



YOUTH IN INNER-CITY COMMUNITIES NEED SPORTS-BASED PROGRAMS

The availability of youth-based sports and physical activity programs is declining. “Pay-to-play” is further reducing that availability. The decline affects all youth, but those most affected are youth from inner-city communities where the temptation of gang affiliation, the prevalence of trauma, and the rates of obesity and other health-related conditions are all much higher.

Research has shown that engaging youth from inner-city communities in high-quality sports-based opportunities can transform their lives today – and into the future.

The NEED is undeniable. The BENEFITS are life-changing.

SOURCES: The Aspen Institute Project Play 2016, 2015; JAMA/CDC, 2014; NWLC/PRRAC, 2015; OJJDP, 2014.



UP2US SPORTS IS A LEADER IN COACH TRAINING

We provide affordable high-quality coach training to coaches and youth-based organizations. Our shared goal is to help youth from underserved communities tackle the challenges on the road to realizing their full potential.

ACHIEVING HIGH QUALITY COACH TRAINING

RIGOR & DEPTH

Our coach training is broad-based, in-depth, and research-informed. We stay current on what matters most.

MEETING NEEDS

We have the ability to meet the needs of today's youth living in inner-city communities, as well as the needs of our youth-based partner organizations.

KNOWLEDGEABLE TRAINERS

Our trainers are master coaches, knowledgeable about research, with leadership experience in inner-city community-based organizations.

ABOUT UP2US SPORTS

Up2Us Sports is a pioneer in launching and leading the sports-based youth development movement. Since our founding in 2010, we have trained nearly 5,000 coaches from a wide diversity of youth-based organizations.

For more information, contact Caitlin Barrett, Director of Coach Training, at cbarrett@up2ussports.org or 857-254-9069.

UP2US SPORTS IS A 501(C)(3) NOT-FOR-PROFIT ORGANIZATION INCORPORATED IN THE STATE OF NEW YORK.

QUALITY OF COACH TRAINING MATTERS

“Up2Us Sports believes in the power of a great coach. Our rigorous, research-informed, fun and active training experience unlocks this power.”

- Megan Bartlett, Up2Us Sports Chief Program Officer

COACH CERTIFICATION PROGRAM



SBYD Coaching Skills

The power of play, coaching for outcomes, positive program culture.

OUR MOST POPULAR TRAINING PROGRAM



Inner-City Community Context

The impact of context on youth development; trauma-sensitive skills.

ESSENTIAL FOR INNER-CITY COACHES



Sports-Life Connection

Competence and self-efficacy – from the field to the future.

SPORTS SKILLS INTO LIFE SKILLS



Healthy Competition

Skill-building and learning to help youth thrive.

MAXIMIZE THE BENEFITS OF SPORTS

CUSTOMIZATION AND OTHER TRAINING OPTIONS

Up2Us Sports will work with you on the content and length to meet the needs of your organization, your budget, and the youth you serve. We also offer foundational training: “Change Your Coaching in 7 Words or Less,” an optional program prior to beginning our certification program. Spanish-speaking trainers are available for all Up2Us Sports programs.

INTERESTED IN COACH TRAINING ON A TOPIC NOT SHOWN HERE? WE CAN DO THAT TOO! LET'S TALK.

WE'VE TRAINED COACHES ACROSS THE COUNTRY

Up2Us Sports has partnered with a wide variety of organizations, including school systems, parks departments, professional sports teams, and faith-based organizations.



For more information, contact Dre De La Peza, Director of Training, at edelapeza@up2ussports.org or 213-674-7696.

UP2US SPORTS IS A 501(C)(3) NOT-FOR-PROFIT ORGANIZATION INCORPORATED IN THE STATE OF NEW YORK.