

2024-2025

# Program Guide

Urban Initiatives' mission is to use the power of sport and play to empower Chicago's youth to achieve academic success, develop social emotional skills, and build social capital.



Register for  
programming **HERE:**



All Urban Initiatives' programs are grounded in the Weikart Center's Youth Program Quality Assessment, a best in class evaluation tool verified by research. Our staff are trained in key coach behaviors and program activities which provide a healing-centered environment for critical social emotional learning skill growth.

*Urban Initiatives is a CPS Strategic Source Vendor for OST, OSEL, & OSHW (#50134)*

# Programs Overview



Program	Price	Audience	Provided
<b>Recess</b>	\$37,000	All students	Daily structured recess facilitation for all grades + additional support
<b>OST SEL Soccer (Travel* &amp; Non-Travel)</b>	\$7,500 - travel \$4,500 - non-travel	Up to 30 2nd - 4th graders	2, 10-week seasons 3, 90 min sessions/week *5 travel game days
<b>Pre-K SEL Soccer</b>	\$4,500	Up to 20 Pre-K students	2, 10-week seasons 3, 90 min sessions/week
<b>Parent Workshops</b>	\$250/hour	Up to 30* participants <small>(*can accommodate up to 150 for additional fee)</small>	1 hour stand-alone workshop or workshop series
<b>Staff PD Workshops</b>	\$250/hour	Up to 60* participants <small>(*can accommodate up to 100 for additional fee)</small>	1-2 hour stand-alone workshop or workshop series
<b>Summer Camp</b>	\$6,000	Up to 50 rising 1st - 5th graders	5 weeks, 4 days/week, 3 hours/day
<b>Take the Lead</b>	<b>Free</b> add-on for soccer schools (SY24 & SY25 soccer participation required)	5-15 Middle School Students (5th-8th grade)	Quarterly retreats Monthly school-based SEL huddles
<b>Coach for Success</b>	\$4,500	Up to 15 9th & 10th graders	2, 10-week cohorts Bi-weekly 2-hour sessions Monthly mentor events

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)

# Recess Program



Urban Initiatives' (UI) Recess Program enhances and enriches the value of recess as a vital break from the demands of the academic day. By taking a healing-centered approach, highly-trained UI Recess Coaches provide opportunities for improved physical activity, community building, and social emotional learning development through active play. They maximize impact by implementing active, safe, restorative, and fun recess every day!

## THE BASICS:

Recess programming provides active structured play with opportunities for social emotional learning skill development:

- 6 hours of staffed support by Recess Coach
  - 20 min of structured recess activities per grade, daily
  - Additional duties during non-recess hours (e.g., lead classroom energizers, provide front office support, join school committees, etc.)
- 1 PD session for all school-based recess support staff

**Cost: \$37,000 annually**

## UI PROVIDES:

- School-based Recess Coach
- Training for coach & additional recess staff grounded in principles from the Weikert Center for Youth Program Quality
- Accessible management to support program quality with bi-weekly in-person presence

## SCHOOL PROVIDES:

- Designated, conducive space for both outdoor and indoor recess activities
- Additional staff presence at recess to support student safety and program quality
- Administrative point person of contact for UI staff

## OUR PHILOSOPHY

Often recess and play within a school community is viewed as a privilege - one that is frequently the first to be lost when youth break rules and overstep boundaries. We believe play is a right, and that when used correctly, recess can be a center for restorative and healing centered practices that create improved school cultures where youth can thrive. With buy-in from key staff members, we build a coalition that provides youth with essential play-based learning opportunities that benefit the entire school day.

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)

# OST Soccer



Out-of-school-time (OST) soccer programming is part of Urban Initiatives' (UI's) suite of social emotional learning (SEL) services designed to build a strong foundation of SEL through sport and play. The OST soccer curriculum uses soccer as a tool to support SEL and soccer skill development. Each session involves experiential learning through play and discussion.

## THE BASICS:

- Teams composed of up to 30 2nd-4th graders
- Two 10 week seasons, three 90-minute sessions/week
  - Fall season Sept-Dec.
  - Spring season March-May
- Travel & non-travel options

**Travel Cost:** \$7,500 annually

- 5 travel game days

**Non-Travel Cost:** \$4,500 annually

- Intra-team games

## UI PROVIDES:

- Recruitment of students
- Training for coaches grounded in principles from the Weikert Center for Youth Program Quality
- Curriculum designed to integrate SEL & soccer skills
- Equipment for practices
- Accessible management to support program quality

## SCHOOL PROVIDES:

- Head Coach\* & Assistant Coach\* (members of school community)
  - \*School provides personnel; UI pays them
- Practice space (indoor & outdoor)
- Administrative point person of contact for UI staff
- Equipment storage location

“My favorite part about soccer is being part of a team and getting to work together at something. And I love getting to meet other kids and play them on game days!”

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)

# Pre-K Soccer



The Pre-K soccer program is based on our traditional OST soccer program, utilizing a curriculum geared toward younger students to simultaneously support SEL and soccer skill development. Each session involves experiential learning through play and discussion, building a strong foundation of SEL through developmentally appropriate sport and play. Our Pre-K soccer program helps fill the emergent need for high quality after school programming for our youngest students.

## THE BASICS:

- Teams composed of up to 20 Pre-K students
- Two 10 week seasons, three 90-minute sessions/week
  - Fall season Sept-Dec.
  - Spring season March-May

Cost: \$4,500\*  
annually

## UI PROVIDES:

- Recruitment of students
- Training for coaches grounded in principles from the Weikert Center for Youth Program Quality
- Curriculum designed to integrate SEL & soccer skills
- Equipment for practices
- Accessible management to support program quality

## SCHOOL PROVIDES:

- Head Coach\* and Assistant Coach\* (members of school staff)
  - \*School provides personnel; UI pays them
- Practice space (indoor & outdoor)
- Administrative point person of contact for UI staff
- Equipment storage location

“ My child is always asking, "When's soccer? When's Monday?" Every day! I say, "You love soccer that much?" She says, "Yes!"  
- Parent ”

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)

# Parent Workshops









Urban Initiatives (UI) takes best practices from our 20 years in sport- and play-based youth development to create fun and meaningful experiences for adults and kids. Participants will learn research-based and trauma-informed strategies to connect through play, build resilience, identify and regulate emotions, and support social emotional development. UI's core methodology is adapted from the Weikart Center's Social & Emotional Learning Program Quality Assessment. Parents and guardians will leave our workshops with practical strategies.

## WORKSHOP OPTIONS:

**\$250/hour**  
(standard session =  
1 hour)

**All workshops are interactive and experiential, allowing participants to: play games, connect with other parents/guardians, learn research-based strategies, and leave with a toolkit. Standard topics listed below; new content can be created for an additional fee.**

-  or  • **Power of Play (single session)** - introductory workshop focused on discovering how play can help students develop their social and emotional skills
-  or  • **Let's Play (series of 4 sessions)** - introduction of the UI Game Cycle to support students' social-emotional well-being during gameplay
-  • **Supporting Resilience & Healing Through Play (series of 2 sessions)** - workshop series that explores how play can be a powerful tool for building resilience and promoting healing
-  • **Parents/Guardians as Coaches (series of 3 sessions or 6 sessions)** - workshop series focused on learning effective coaching behaviors to create positive environments, enhance youth experiences, and promote play and social-emotional well-being



**Adults & kids**



**Adults only**

### UI PROVIDES:

- Content and training materials
- Facilitation (English, Spanish, or both)
- Outreach & recruitment toolkit

### SCHOOL PROVIDES:

- Space
- Participants and outreach
- A/V Equipment (projector & sound)

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)



Creating engaging PD for your school team is hard! Urban Initiatives' Professional Development workshops create a connected, fun, and supportive environment with staff, weaving together UI's research-based methodology (developed in collaboration with the Weikart Center for Youth Program Quality), our 20 years of experience in Chicago Public Schools, and your school's SEL priorities to build a stronger and more supportive environment school-wide.

## WORKSHOP OPTIONS:

\$250/hour

**All workshops are interactive and experiential, providing participants with training and tools to build positive connections with kids while having fun and bonding as a staff.**

**Standard topics listed below; new content can be created for an additional fee.**

### 1 Supporting Healing Environments Through Play

(2-hour single session or series)  
Building experiences into the school environment that support young people who have experienced trauma and help them self-regulate under stress, build transferrable SEL skills, and grow towards independence.

### 2 Recess Fundamentals

(Two 2-hour sessions OR four 1-hour sessions)  
Building procedures and practices to support a safe, fun recess while learning healing-centered coaching skills to enable structured play, SEL growth, and restorative conversations.

### 3 Custom Workshop

(1-2 hour sessions)  
For an additional fee, UI staff will collaborate with you to develop custom content that aligns with your school's initiatives regarding SEL, restorative practices, and staff collaboration/connectedness.

## UI PROVIDES:

- Content
- Facilitation
- Take home training materials for participants

## SCHOOL PROVIDES:

- Space
- Participants
- A/V Equipment (projector & sound)

“**These interactive workshops are essential to us as adults to gain different tactics on SEL that will benefit the students.**”  
- CPS teacher

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)

# Summer Sports Camp



Urban Initiatives has a 10+ year tradition of organizing and facilitating a fun and active day camp at partnering schools for 1st-5th grade students during the summer. Summer Sports Camp emphasizes team sports & activities, health education, social emotional learning development, and lots of active play! UI trains all camp coaches in sports-based youth development practices so students can enjoy a safe and active summer by playing and learning together with caring coaches.

## THE DETAILS:

- **Dates:** June 24th - July 25th (5 weeks)
  - 4 week option: July 1st-25th
- **Days:** 4 days/week (Mon-Thurs.)\*
  - *\*NO CAMP July 4th*
- **Time:** 3 hours/day
  - Morning option: 9am-12pm
  - Afternoon option: 12-3pm
- **Enrollment:** up to 50 rising 1st-5th grade students

**\$6,000 total cost**  
(\$5,000 for 4-week option)

## UI PROVIDES:

- Additional coach(es) trained to facilitate sports-based youth development programming
  - *\*all staff are trained and background checked*
- All equipment
- Accessible Program Manager to support program quality with weekly in-person presence

## SCHOOL PROVIDES:

- One coach from school community
- Outdoor field with access to indoor gym in the event of inclement weather
- Access to indoor space for restrooms & drinking water
- Storage space for equipment
- On-site supervisor to serve as real-time point person for Program Manager

**Student recruitment is a collaborative effort**

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)



# Take the Lead



Take the Lead is a leadership development and high school readiness program that offers middle school students the opportunity to serve as Team Captains for younger students on the Urban Initiatives soccer team or on other sports teams within their school community. Captains participate in group mentoring sessions, or “huddles”, that promote the development of key social emotional learning skills. Through quarterly leadership retreats, students meet fellow Captains, build their peer networks, and develop social capital and transferrable leadership skills.

## THE BASICS:

- Serves up to 15 5th-8th graders
- Monthly huddles
- Quarterly retreats

TTL is a FREE add-on to OST soccer after *at least one year of participation*

## UI PROVIDES:

- Recruitment of students
- Curriculum for TTL Coach designed to promote SEL and leadership skill development
- Recruitment and training of TTL Coach
- Transportation for retreats

## SCHOOL PROVIDES:

- Space for monthly huddles
- Access to student recruitment opportunities
- Point person of contact for UI staff
- Referrals/recommendations for TTL Coach from school community

“ I learned that you should always set an example. The program made me care about my teammates more. ”

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)

# Coach for Success



Coach for Success (CFS) is Urban Initiatives' college and career readiness program for high school students. The program provides after-school workshops that teach critical skills needed for post-secondary success along culminating in semi-annual networking parties that expose participants to diverse examples of success. CFS students will have the opportunity to engage in monthly events with UI staff and mentors from Chicago's professional community. Our young people practice such transferable skills as networking, communication, financial literacy, stress management, and more, with a healing-centered approach at its core.

## THE BASICS:

- 2 10-week cohorts (Fall & Spring)
- Serves up to 15 9th & 10th graders
- Bi-weekly SEL skill-building sessions
  - 2 hours, after school
- Monthly group mentoring events
- Potential for summer youth employment opportunities and global sports experiences

**Cost: \$4,500  
annually**

## UI PROVIDES:

- SEL curriculum facilitation
- Fun, games, & snacks included in every program session
- Job/internship opportunities
- Networking & mentoring events
- Transportation stipends for students attending off-site events
- Accessible & responsive Program Managers

## SCHOOL PROVIDES:

- Space for bi-weekly after school SEL skill-building sessions
- Administrative point person of contact for UI staff
- Collaborative student recruitment effort
- Staff chaperones for off-site events

**“ I can speak more clearly now...the networking events and monthly sessions really helped because I got to practice and got more confident. ”**

*- CFS student participant*

Need more info?

[schoolpartnerships@urbaninitiatives.org](mailto:schoolpartnerships@urbaninitiatives.org)