

<b>NAME OF THE INTERVENTION</b>	Manchester Youth Football Year 2
<b>CWF Element* to Impact</b>	Move More and Connect with Others
<b>Fiscal Agent</b>	Manchester Community Schools
<b>Tax I.D</b>	38-6028383
<b>Implementation Contacts (2 or more required)</b>	Amelia Woods and Wes Gall
<b>Contact phones and emails</b>	Amelia - 734-585-4734 <a href="mailto:Woodsie668@aol.com">Woodsie668@aol.com</a> Wes - 734-428-7333 Wgall@mcs.k12.mi.us
<b>Date Funding Required</b>	July 1, 2015
<b>Implementation Date</b>	August 24, 2015
<b>Estimated Completion Date</b>	November 8, 2015
<b>Total Amount Requested from CWF</b>	\$10,000

Criteria	Descriptions
<p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b>  <i>Typically one paragraph and 3-5 sentences</i>  <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Manchester Youth Football proposes a 2<sup>nd</sup> year of funding from the Wellness Coalition to sustain gains and membership levels from year one while providing age appropriate equipment for participants. We also propose adding a strength and conditioning class from January through April.</p> <p>We are asking for \$10,000 to purchase a storage shed for equipment, medium round pads, blocking dummies, push back shields, flat step over dummies, line up trainers, 15 new helmets, and line painter for the field. We also will purchase cold weather cheer equipment and to hire someone to help as a tumbling coach, and tumbling mats.</p> <p>The intervention targets k-6<sup>th</sup> grade. Flag football goes from k-2, 3-6 are tackle. Students in grades k-6 also have an opportunity to participate in cheerleading.</p>
<p><b>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition?</b>  <i>Please be specific and refer to the current documents</i></p>	<p>The Coalition identified the need and importance to increase physical activity and improve childhood nutrition. For example, FUTP60 a Middle School program designed to encourage children to eat better and move more, is included in multiple year plans.</p>

<p><i>stating the Coalition's 1 and 5 year plans and goals. Should include specific health/wellness indicators.</i></p>	<p>Manchester Youth Football identifies the following long term health and wellness indicators:</p> <ol style="list-style-type: none"> <li>1. Physical activity of football and cheer help reduce the percentage of overweight/obese children based on BMI data (2010 HIP data)</li> <li>2. Reduces days/months reported of poor physical and mental health</li> <li>3. Increase amount and frequency of physical activity for children</li> <li>4. Reduces daily screen time for children</li> <li>5. At each practice diet and nutrition is discussed with children to help guide them in making healthy food choices (fruit and vegetable servings per day, water intake and learning to consume food that is fuel for your body for physical activity)</li> </ol>
<p><b>3. What are the specific goals for the intervention?</b>  <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> <li>• <i>See <a href="http://www.wikihow.com/Set-SMART-Goals">http://www.wikihow.com/Set-SMART-Goals</a></i></li> </ul>	<p>Goal Number 1: Increase the number of students involved in the youth football and cheer program from year one by 10% to 178 participants. We also want to ensure participating students receive 75 minutes of physical activity per day while in the program. The measurement is the number of students who participate in the program. Laura Jarrels is responsible for tallying the number of students who participate as well as collecting satisfaction surveys from parents. We believe people who were not involved in year one saw the success of the program in the first year will want to have their students involved in youth football. 98% of parents had a positive experience with the program and we expect that word of mouth to benefit development of the program. The goal is relevant to the coalitions because we had 153 students in year one received an additional 75 minutes of physical activity per day, five days a week, from the end of July to November 2. The goal is to have the increase accomplished by November 8.</p> <p>Goal Number 2: Have 35 students to participate in the new strength and conditioning class offered by Manchester Youth Football in conjunction with Manchester Community Schools and have participating students receive 90 minutes of physical activity opportunities during the class two-three times per week. Laura Jarrels is responsible for tallying the number of students who participate as well as collecting satisfaction surveys from parents. There are a large % of students involved in youth football and cheer who are not involved in</p>

	<p>sports or other activities during the winter months. While the Michigan weather doesn't always warrant for outdoor activities, we want to be able to keep the children active January thru April.</p>
<p><b>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention?</b>  <i>Should include:</i></p> <ul style="list-style-type: none"> <li>• <i>Units of Engagement</i></li> </ul> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>We will collect surveys that ask about the program in general, the amount of physical activity received by students, the likelihood parents will allow their students to re-enter the program.</p> <p>We will track student participant and physical activity levels.</p> <p>We will collect units of engagement.</p>
<p><b>5. What are the estimated of the Units of Engagement for the intervention?</b>  <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i>  <i>Example: 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>175 students x 75 minutes x 5 days a week x 12 weeks.</p> <p>13,125 Units of Engagement for the fall session.</p> <p>1260 units of engagement for winter conditioning.</p>
<p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b>  <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> <li>• <i>Obtaining all required permits and permissions and all other communication required</i></li> <li>• <i>Deciding on dates, times, locations</i></li> <li>• <i>Marketing – both developing and distributing marketing materials</i></li> </ul>	<p>Wes Gall - Varsity Head Football Coach has general supervision over all Manchester Youth Football activities.</p> <p>Chad Duffing – Youth Football Director</p> <p>Amelia Woods – Youth Cheer Director</p> <p>Laura Jarrels – Registrar</p>

<ul style="list-style-type: none"> <li>Recruiting necessary volunteers</li> <li>Developing tools to collect data and pictures</li> <li>Analyzing data collected</li> <li>Developing plans for how to improve the intervention (on-going and for subsequent years)</li> </ul> <p>426 Preparing and presenting presentations and reports</p> <ul style="list-style-type: none"> <li>All other specific tasks for this intervention to be successful.</li> </ul>	<p>Hunter Carson – Eagle Scout Candidate Boy Scout Troop #426</p>
<p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>  <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when this will be done. Include the name(s) of the approver(s).</i></p>	<p>No</p>
<p><b>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability).</b>  <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Manchester Community Schools:  Wes Gall  Facilities, indoor and outdoor and use of the high school football field</p> <p>Manchester Youth Football/Cheer Program:  Chad Duffing, Amelia Woods and Laura Jarrels</p> <p>Boy Scout Troop #426:  Hunter Carson and Jeff Elliott</p>
<p><b>9. If this is a continuing intervention:</b></p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF?  <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i></p> <p>C. Describe how the intervention will be improved</p>	<p>A. This request will be for our second year.</p> <p>B. Yes by Power Point presentation</p> <p>C. By increasing participation, implementing off season programs, building infrastructure and by purchasing equipment for safety, comfort and increased learning.</p> <p>D. No</p>

<p>(also include past improvements if this is the 3 or more year of funding).                  D. Has the amount requested from the coalition increased or decreased? Why?                  E. How many more years will this intervention request funds from the coalition?</p>	<p>E. Ideally this will be our last year requesting funds from the coalition as long as our large raffle fundraiser is approved by the State of Michigan.</p>
<p><b>10. Provide citation(s) of similar programs used as a model in developing this intervention.</b></p>	<p>Manchester Youth Football was created because there wasn't a similar program in our community.</p>

**~ INSERT A BUDGET which shows all sources of income and categories for expenses. Please also indicate which expenses will be covered by the funds from the Chelsea-area Wellness Foundation.**

Sources of income are:

Registrations  
Fundraising

\*Casino Bus Trip (4/18/25)

\*Varsity Football Game halftime raffle (Fall of 2015)

In-Kind Donations

Grant Requests

\*Chelsea Wellness Foundation

\*Kiwanis

Expenses:

Medium round pads – 2 sets of 4 - \$1,260

Push back shields - \$600

Set of 6 flat dummies for stepping over - \$640

Line up trainers – 4 @ \$215 each - \$860

Storage shed - \$5,000.00 estimate (pending bids)

15 New helmets @ \$170 each - \$2550

Line painter for the practice field - \$200

Paint 12 bottle @ \$87 - \$1044

Cold weather cheer equipment (clear rain coats with hoods, fleece lined athletic pants in maroon, fleece jackets without hoods, pockets, strings or any metal and gloves - \$1800.00

Cold weather cheer equipment (clear rain coats with hoods, fleece lined athletic pants in maroon, fleece jackets without hoods, pockets, strings or any metal) and gloves - \$1800.00

Tumbling Coach for all youth cheer once a week - \$1200.00

Tumbling Octagon Safety Mat - \$400.00

Estimated Financial Needs for 2015 - \$17,354.00

Also provide the information in the two tables below

<b>Budget Summary</b>	<b>Amount</b>	<b>Percentage</b>
Amount of funds from Coalition	<b>\$10,000</b>	<b>?</b>
Total funds from other sources	<b>Unknown as of 4/2015 Anticipated registration for Fall 2015: \$11,300.00</b>	
Marketing/Advertising	<b>\$600.00</b>	
Compensation – to one or more people	<b>Our program is volunteer based</b>	
Infrastructure (structure that lasts 5 years or more)	<b>Fall 2015: Equipment Shed – \$5500.00</b>	
Other expenses	<b>?</b>	

<b>Plan Year</b>	<b>Amount \$\$ granted</b>	<b>Amount Spent</b>	<b>Amount carried over</b>	<b>Amount returned to CWF</b>
Year 1				
Year2				
Year 3	<b><u>\$10,000.00</u></b>	<b><u>\$10,000.00</u></b>	<b><u>0</u></b>	<b><u>0</u></b>