

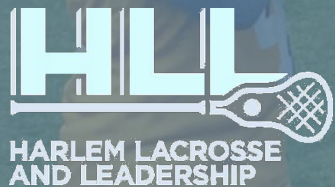


HARLEM LACROSSE  
AND LEADERSHIP

AN INTRODUCTION  
TO THE ORGANIZATION

## Our Model

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## OUR RESULTS

Annual GPA improvement for HLL students since 2011: 5-10 Points

On-time middle school graduation rate since 2011: 100%

Boarding school scholarship offers since 2011: Over \$10 million

College admissions since 2013 include: Haverford College, the University of Virginia, the U.S. Military Academy at West Point, Haverford College, Bates College, Hobart College, Colby College, and Dickinson College



## OUR PROCESS

Academic and social-emotional skill-building throughout the school day, out-of school time, and calendar year

Daily study halls, with an attendance rate of 95%

After school tutoring and test prep sessions throughout the year

Lacrosse instruction on average 3 times per week

1-2 college trips per year for each school program

Boarding school and college admissions counseling

Service learning and leadership training classes and events

Career exploration and financial literacy workshops, workplace visits, and panels



## OUR STUDENTS

177 Boys, 147 Girls

98% receive free/reduced lunch, compared to 79% of the total school populations of HLL sites

97% identify as African American, Latino, or multi-racial.

32% receive special education services, compared to 17.3% of the total school populations of HLL sites

45% speak a language other than English in the home

# Program Overview



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HLL actively recruits special education students and students identified by school administrators as most socio-emotionally vulnerable to academic decline and dropout.

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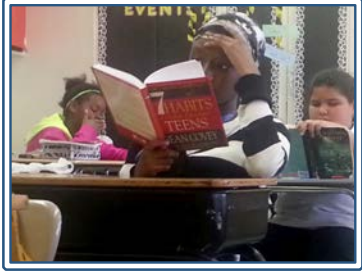
We believe that the consistent support and trust built between our student-athletes and Program Directors, when combined with a wide range of athletic, academic and experiential learning opportunities during out of school time, results in the transformation of our students' beliefs about what is possible.

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As they experience success on and off the field, our students set new goals for themselves and engage in more positive behaviors in the pursuit of those goals.

# SCHOOL-BASED SUPPORT



HLL's Program Directors maintain a daily presence in the schools and lives of the students we serve, helping them overcome academic, environmental, and social-emotional challenges throughout the school day and calendar year.

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In order to play lacrosse with HLL, students must attend lunchtime study halls every school day. During study halls, HLL Program Directors help students to complete school assignments, to gain a deeper understanding of their coursework, and to improve their behavior.

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During school, HLL Program Directors also provide push-in teaching and behavioral support for struggling students to help them realize their own untapped potential.

HLL provides tutoring two to three times per week after school and on weekends to keep students engaged and to build on the progress made during the school day.

# LACROSSE INSTRUCTION



HLL's lacrosse programs are designed to keep students engaged and active throughout the year. HLL students play lacrosse with our program 3-to-5 times per week. In 2014, only 39.8% of children nationwide were involved in physical activity at least three times per week.<sup>1</sup>

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Practices emphasize the importance of teamwork and aim to build self-esteem, growth mindset, perseverance, and healthy habits. On weekends, HLL schedules lacrosse clinics, scrimmages and games with partner organizations

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In addition to holding summer camps at each school site in July and August, HLL secures scholarships to sleep-away summer camps for students who have shown the most academic and behavioral progress over the course of the year.

# ADMISSIONS COUNSELING



HLL provides a unique service to students interested in pursuing preparatory or secondary school education at some of the most prestigious institutions in the country: free admissions counseling.

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Students who enroll in the program receive free academic tutoring, SSAT and SAT preparation, essay counseling, advising, and school visits throughout the application process. Since 2011, HLL has helped students earn over \$9.1 million dollars in academic scholarship offers from institutions including Groton School, Loomis Chaffee School, Fessenden School, Peddie School, and Episcopal High School. HLL prepares students for their new schools by providing additional after-school tutoring after they are admitted and intensive academic enrichment camps during the summer.

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HLL Program Directors and Board Members continue to provide academic and emotional support, as well as college admissions counseling, throughout a student's high school career. As a result, HLL alumni have been accepted to institutions including the University of Virginia, the U.S. Military Academy at West Point, Haverford College, Bates College, Hobart College, Colby College, and Dickinson College.



# COLLEGE TRIPS AND PARTNERSHIPS



HLL programs have visited the University of Pennsylvania, the University of Virginia, Princeton University, Howard University, the U.S. Military Academy at West Point, George Washington University, Columbia University, Barnard College, Wagner College, Siena College, Hofstra University, Skidmore College, Brown University, Johns Hopkins University, and Yale University.

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On each trip, HLL students meet campus leaders, faculty, alumni, and student-athletes who discuss their educational path, how to set and achieve new goals, and how to overcome obstacles.

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HLL has also launched mentoring partnerships with Johns Hopkins University, Columbia University, Merrimack College, and the University of Maryland.

# COMMUNITY PARTNERSHIPS



During weekend lacrosse events and overnight visits to partner towns and schools, HLL students bond with new friends and meet mentors who have used lacrosse as a gateway to educational and professional opportunities. HLL's community partners include:



Concord (MA)  
New Canaan (CT)  
Darien (CT)  
Greenwich (CT)  
Ridgewood (NJ)  
Manhasset (NY)  
Scarsdale (NY)  
Rye (NY)  
Somers (NY)  
Larchmont (NY)  
Phillips Academy Andover (MA)

Loomis Chaffee School (CT)  
Garrison Forest School (MD)  
Bergen Catholic (NJ)  
Delbarton School (NJ)  
Morristown Beard School (NJ)  
Immaculate Heart Academy (NJ)





On the road and around Harlem, HLL provides leadership training and service learning opportunities. Our students engage in projects that empower them to make a difference in their own neighborhood and beyond. HLL's service learning projects include:



- Partnering with BuildOn and New Canaan High School to raise money to build a school in Nicaragua
- Raising awareness about childhood hunger and distributing meals to food insecure children through a partnership with Filling in the Blanks and New Canaan High School
- Working with St. Mary's Manhattanville Church to distribute meals to homeless shelters in Harlem and restoring a community garden
- Traveling to Sea Bright, New Jersey to work with Sea Bright Rising on a post-Hurricane Sandy rebuild project.

# CAREER EXPLORATION



HLL connects students with volunteer career mentors during career exploration and financial literacy workshops, workplace visits, and classes led by professionals from a wide variety of fields.



Career mentors introduce students to concepts such as job preparation and interview skills, personality tests, communication skills, resume building, career life cycle planning, saving and spending, checking accounts and alternative banking methods, credit, budgeting, investing, cost/benefit analysis, opportunity cost, competition, and systems of markets and prices.



Career mentors are drawn from companies such as Goldman Sachs, Bank of America, LinkedIn, Wells Fargo, Citibank, Morgan Stanley, UBS, the NCAA, Revlon, and the Peace Corps.

## Program Sites

# HARLEM



Frederick Douglass Academy I

- **Boys** – 2011
- **Girls** – 2012

P.S. 76 A. Philip Randolph

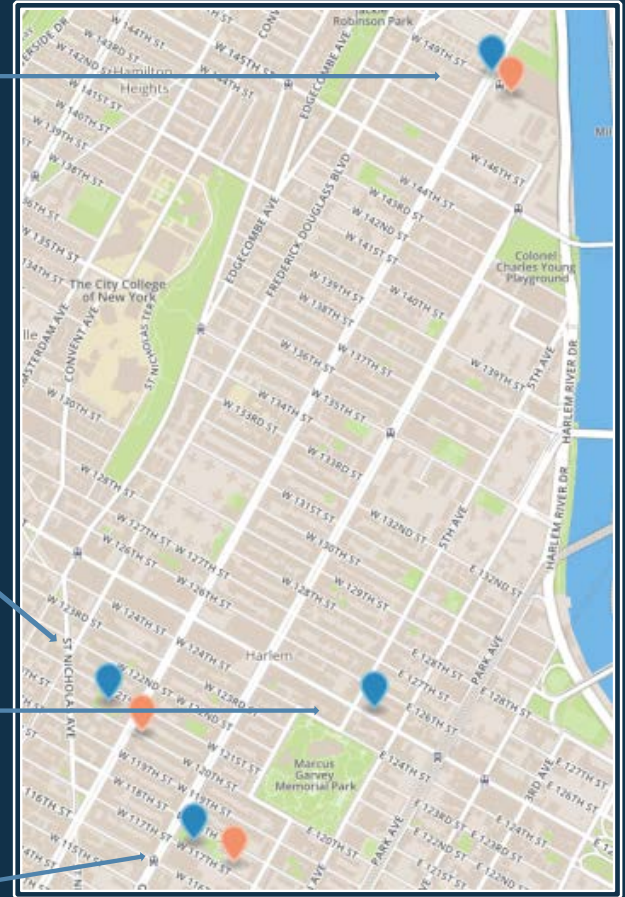
- **Boys** – 2014
- **Girls** - 2015

Promise Academy II

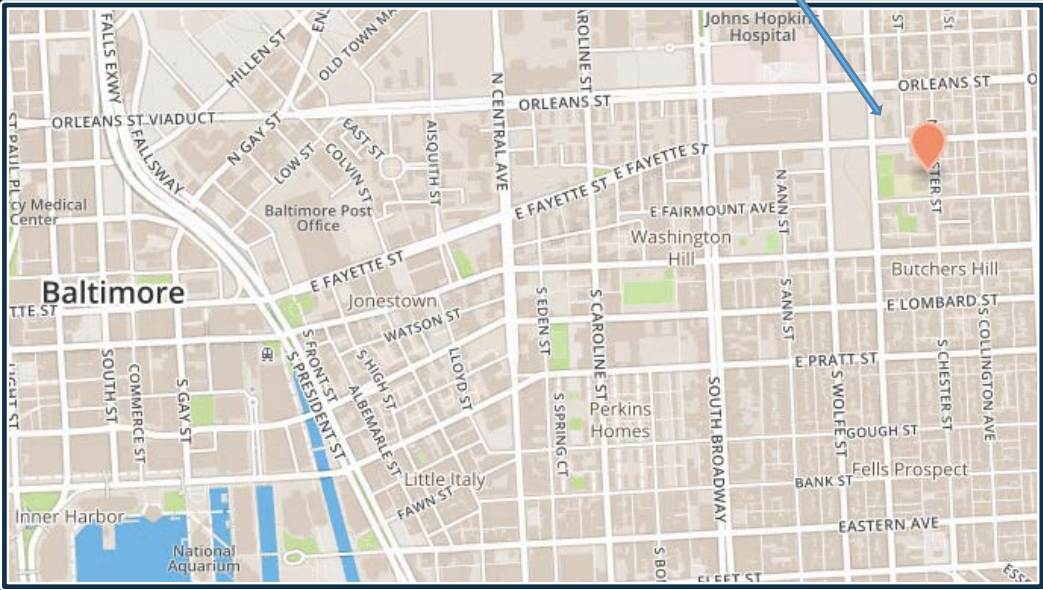
- **Boys** - 2014)

P.S. 149 the Sojourner Truth School

- **Boys** – 2012
- **Girls** – 2013



Commodore John Rodgers  
School  
(Girls - 2014)



Program Sites

BALTIMORE CITY



ENVISIONING



AT A SCHOOL

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**SINGLE PROGRAM COST: \$75,000**

**STUDENT IMPACT IN YEAR ONE: 50 BOYS OR GIRLS**

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#### EMPLOYEES REQUIRED

One Full-time Program Director who maintains a daily presence at the school and serves as a coach, mentor, and academic advocate for students on the team.

One Assistant Coach who supports the Program Director and students during study halls, practices, and trips.

#### SCHOOL RESOURCES REQUIRED

Classroom space for lunch-time study halls; and Schoolyard and/or school gymnasium time for after-school practices two to three times per week.

Office space and a secure location to store lacrosse equipment; Internet access

SOURCES



CITED

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1. Sports & Fitness Industry Association. (2014). *2014 Sports, Fitness and Leisure Activities Topline Participation Report*, Silver Spring, MD. The Aspen Institute. (2015). Facts: Sports Activity and Children. Retrieved from <http://www.aspenprojectplay.org/the-facts>.