Business Community	57
METROSquash Parents	4
METROSquash High School Students	10
TOTAL Volunteers	109



Summer Opportunities

METROSquash provided access to a broad range of squash, academic, fitness, and cultural summer opportunities.

Camp/Program	Location	Students
Northwestern Center for Talent Development (full scholarships)	Evanston, IL	2
Camp Edwards, YMCA Camp (partial scholarships)	East Troy, WI	2
Second City Improv Camp (full scholarship)	Chicago, IL	1
Leaping Learning Systems – Language for Scholars Program	Chicago, IL	3
NUSEA Embrace Camp	Philadelphia, PA	2
Cleveland Racquet Club Camp	Cleveland, OH	4
Dayton Squash Camp	Dayton, ON	3
University Club Squash Camps	Chicago, IL	4
North American Junior Squash Championship	Toronto, ON	2
Squash and Beyond Summer Camp	Williams, MA	1
Chicago Fitness Challenge	Chicago, IL	2
Home Stay with Walter and Leslie Schmid	Leland, MI	4
Home Stay with Randy Frieser	New Buffalo, MI	2
METROSquash Summer Enrichment Camp	Chicago, IL	44
METROSquash Summer Counselor Program (9 th grade employment opportunity)	Chicago, IL	4
TOTAL Summer Opportunities		80



What's Ahead for METROsquash

Next year, METROsquash is excited to be expanding on many fronts:

- 2,000 Chicago Public School students from local area schools will be introduced to the METROsquash program by attending an Education Exposition in Millennium Park - part of the week-long 2010 U.S. Open Squash Championships
- Tryouts will be held in October to recruit new team members, including a new cohort of 5th graders
- The College Prep Program will expand to include both a 9th and 10th grade cohort
 - The number of high school students served will increase from 10 to 22
 - A new High School Program Director will develop and administer high school sessions
- The Mentor Program will increase from 35 to 42 mentor/mentee pairings
- The number of schools served will increase from 13 to 19, representing opportunities for new students and their families
- The METROsquash program schedule will extend by a minimum of 6 hours per week to accommodate a second high school cohort and to increase programming for all students

2010-11 Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 AM – 8:15 AM	NEW Extended Hours	Morning Squash	Morning Squash	Morning Squash	NEW Extended Hours	10:00 AM – 12:00 PM	7 th & 8 th Squash & Fitness
2:00 PM – 3:00 PM				NEW Extended Hours	High School Squash		Academics
3:00 PM – 4:15 PM	5 th & 6 th Squash & Fitness	7 th & 8 th Squash & Fitness	5 th & 6 th Squash & Fitness	7 th & 8 th Squash & Fitness	5 th & 6 th Squash & Fitness & Academics	12:00 PM – 2:00 PM	9 th & 10 th Squash & Fitness
	9 th Grade Study Hall	10 th Grade Study Hall	9 th Grade Study Hall	10 th Grade Study Hall			
4:15 PM – 5:30 PM	9 th Squash & Fitness	10 th Squash & Fitness	9 th Squash & Fitness	10 th Squash	5 th & 6 th Academics & Squash & Fitness	Scheduled Activities	Squash Tournaments
	5 th & 6 th Academics	7 th & 8 th Academics	5 th & 6 th Academics	7 th & 8 th Academics			
5:30 PM – 7:00 PM	9 th Academics NEW Extended Hours	10 th Academics	9 th Academics NEW Extended Hours	10 th Academics			Culture
							Mentor Outings

METROsquash encourages you to participate in the program as a volunteer, mentor, squash coach and supporter.

To get involved visit www.metrosquash.org

Thank You!