

Jennifer Moffat

## Athletic Project Proposal

### Introduction

I am a proud graduate of Derby High School. I was a 4 year Varsity softball player and am now in my 22nd year being the assistant coach. When I was a junior, my physical education teacher convinced a group of us to volunteer for the 1995 Special Olympics World Games, being held here in CT. That was the day that my passion for volunteering and community service began. According to the most recent CSDE School Profile and Performance Report (2018-2019), Derby High School educates 330 students in grades 9-12.

### Who

At Derby High School, we currently offer six Fall sport programs (Girls' cross country, Boys' cross country, sideline cheerleading, Girls' soccer, Boys' soccer and football), six Winter sport programs (wrestling, competitive cheer, Girls' basketball, Boys' basketball, Girls' indoor track & field and Boys' indoor track & field), and four Spring sports programs (softball, baseball, Girls' outdoor track & field and Boys' outdoor track & field). That is a guaranteed minimum of 16 times, throughout each school year, that our High School student athletes would be out in the community giving back. At Derby Middle School we offer three Fall sport programs (Girls' cross country, Boys' cross country and Co-ed soccer), two Winter sports programs (Girls' basketball and Boys' basketball) and four Spring sport programs (softball, baseball, Girls' outdoor track & field and Boys' outdoor track & field). This provides us the opportunity for our Middle School athletes to be visible out in the community giving back a minimum of 9 times, throughout the school year. The first hurdle is to get the buy in from each coach on the importance of community service and volunteering.

## What

Community service is time given by a person or group of people for the benefit and betterment of their community without any form of compensation. At Derby High School, there is currently no graduation or athletic participation community service requirements. I believe that this change would be an essential piece of fostering well rounded student athletes. Our athletic teams receive an abundance of support from the community, and it's time for us to do the same for them. Each and every athlete will be required to participate in the community engagement project, that either the coach or they together as a team choose to plan and implement. This will also be a great team building exercise that will be fun and teach all involved a lesson in giving back when they see the need.

## When

The community service can happen at any point during the calendar school year. However, it is highly recommended that the coach meets with their team to get their input, schedules their community service event and gets approval for their project prior to their season start date. This will give them time to get the student athletes to buy in and ensure that they are informed well in advance of the details of this special event.

## Where

It will be encouraged that we stay within Derby. If all avenues have been exhausted and there are no opportunities in town, we will then discuss options in the surrounding valley towns. The goal is to provide a helping hand and to visible out in our community.

## Why

Community service will help each student athlete become well-rounded individuals before they graduate. Providing a helping hand to those who need it will help them become empathetic to others' situations. Requesting that all student athletes participate will give them a collective sense of accomplishment and show them that teamwork is important both on and off the athletic field, court, mat or track.

How

Administrators meet prior to the school year to discuss community service opportunities. Coaches and the athletic director meet prior to the start of their seasons to discuss project options. Coaches bring those options back to their athletes, or the coaching staff decides on what they will be doing. The AD and school administrators sign off on the plans, and the community service project is approved.

Assessment and Evaluation (Articles, BOE minutes)

<https://an.athletenetwork.com/blog/why-volunteering>

<https://lib.dr.iastate.edu/cgi/viewcontent.cgi?article=1174&context=creativecomponents>

<https://www.nfhs.org/articles/developing-a-culture-of-community-service-for-your-program/>

<https://www.nfhs.org/articles/student-athletes-and-community-service-a-win-win-strategy/>

[http://mssaa.org/gen/miaa\\_generated\\_bin/documents/basic\\_module/Complete\\_Essay\\_Book\\_2011.pdf](http://mssaa.org/gen/miaa_generated_bin/documents/basic_module/Complete_Essay_Book_2011.pdf)

<https://www.fhcamps.com/why-athletes-should-give-back-to-the-community/>

<https://blog.suny.edu/2020/02/5-reasons-why-students-should-engage-in-community-service/>

## Conclusion

Derby is the smallest city in CT and we may be small but we are mighty. I'm excited to get this new project approved by our ADMIN team and our Superintendent.