About 4-H

4-H is America’s largest youth development organization—empowering nearly six million young people across the United States with leadership skills to lead for a lifetime.

4-H is delivered by community education professionals at more than 100 public universities across the nation that provide experiential learning opportunities where young people can learn by doing.

UDC 4-H Soccer Program

The UDC 4-H Soccer Program is dedicated to the promotion and organization of youth soccer at both the recreational and competitive levels.

The program is devoted to the development of its players and coaches in order to allow them to reach their fullest potential and to instill sportsmanship and friendship while developing a community and leadership spirit among all of its members.

Goals

The goal of 4-H is to develop citizenship, leadership, responsibility and life skills of young people (ages 8-19 years old) through experiential learning programs that foster:

- A positive development environment, that provides an enjoyable experience
- Important life skills through programming that develop competencies, decision-making, problem-solving and leadership skills
- Character building through discipline, dedication, respect, and sportsmanship—on and off the soccer field
- Education and training for players, parents, and coaches
- Physical fitness and health through proper eating and exercise habits
- Goodwill and collaboration throughout the DC soccer community
4-H Soccer Program Outcomes

Youth Development

- Problem-Solving
- Physical Fitness
- Mental Agility
- Civic and Social Ability

Academics

- Enrollment
- Experiential Learning

Competition

- Local Tournaments
- National Tournaments
- International Tournaments
- Athletic Scholarships

Scholarships

- Local Tournaments
- National Tournaments
- International Tournaments
- Athletic Scholarships
The UDC 4-H Soccer Program engages youth from schools across the District. The program contributes to three of the University’s goals, as set forth by the U.S. Department of Agriculture’s National Institute of Food and Agriculture: combating childhood obesity, improving food safety, and improving food security.
DEMOGRAPHICS

**Number of Direct Contacts**

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<th>Year</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
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<td></td>
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**Number of People**

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<tr>
<td>Hispanic</td>
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<tr>
<td>Asian</td>
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<td>20</td>
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<tr>
<td></td>
<td>121</td>
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</tr>
</tbody>
</table>

**Male Direct Contacts** 7,753

**Female Direct Contacts** 3,929
It is no secret that today's economically and socially at-risk urban teenagers are just as likely to get involved in criminal behaviors as they are to graduate from high school and become productive adults. There are many troubling factors that contribute to this situation, most of which are beyond a teenager's control. But recent findings around the country are showing that juvenile crime rates are consistently reduced in neighborhoods where sports-based youth development programs are improving the leadership, teamwork and self-governance skills of at-risk teens. The roles that these student athletes assume on the field are the same ones that youth encounter in their families, schools and communities—the leader, the strategist, the defender, and the offender. If our program participants can master these skills of social interaction through soccer, they will have tools that will protect them from becoming involved in criminal activity.
UDC 4-H Soccer Program Timeline

2018

November 2018 - March 2019
4-H Layc Winter Soccer League
(Fridays and Saturdays)

February 2019 - May 2019
CHEC/4-H Intramural Boys & Girls
Indoor Soccer Program
(Wednesdays and Thursdays)
In partnership with Columbia Heights
Education Center

April 2019
4-H Soccer Madness
(Fridays)

April 2019
Seminars for Soccer Coaches

June 2019 - August 2019
Fitness 4-H Summer Camp
(Monday-Friday)

2019

February 2019
4-H Soccer Referee Official Licensing
for Youth

April 2019

July 2019 - August 2019
4-H Summer Soccer League
(Monday-Friday)
In partnership with DC Mayor’s Office on
Latino Affairs

August 2019
4-H Overnight Fitness and
Leadership Camps
Program Activities

**Winter Indoor League**
The 4-H Winter indoor league takes place from November through March. This activity is a high-paced, energetic, fast flowing game played on a hard court surface, without side walls.

Teams are organized by gender and age, offering a high-quality soccer experience for both recreational and competitive players.

Currently, our indoor league has more than 200 players of various ages and genders.

**CHEC Indoor League**
The 4-H CHEC Indoor League runs from February through April at the Columbia Heights Education Center (CHEC). The games are played on a hard court surface, without side walls. Indoor soccer promotes creativity and technique, as well as ball control and passing in small spaces. Teams are organized by gender and age, offering a high-quality soccer experience for both recreational and competitive players.

Currently, our CHEC Indoor league has more than 100 players of various ages and genders. Most of the players in this league are from Bell High School and Lincoln Middle School.
Coaching Seminars

The 4-H Coaching Seminars are designed to provide an organized and progressive methodology of coaching needs. The seminars include sessions on youth development training, psychological skills, brainstorming ideas to improve the league, training basic technical and tactical knowledge, and laws of the game.

Soccer Clinics

The 4-H soccer clinics are conducted by soccer players from several universities in the local area. The clinics inform youth about soccer topics including: passing, shooting, heading, dribbling, defending, warm-ups and team talk motivation.
4-H Summer Soccer Program

The 4-H Summer Soccer Program is the largest part of 4-H Soccer Program. The summer program takes place from June until August and consists of three parts: fitness camp, the summer soccer league, and the overnight camp.

Fitness Camp

The Fitness Camp provides youth with an opportunity to reach their fitness goals before the summer soccer league begins. During this camp, youth enhance their self-esteem, their fitness activity increases, and they learn about the many benefits of nutrition and physical activity. This camp provides a fun, safe atmosphere for youth to exercise and interact with each other.

Summer Soccer League

The 4-H Summer Soccer League consists of three tournaments: U19 boys, U19 girls, and U15 boys. The games are played from June until August at Columbia Heights Educational Campus. More than 400 youth participate in this league.

Overnight Camp

The overnight camp is specifically designed to provide an enriching leadership opportunity, while balancing fun with a chance to demonstrate responsibility. Among the fruitful activities you can find are leadership training, a multicultural night, nutrition activities, day and night field trips, and our campfire tradition, where youth have the opportunity to talk about their experiences throughout the year.
Partnerships
For more information about the UDC 4-H Soccer Program, please contact:

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