

UNIVERSITY-ASSISTED COMMUNITY SCHOOLS

Youth Workforce Development

–and–

Sports, Fitness & Health

Hakiem Ellison, Emerson Fellow

Theresa Simmons, Training and Technical Assistance Coordinator for Post-Secondary Success Programs

Sara Kelly, Director of Sports, Fitness & Health

Marquese Johnson, Young Quakers Community Athletics Coordinator



Netter Center
for Community Partnerships
UNIVERSITY *of* PENNSYLVANIA

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UACS Youth Workforce Development



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Overarching Goal of Our Work

Making Penn and Penn Medicine a place where West Philadelphia high school graduates can obtain entry-level, benefits-eligible positions with opportunities for career advancement

Netter's Internship and Employment Programs

- Penn Medicine
 - Hospital System
 - Marketing
 - Distribution Services
- School of Arts and Sciences
Human Resources
- Penn Children's Center



What Has Worked?

Some Examples

- Perelman School of Medicine Distribution Services
- Penn Children's Center
- Pennsylvania Hospital Program



How the work has
progressed:

Areas for Growth & Change

- Consistent Leadership and strong relationships with hiring managers
- Conflicting timeline of job openings and needs between the partner organization and the school
- Lack of “entry level” positions
- Outsourced workers/vendors

Lessons Learned

4 Common Areas for Success:

- Knowledge of available positions and their openings
- Cohort models
- Training/'Soft Onboarding' periods for youth
- Invested and hands-on program leadership - Feedback, open and clear communication, and clear expectations

UACS Sports, Fitness & Health



Sara Kelly
Director of Sports, Fitness & Health
Netter Center for Community Partnerships at the University of Pennsylvania

SPORTS, FITNESS & HEALTH OVERVIEW

WHO

- One full-time director
- One full-time coordinator
- Six part-time school-based coaches, including one Strength coach with Penn Athletics
- Forty-eight Penn students (this semester)
- Three PE teachers
- Center for Public Health Initiatives
- Six varsity athletic teams

WHAT

- School-day PE
- School day sexual health and general health
- School-day recess
- SMART teams
- Afterschool sports
 - PWBL
 - Young Quakers
 - Community Athletics
- Cross-grade sports

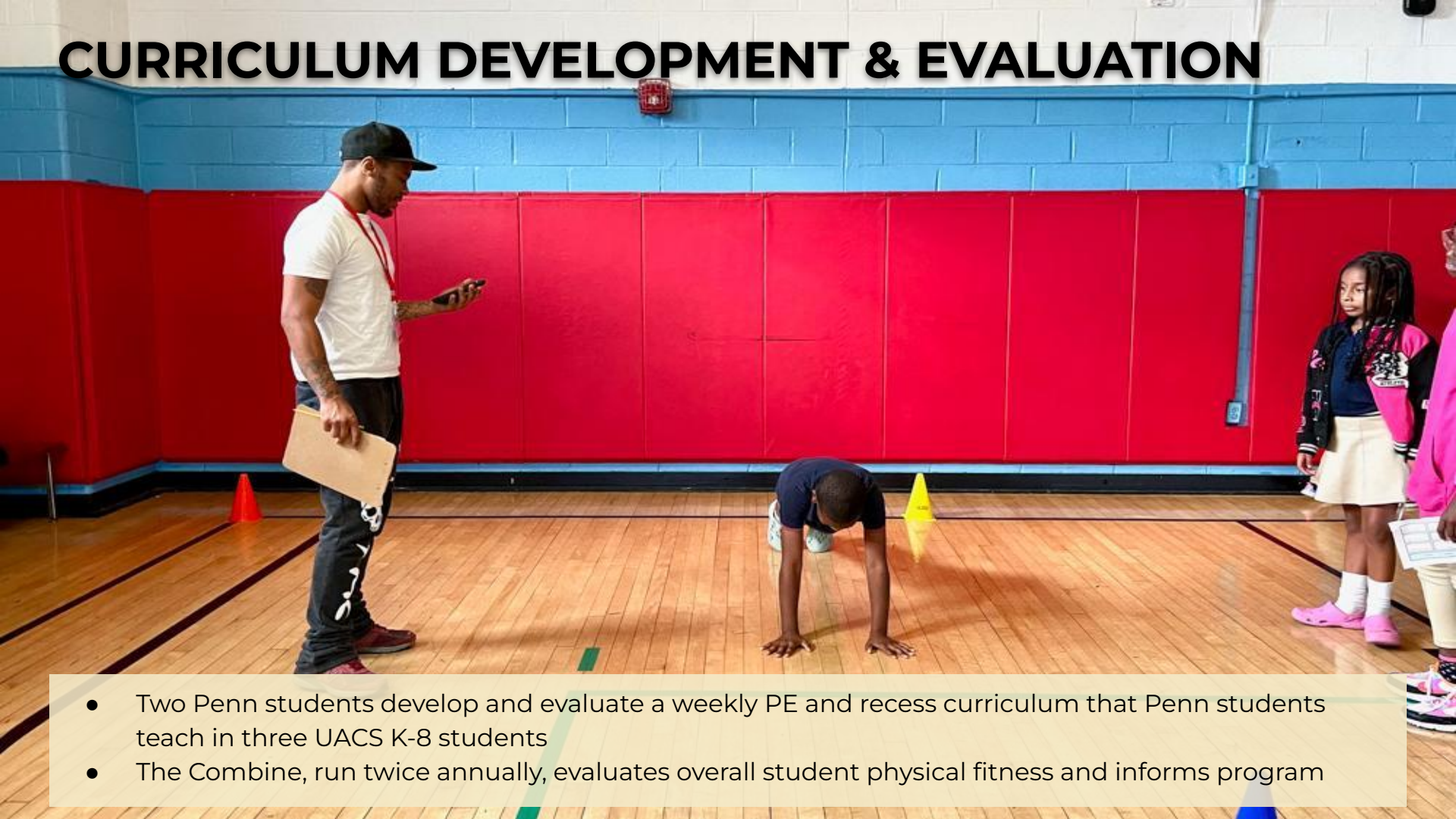
HOW SFH utilizes partnerships across the university to create mutually beneficial relationships and health-focused learning.

SCHOOL DAY PHYSICAL EDUCATION



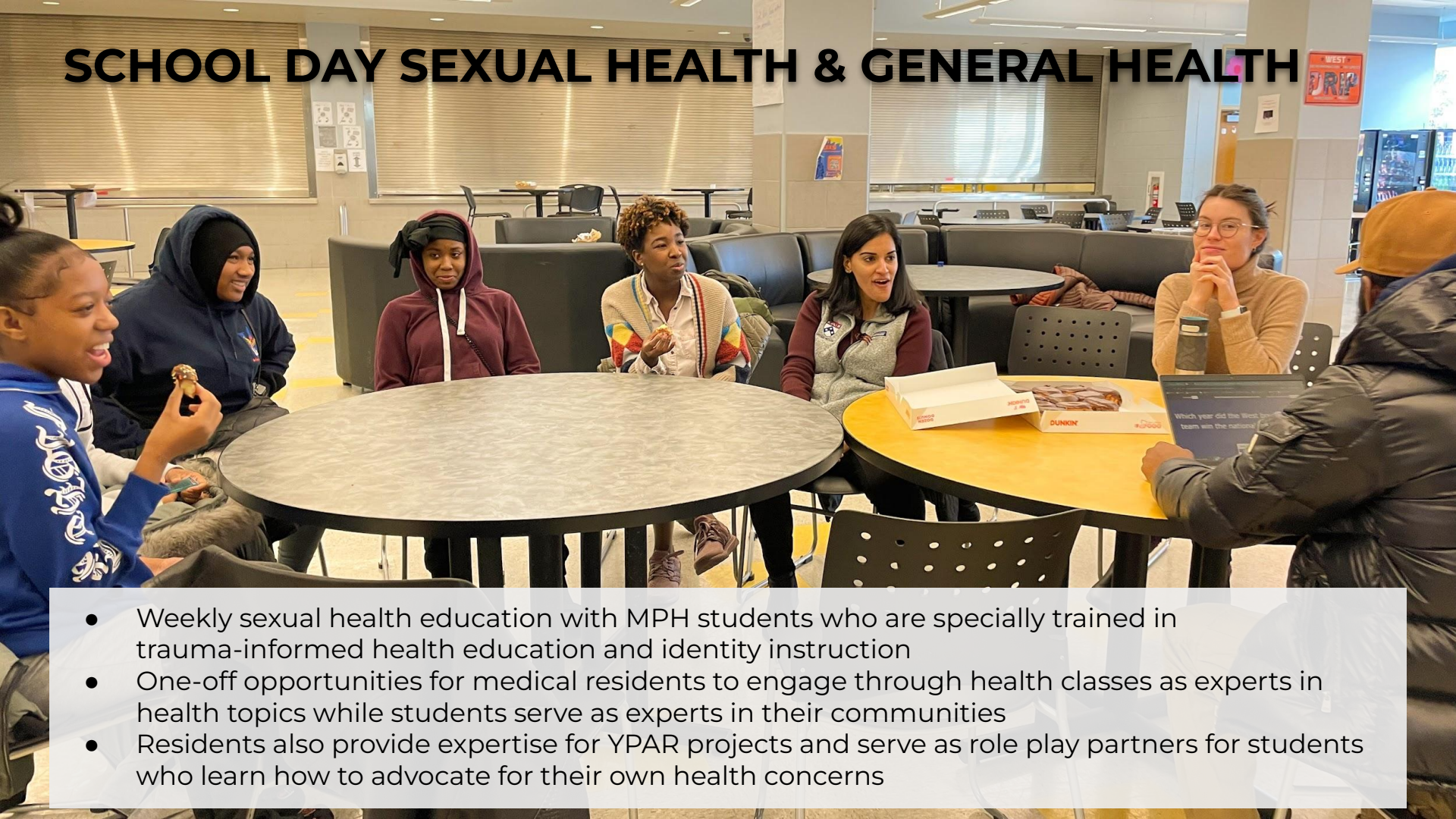
Penn students, many of them from the School of Nursing ABCS class Obesity & Society, provide curricular and environmental support in Physical Education classes every week. Students also provide support for Field Days at each UACS K-8 school each semester.

CURRICULUM DEVELOPMENT & EVALUATION



- Two Penn students develop and evaluate a weekly PE and recess curriculum that Penn students teach in three UACS K-8 students
- The Combine, run twice annually, evaluates overall student physical fitness and informs program

SCHOOL DAY SEXUAL HEALTH & GENERAL HEALTH



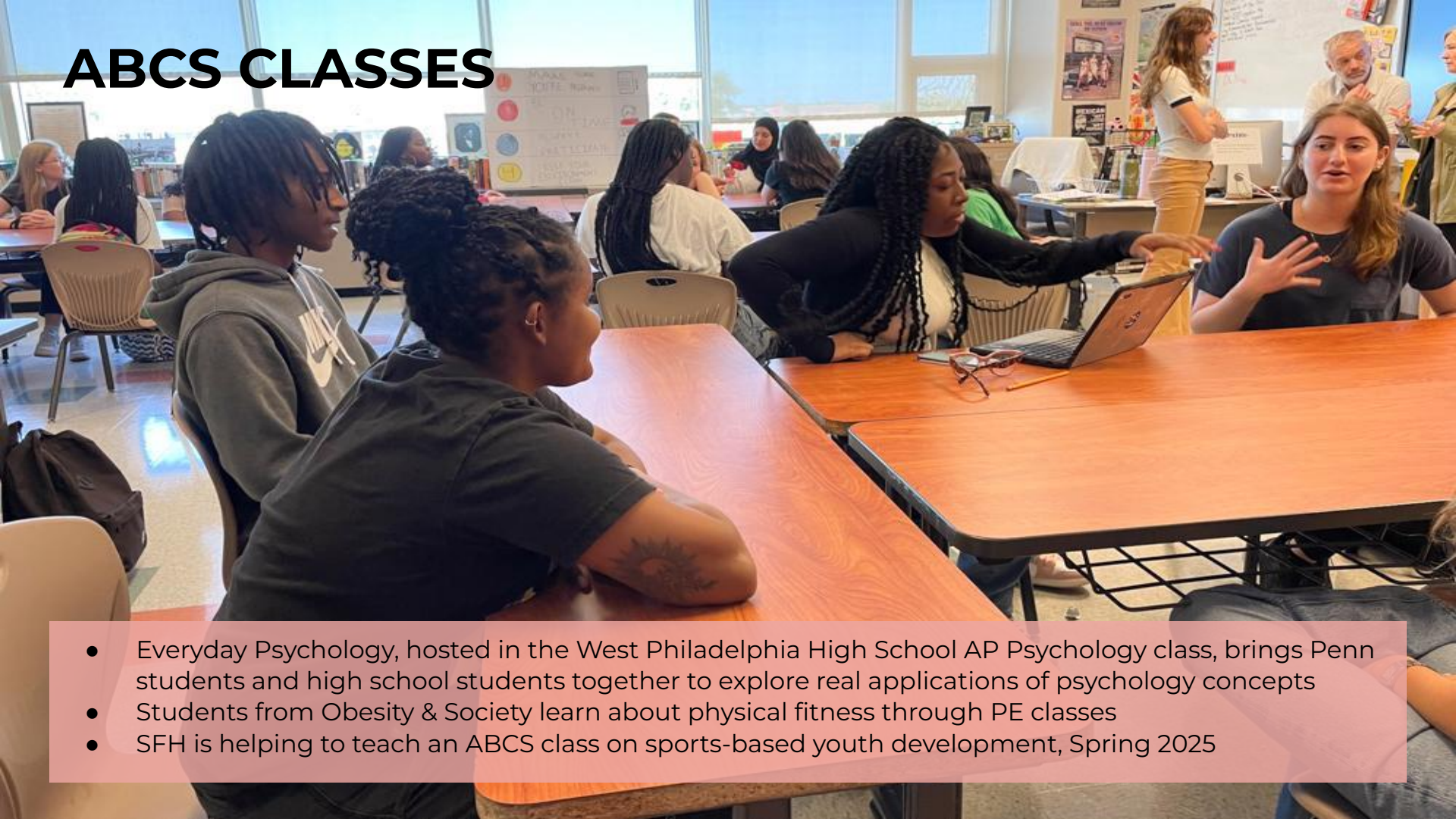
- Weekly sexual health education with MPH students who are specially trained in trauma-informed health education and identity instruction
- One-off opportunities for medical residents to engage through health classes as experts in health topics while students serve as experts in their communities
- Residents also provide expertise for YPAR projects and serve as role play partners for students who learn how to advocate for their own health concerns

SCHOOL DAY RECESS

- Recess is a uniquely accessible way to provide sport-specific exposure
- Programs provide high-intensity cardiovascular engagement, are genuinely useful to school partners, and help students with emotional regulation
- Programs must be carefully tailored to be successful
- Penn students view participation in recess as a reward for continued engagement with Sports, Fitness & Health programming
- Sports at recess can help build school-based afterschool programs
- Recess is FUN!



ABCS CLASSES



- Everyday Psychology, hosted in the West Philadelphia High School AP Psychology class, brings Penn students and high school students together to explore real applications of psychology concepts
- Students from Obesity & Society learn about physical fitness through PE classes
- SFH is helping to teach an ABCS class on sports-based youth development, Spring 2025

SMART teams put student voice at the center of discussions about personal health and build teams of students to help support individual health goals. Nursing students and LSM students have shown a particular interest in leading SMART teams. Penn Medicine Nurse Practitioners in training help develop curriculum for SMART teams.



Specific

Measurable

Achievable

Relevant

Time-bound



Penn West Philly Basketball League (PWBL)

PWBL offers weekly practice and game days for middle school and high school students. Penn students serve as coaches.

- Practice before school reduces tardiness
- Culminating games on the Penn campus at the Palestra
- 40 middle school students on four teams, coached by 12 Penn students
- About 30 high school students on four teams, coached by two Penn students
- High school league led by Penn Police officer through a partnership between Penn Public Safety and the Netter Center

YOUNG QUAKERS OVERVIEW



- 258 Young Quakers & 163 Big Quakers in the program in 2022-2023
- Brings 4th- through 8th- grade West Philadelphia students at University-Assisted Community Schools (UACS) to Penn for athletics, mentorship, and fun
- Partners with Track & Field, Penn Men's and Women's Lacrosse, and Men's and Women's Basketball teams
- Creates mutually beneficial, transformative experiences for Penn athletes and UACS students
- Emphasizes sports-based youth development with a focus on trauma-informed sports practice
- Uses "Team Time" for continuous self- and team-reflection

YOUNG QUAKERS LEADERSHIP ACADEMY



Young Quakers Leadership Academy (YQLA) offers leadership programming and practice for 7th and 8th graders in partnership with the Penn Wharton Leadership Academy (PAWLA). Curriculum is developed and implemented by PAWLA students once a week.

CROSS GRADE SPORTS

- 
- 38 high school students at three UACS high schools
 - Career and college readiness training
 - Tours, scavenger hunt, resume preparation, sports presentations
 - Coach K-5 students at three K-8 UACS schools
 - Summer and school year paid programming
 - Supported by five Penn students

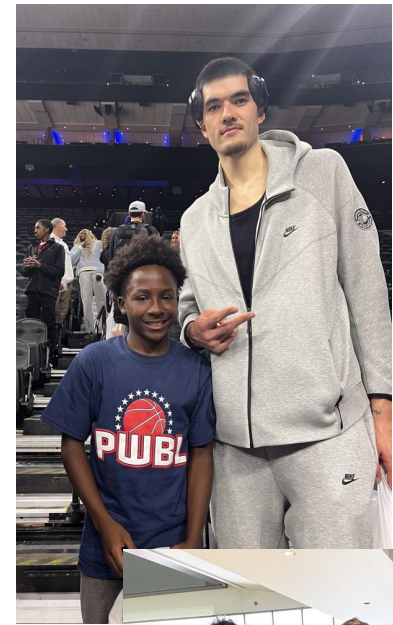
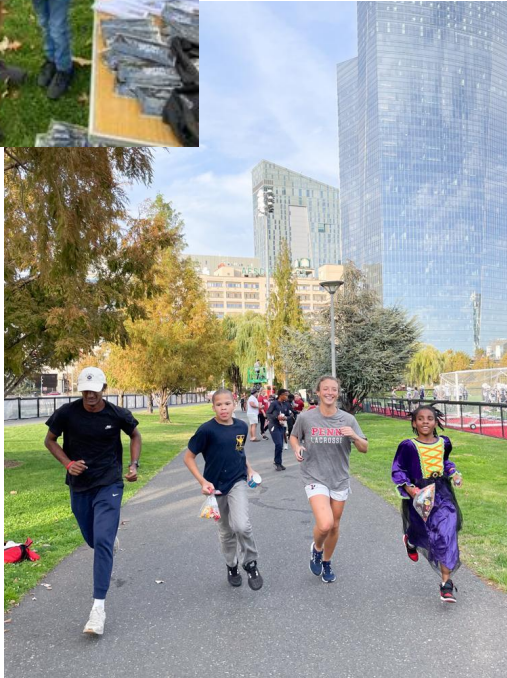
STUDENT COUNCIL



A group of Penn students who work with Sports, Fitness & Health in a variety of ways also created a student group that helps recruit students, organize trainings and meetings, and fosters community to support students in the work.

ALUMNI ENGAGEMENT

- Young Quakers Track & Field alumni run an annual shoe drive and help distribute shoes at Track or Treat
- Penn Athletics alumni participate in mentorship opportunities through Young Quakers Leadership Academy
- Penn West Philadelphia Basketball alumni join PWBL athletes for dinner and a Sixers/Grizzlies game



SPORTS, FITNESS & HEALTH IN THE NEWS

YOUNG QUAKERS

- Video created for the new Penn & Philly website, hosted by the Office of the Executive Vice President and featured the partnership with Women's Lacrosse.
- Video spot featured on Jumbotron and in the Palestra at Penn home games
- Featured in Penn Parents magazine, Spring 2024



PENN WEST PHILADELPHIA BASKETBALL LEAGUE

PWBL was featured in the *Philadelphia Inquirer* on May 14, 2024

SPORTS, FITNESS & HEALTH AND THE UNIVERSITY

ATHLETICS PARTNERSHIPS

- Big Quaker Teams
 - Track & Field
 - Men's Lacrosse
 - Women's Lacrosse
 - Men's Basketball
 - Women's Basketball
- Center for Student Athlete Success
- Strength & Conditioning
- Penn Relays
- Penn Athletics Wharton Leadership Academy (PAWLA)
- YQ podcast with Alanna Shanahan & Ira Harkavy (Powering the Next 100)
- YQ promo video
- Hiring Penn Athletes from all varsity teams

OTHER PARTNERSHIPS

- African-American Resource Center
- LGBTQ+ Center
- Penn Museum
- Allied Security
- Penn student clubs
 - Community Champions (Penn Nursing)
 - We Can Swim
 - Special Needs Undergraduate Swim Lessons (SNUGS)
- Health partners
 - Uplift Center for Grieving Children
 - CHOP
 - Penn Medicine
- JMI
 - IBX
 - Macquarie
- Penn Rec