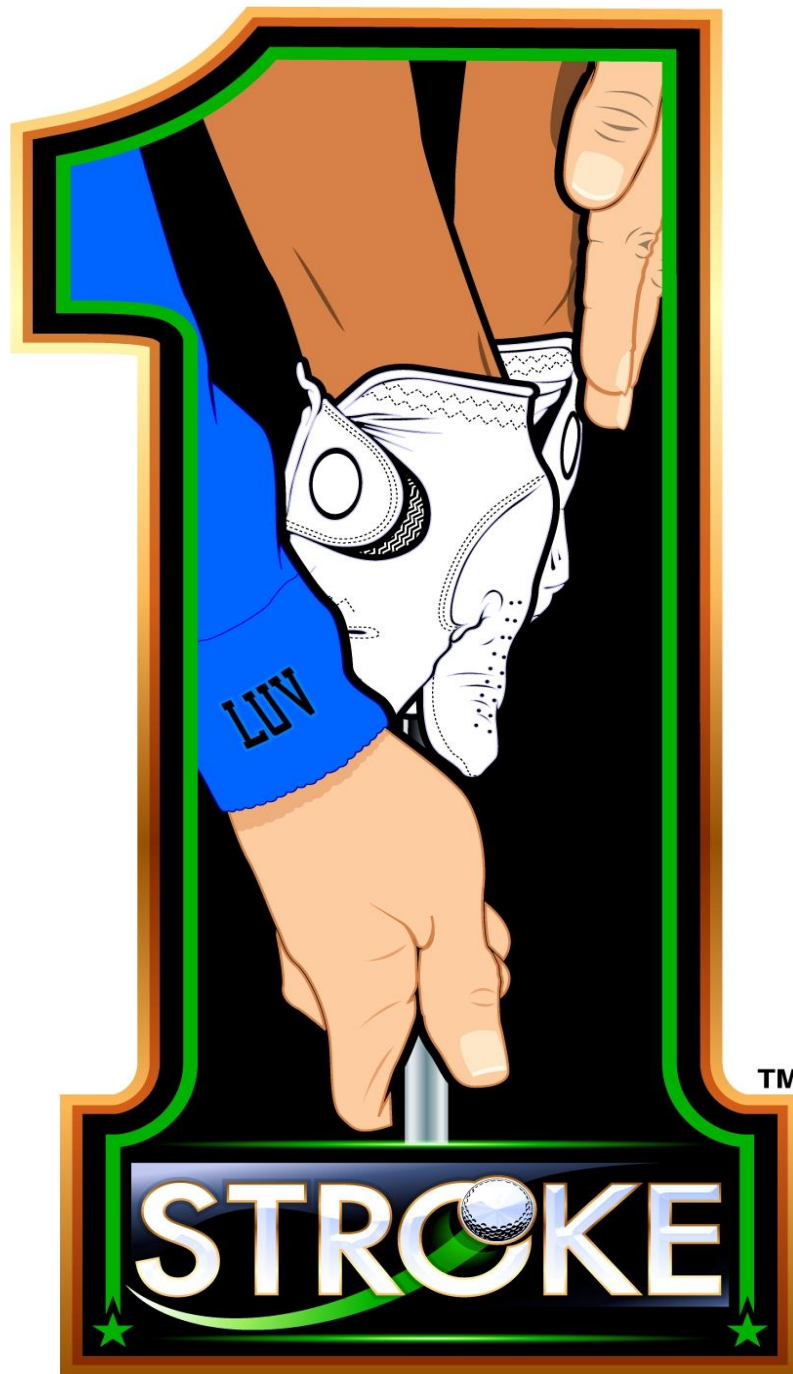


“TEACHING OUR YOUTH HOW TO PLAY GOLF & LIVE LIFE 1 STROKE AT A TIME”



YOUTH DEVELOPMENT & GANG PREVENTION PROGRAM

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Youth Development & Gang Prevention Program

www.1stroke.org

Our Mission

Through the game of golf, **1 STROKE** strives to assist young males and females in meeting short and long term goals in route to becoming a more positive part of their community, while enhancing their health and wellness awareness.

The Purpose

1 STROKE seeks to assist young males and females with discovering their life goals, and to assist them with identifying the drive and determination necessary to achieve those goals. Our program partners with youth and their parents or guardian to develop an “**Approach the Green**” life plan. This team will follow an outline of events and activities that will facilitate both personal and peer development.

Format and Delivery

1 STROKE offers opportunities to develop life-enhancing values such as self-assurance, determination and decision-making through golf and disposition education. **The Back 9** program is specifically designed to draw direct correlation between these focus areas and the core principles of golf.

Timeline

In general, **The Back 9** is comprised of nine (9) core objectives that are delivered over a designated period of time in a classroom-style setting focusing in the areas of self-assurance, health and wellness, character building and decision-making. Program participants also receive disposition education through three (3) environmental experiences at a local driving range, a Par 3 course, and an 18-hole golf course. **The Back 9**'s delivery model is highly flexible and can be tailored to meet the needs or time limitations of our clients. **The Back 9** participants engage in one-on-one and group mentoring sessions where they partake in activities, seminars and presentations provided by program staff and various partners from the public, athletic and business sectors. On-going intensive follow-up is also included for each participating client.

Budget and Resources

The cost of **1 STROKE** programs are dependent upon several variables including: the number of program participants; the timeline allotted for program delivery, etc. On average, the estimated cost per participant is \$150.00 which includes fees associated with program materials and supplies; and all costs associated with trips to the driving range and a Par 3 course, as well as an 18-hole round of golf. 3 In an effort to ensure the needs of young male and female youth are met, the programs at **1 STROKE** are dynamically flexible and can be tailored to meet the budgetary needs of our clients.

Partnerships and Relationships

1 STROKE seeks to establish viable partnerships with area schools, golf courses, community and professional organizations to promote mentoring opportunities and reduce youth deviance. Moreover, our goal is to encourage and assist both young male and female program participants in strengthening their intrapersonal (self) perspectives and problem-solving skills.

Program Outcomes

The high rate of attrition is an additional challenge programs face upon implementation. **The Back 9** approach is to offer intensive, high levels of accommodations for participants, starting with the number of participants, per cycle/session. **1 STROKE** will outreach to local non-profit organizations, churches, and community service groups; the criminal justice system, and even the local work release programs to inform them of our program and will include presentations, as well as disseminating program literature. As participants are identified by friends, family, clergy, peers and social service and rehabilitation and criminal justice communities, they are most likely ready and able to benefit and succeed from their participation in the program. Through our service delivery model we anticipate highly successful and positive outcomes. For measurement and Evaluation, **1 STROKE** provides materials, activities and presentations by various partners from both the business and athletic sectors which promote self motivation, personal fortitude and the ability to know that they too can be successful. Throughout the program, participants receive one-on-one mentoring along with an individualized assessment plan that identifies key intrapersonal goals with selected strategies to achieve them. Upon completion, **1 STROKE** continues the delivery of its mission by making resources and program support available to all program participants for as long as it is needed or desired.

“THE BACK 9” DISPOSITION IMPROVEMENT PROGRAM

The Back 9 is 1STROKE's premiere disposition improvement program that aims to address the issues that birth in some cases, the inappropriate behaviors of our participants. Using a one-of-its-kind nine (9) step approach, program instructors present various techniques in self-assurance, character building and decision-making in an effort to assist participants in establishing new attitudes toward positive living. This includes new ideas, personal goal-setting, and a renewed spirit to overcome adversities. With these tools, program participants will be able to develop a personalized “*Approach the Green*” success plan and visualize a new way of thinking that will ultimately support new approaches toward positive living. A certificate of completion will be presented to those who have successfully completed the program.



10th Hole

An intensive self-evaluation process in which our clients are encouraged to identify the root cause of their problems and indifferences that have resulted negative behaviors and/or unconstructive activities. Program observation and assessment involves the One-to-One Evaluations and Group Discussion Sessions.



11th Hole

Program participants identify the causes of problems, indifferences, and voids. During this session, the causes of the problems identified at the 10th Hole will be discussed in greater detail. The objective of this step is vital to successful outcomes because clients are encouraged with motivational tools to reach a place of acknowledgement, ownership, and understanding.



12th Hole

Once understanding is reached, the youth will identify and discuss the effects those consequences and repercussions (or lack of acknowledging them) has had on their self image and perspectives; their relationships with others, and their ability to live positively. This session involves responsibility awareness opportunities such as discussion forums with individuals from juvenile detention centers and/or correctional facilities where topics will include punishment and costs.



13th Hole

This session aims to introduce the concept of **“The Battle Is Not Yours”**. Faith-based strategies will be used in an effort to develop and direct healthy attitudes of forgiveness toward themselves and others.

The youth begin this session by engaging with individuals who have been selected by the program, who have committed similar offenses in their lives but have gone on to be productive citizens within their communities.



14th Hole

This session assists our youth with the development of written apologies to those who have been affected by their negative behaviors and/or unconstructive activities. Core concepts related to client disposition modification include “crazy faith”, “trust”, and a sense of “renewal”.



15th Hole

The concepts of the **“Approach the Green”** disposition plan are introduced and the youth will begin development of their own personalized positive living plan using the tools and techniques provided from the previous learning sessions. Program staff encourage the youth to solicit assistance and input from members of their environment, e.g., family, friends, their church, etc.



16th Hole

This session offers the youth assistance with strategy development to identify and address the key “triggers” they encounter in their day-to-day environments that would elicit negative reactions and behavior. To promote positive outcomes and successes, program staff often partner with members of the youth’s support system, e.g., family, friends, church, etc.



17th Hole

The evaluation process begins and the youth are encouraged to participate in discussion sessions where they review and discuss their milestones as well as the challenges faced in adopting their new approach to healthy and positive living. Program staff offers one-to-one and group mentoring as well as assistance with **“Approach the Green”** plan modification.



18th Hole

Now that a foundation has been established and core issues have been addressed, health and wellness now become a main focus. We teach our youth how to recognize those things that are important to living a healthy and productive life through our **“Good-Good”** Health & Wellness Plan. By teaching our youth what good health and good wellness consist of, the **“Good-Good”** plan increases their chances of living a better way of life.