

UDC 4-H Soccer Program

Center for 4-H and Youth Development



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

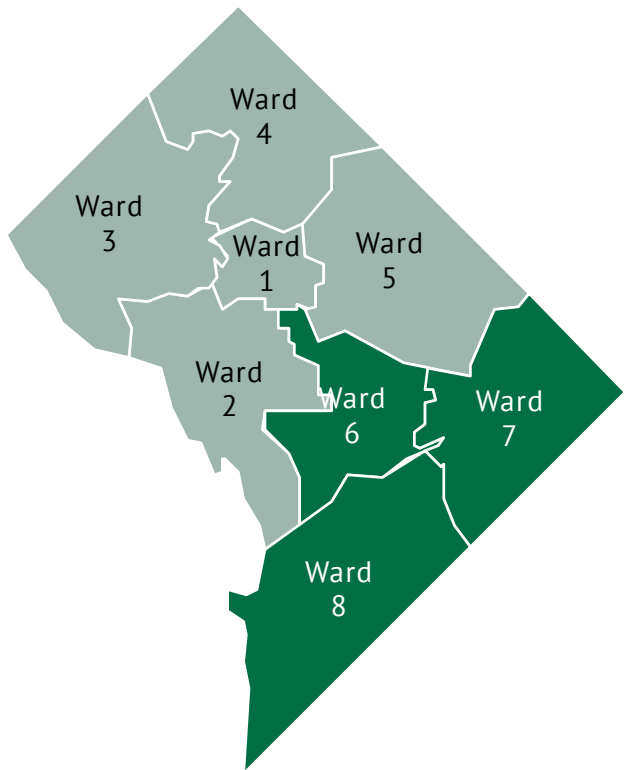
International
Tournaments

Athletic
Scholarships



Participating Schools

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.

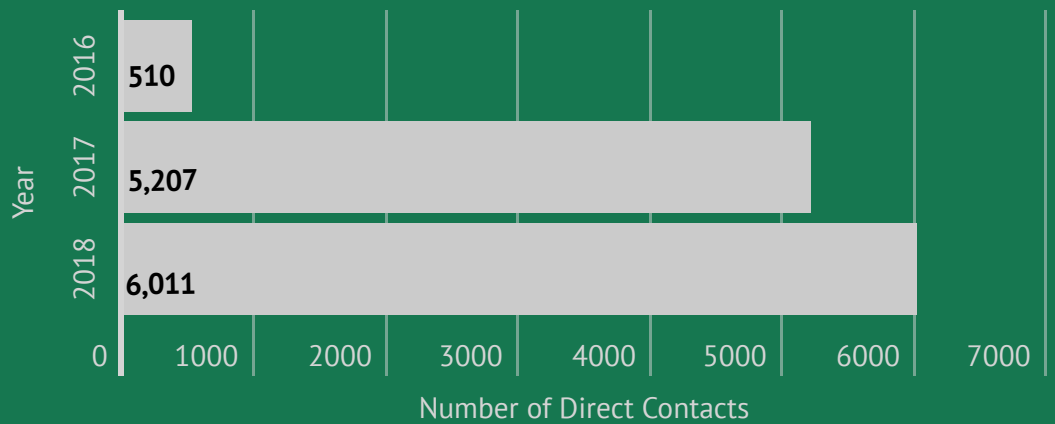


Meridian Public Charter School	Ward 1
Theodore Roosevelt High School	Ward 4
McKinley Technology High School	Ward 5
Bell High School	Ward 1
Lincoln Middle School	Ward 1
El Haynes Public Charter School	Ward 1
Oyster-Adams Middle School	Ward 2
Ideal Academy Public Charter School	Ward 4
Raymond Education Campus	Ward 4
Woodrow Wilson High School	Ward 3
Cesar Chavez Public Charter School	Ward 1
Cardozo Education Campus	Ward 1
Coolidge High School	Ward 4





DEMOGRAPHICS



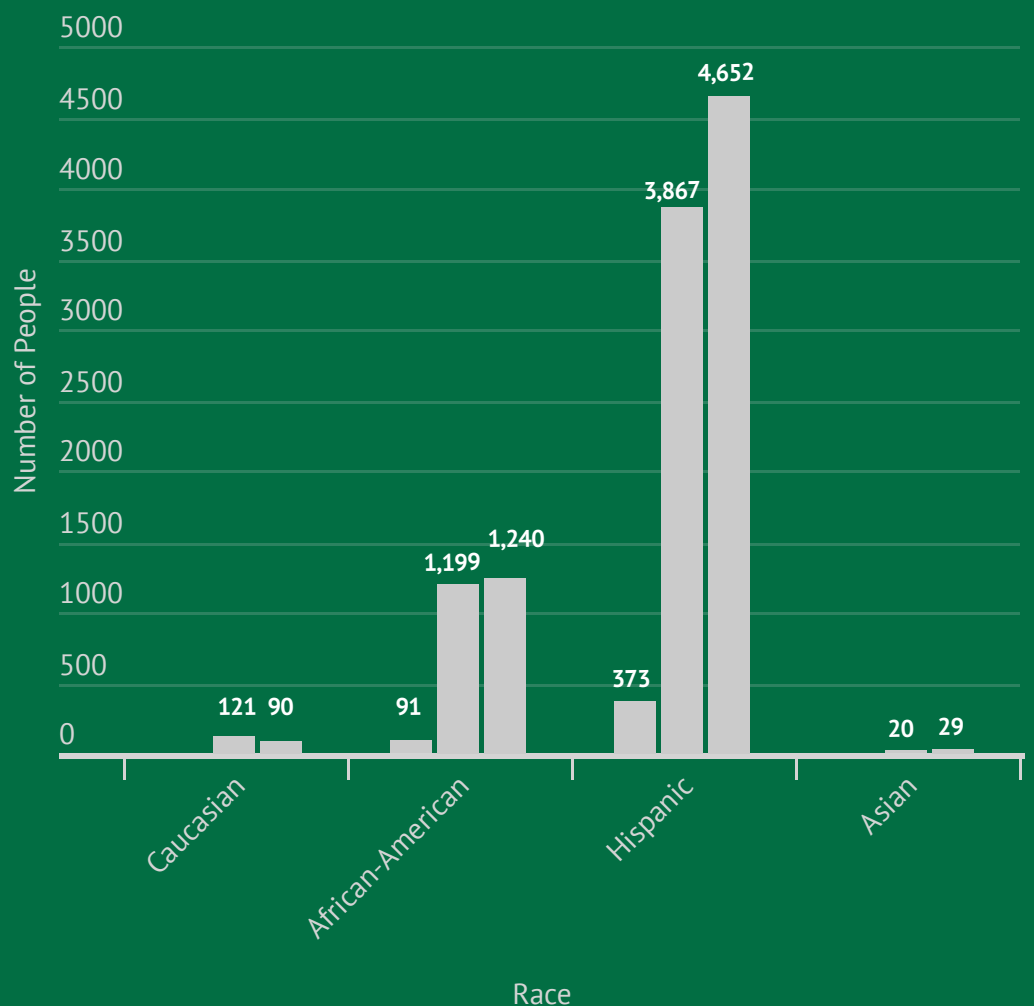
Male Direct Contacts

7,753

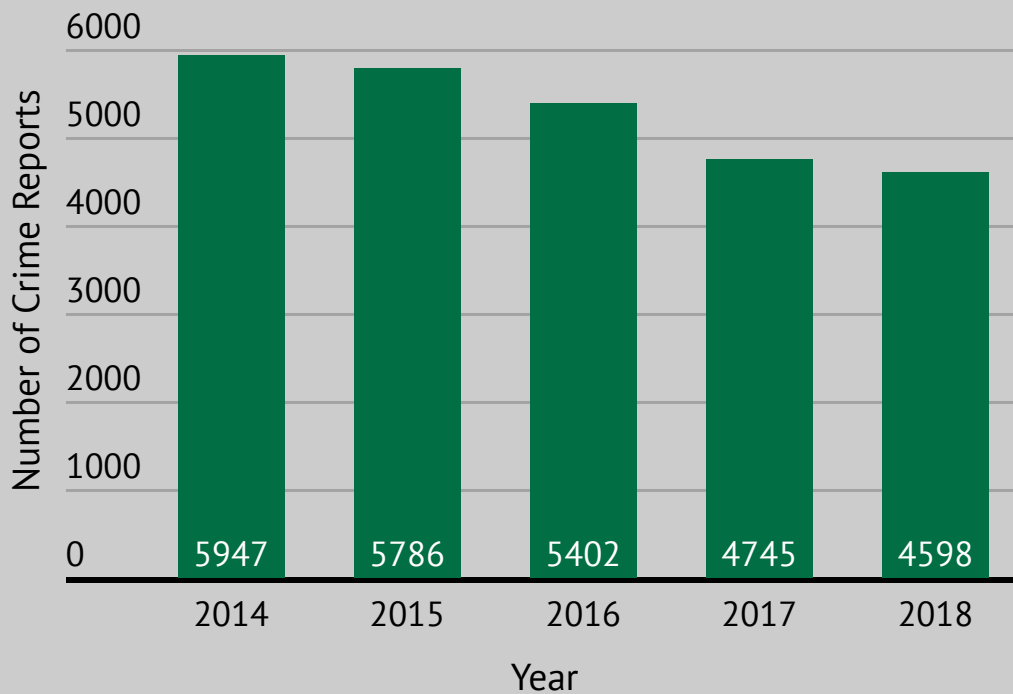


Female Direct Contacts

3,929



Crime Impact



*Source: Metropolitan Police Department Crime Data (Ward 1)

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)

June 2019 - August 2019

Fitness 4-H Summer Camp
(Monday-Friday)

August 2019

4-H Overnight Fitness and
Leadership Camps

February 2019

4-H Soccer Referee Official Licensing
for Youth

April 2019

Seminars for Soccer Coaches

July 2019 - August 2019

4-H Summer Soccer League
(Monday-Friday)

*In partnership with DC Mayor's Office on
Latino Affairs*

2019

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.

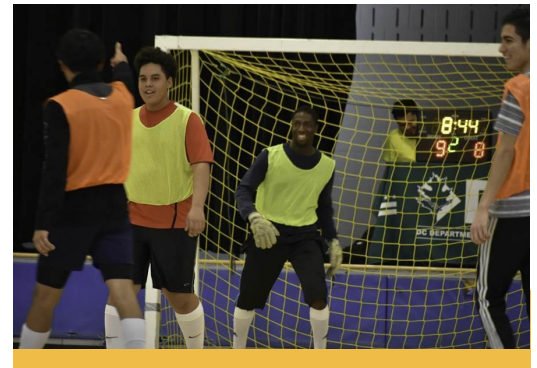
Teams are organized by gender and age, offering a high-quality soccer experience for both recreational and competitive players.

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

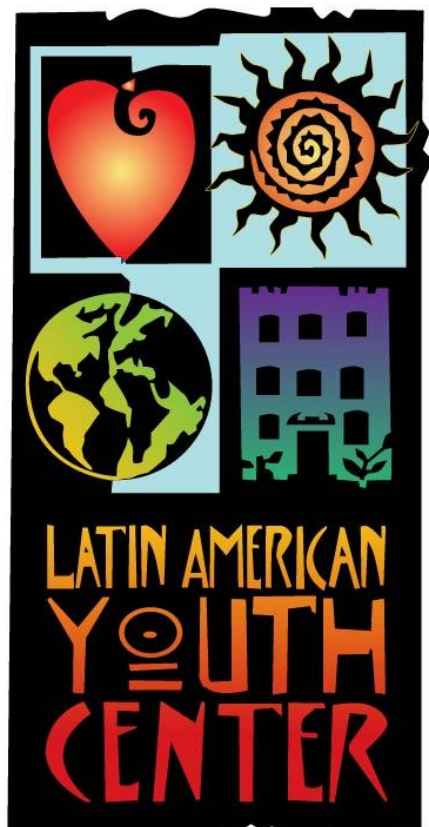
The overnight camp is specifically designed to provide an enriching leadership opportunity, while balancing fun with a chance to demonstrate responsibility. Among the fruitful activities you can find are leadership training, a multicultural night, nutrition activities, day and night field trips, and our campfire tradition, where youth have the opportunity to talk about their experiences throughout the year.



Partnerships



United States Department of Agriculture
National Institute of Food and Agriculture





For more information about the UDC 4-H Soccer Program, please contact:

Diego Lahaye

Program Associate for Community Resourcing
Center for 4-H and Youth Development

University of the District of Columbia
4200 Connecticut Avenue NW
Washington, D.C. 20008

Email: dlahaye@udc.edu
Phone: (202) 361-8017

UNIVERSITY OF THE DISTRICT OF COLUMBIA

COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY
AND ENVIRONMENTAL SCIENCES



About the University of the District of Columbia

An HBCU, urban land-grant, and the only public university in the nation's capital, the University of the District of Columbia is committed to a broad mission of education, research and community service. Established by abolitionist Myrtilla Miner in 1851, the University of DC offers associate's, bachelor's and master's degrees and a host of workplace development services designed to create opportunities for student success. The University is comprised of the College of Agriculture, Urban Sustainability and Environmental Sciences, College of Arts and Sciences, School of Business and Public Administration, School of Engineering and Applied Sciences, a Community College and the David A. Clarke School of Law. To learn more, visit www.udc.edu. The University of the District of Columbia is an Equal Opportunity/Affirmative Action institution. Minorities, women, veterans and persons with disabilities are encouraged to apply. For a full version of the University's EO Policy Statement, please visit: http://www.udc.edu/equal_opportunity. The University of the District of Columbia is accredited by the Middle States Commission on Higher Education - 3624 Market Street - Philadelphia, PA 19104 - 267.284.5000.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, this information is available in languages other than English. To file a complaint alleging discrimination, please complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 and provide in the letter all of the information requested in the form. Submit your completed letter or form to USDA via fax: (202) 690-7442; or email: program.intake@usda.gov. To request a copy of the complaint form, call (866) 632-9992. USDA is an equal opportunity provider, employer and lender.

The University of the District of Columbia is an Equal Opportunity Affirmative Action institution. The University prohibits discrimination or harassment against any person on the basis of the actual or perceived actual race, color, religion, national origin, sex, age, disability, sexual orientation, gender identity or expression, family responsibilities, matriculation, political affiliation, marital status, personal appearance, genetic information, familial status, source of income, status as a victim of an intrafamily offense, place of residence or business, or status as a covered veteran, as provided for and to the extent required by District and federal statutes and regulations. This policy covers all programs, services policies, and procedures of the University, including admission to educational programs and employment. The University emphasizes the recruitment of minorities, women, disabled individuals, disabled veterans, Vietnam era veterans, and other eligible veterans.

El Departamento de Agricultura de EE. UU. (USDA) prohíbe la discriminación en todos sus programas y actividades por motivos de raza, color, nacionalidad, religión, sexo, identidad de género (incluida la expresión de género), orientación sexual, discapacidad, edad, estado civil, estado familiar / parental, ingresos derivados de un programa de asistencia pública, creencias políticas, represalias o represalias por actividades previas de derechos civiles. (No todas las bases prohibidas se aplican a todos los programas.) Las personas con discapacidades que requieren medios de comunicación alternativos para obtener información sobre el programa. (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas estadounidense, etc.) debe comunicarse con la Agencia responsable o con el TARGET Center de USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Federal Relay Service al (800) 877-8339. Además, esta información está disponible en otros idiomas además del inglés. Para presentar una queja alegando discriminación, por favor complete el Formulario de Queja por Discriminación del Programa del USDA, AD-3027, que se encuentra en línea en http://www.ascr.usda.gov/complaint_filing_cust.html, o en cualquier oficina del USDA o escriba una carta dirigida a Departamento de Agricultura de los Estados Unidos, Oficina del Subsecretario de Derechos Civiles, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 y proporcionar en la carta toda la información solicitada en el formulario. Envíe su carta o formulario completado al USDA por fax: (202) 690-7442; o correo electrónico: program.intake@usda.gov. Para solicitar una copia del formulario de queja, llame al (866) 632-9992. USDA es un proveedor, empleador y prestamista con igualdad de oportunidades para todos.

La Universidad del Distrito de Columbia es una institución de Acción Afirmativa en Igualdad de Oportunidades. La Universidad prohíbe la discriminación o el acoso contra cualquier persona sobre la base de la raza, color, religión, nacionalidad, sexo, edad, discapacidad, orientación sexual, identidad o expresión de género reales o percibidos, responsabilidades familiares, matrícula, afiliación política, estado marital, apariencia personal, información genética, estado familiar, fuente de ingresos, estado como víctima de una ofensa intrafamiliar, lugar de residencia o negocio, o estado como veterano, según lo dispuesto y en la medida requerida por los estatutos del Distrito y Federal y regulaciones. Esta política cubre todos los programas, políticas de servicios y procedimientos de la Universidad, incluida la admisión a programas educativos y empleo. La Universidad enfatiza el reclutamiento de minorías, mujeres, personas discapacitadas, veteranos discapacitados, veteranos de la era de Vietnam y otros veteranos elegibles.