



**Afterschool
is OK!**

Triple Play: A Game Plan for the Mind, Body and Soul

Summer 2011

Boys and Girls Club of Oklahoma County Triple Play Program

This summer's blazing temperatures were no match for the Boys and Girls Club of Oklahoma County! Utilizing their brand new multi-million dollar facility, the Boys and Girls club staff played host to over 500 students during their comprehensive summer program!



Who?

1... 2... 3... REACH!

For over 16 years the Boys and Girls Club (BCG) of Oklahoma County has offered a plethora of afterschool programs to Oklahoma City school-aged children. With the help of non-profit partners and programs like the Regional Food Bank of Oklahoma, who provides before and after school meals and the Big Brothers, Big Sisters of Oklahoma who provides mentors to more than 50 participants, BCG is able to extend its reach to more Oklahoma families. President and CEO, Jane Sutter comments, "because of our partnerships we are able to offer new programs like the Thunder basketball clinic." Sutter explains that most of her participants live within a three mile radius of the site, "it is nice to provide a fun and safe place for children to come after school."

What?

The Boys and Girls Club creates programs that integrate several components: Health and Life Skills, Education and Career Development, Character and Leadership, The Arts, and Sports, Fitness, and Recreation.

Triple Play Program is one such program, focusing on improving the Mind, Body, and Soul. Students who participate in the Triple Play Program gain the skills needed to maintain physical fitness, manage stress, and create positive relationships with peers. The Triple Play Program is sponsored in part by the Coca-Cola Company and operated by Boys and Girls Club volunteers and staff.

FOCUS:

To improve Boys and Girls Club Members knowledge of healthy habits, good nutrition and physical fitness.

How?

Mind- Students participate in activities that promote healthy living and active learning. This component encourages participants to demonstrate creative and positive behavior. Participants also learn the importance of making positive decisions and how these decisions can impact their future. The goal of this component is to teach students about the importance of critical thinking.

Body- This component focuses on the importance of leading a healthy lifestyle by providing sports-based activities and competitions. Participants enjoy a daily fitness activity, a healthy snack, and a fun fast-pasted energizer to end the day! Staff member, Milen Bardy comments “our students love this program! I have noticed increased confidence in each student over the year.”

Soul- This component focuses on the importance of conducting yourself in a respectable manner to maintain a strong belief in self-worth. The goal of this component is to encourage students to respect themselves and their peers. Students are also challenged to be leaders in their communities and schools.

Win!

Utilizing the Triple Play program, the Boys and Girls Club is able to encourage participants to be well rounded individuals. Using physical activity, team games, and mind bending exercises the Triple Play program creates a triple plan for success!



Ready... Set... SPRINT!



3909 N. Classen Blvd., Suite 101
OKC, OK 73118
Phone: 405.236.5437 xt.121
Fax: 405.236.5439
email: okafterschool@oica.org
www.okafterschool.org

OKAN is a statewide initiative coordinated by the Oklahoma Institute for Child Advocacy.



Brought to you by Marissa Lightsey,
AmeriCorps Member serving with the
Oklahoma Afterschool Network

The Million Dollar Question...

The Boys and Girls Club is a membership based program that operates with the vision to provide a safe afterschool alternative to the more than 2,300 members they serve. Although her program is very successful Sutter makes no plans for slowing down. Sutter would eventually like to expand her reach to all of the 32,000 inner-city children and youth. Sutter is grateful for the many partners, volunteers, and staff members who make it possible for her members to enjoy afterschool activities, however would appreciate more staff to better serve the community. To find out more about the Boys and Girls Club of Oklahoma County contact:

Jane Sutter
Phone: 405-525-9191
Website: www.bgcokc.org