

# Milwaukee Tennis & Education Foundation 2009 Measurements

## GOAL #1: ACADEMICS

### Grades, homework, school attendance & AAEC

**Rubric:** MTEF believes that children enrolled in programming will make progress not only on the tennis court, but also in their academic lives and will exhibit personal responsibility for their academic progress by attending school and completing homework assignments and submitting them in a timely fashion.

#### 1a. Grades and school attendance

##### Desired outcomes:

- MTEF will track quarterly grades in the following subjects: mathematics, literary arts (English, reading), history, and science
- The submission of quarterly report cards and attendance records will be a mandatory requirement for all MTEF after-school and summer core programs
- Grades will be assigned according to the scale used by the First Serve National office. It is as follows:
  - A+, A, A- = 4.0
  - B+, B, B- = 3.0
  - C+, C, C- = 2.0
  - D+, D, D- = 1.0
  - F = 0.0
- MTEF, as part of the tennis program, expects that the child enrolled in the program will show progress in their academic program
- MTEF will introduce children at the appropriate age and educational level and his/her family to the First Serve Life Skills Curriculum

##### Measures of success:

- Each child will sign a contract that details the expectations of the program
- Parents will be asked to release their child's quarterly grades and attendance record to MTEF
- Each participant is expected to make progress in their academic program
- MTEF expects 90% school attendance of every participant MTEF will use report cards to track a child's progress for a one-year period for all children enrolled in after-school programming.
- Participants in the after-school program will also be required to attend the Summer Tennis & Reading Program

- Year-ending report cards will be a mandatory requirement for admittance to MTEF's Summer Tennis & Reading Program
- Teens enrolled in the after-school program will be asked to give back to the program by working in a paid position within the summer program
- Children using the Life Skills Curriculum will show an increase in their GPA's

### **1b. Homework & Reading**

#### **Desired outcomes:**

- Students will all be introduced to UNIT 9 of the Life Skills Curriculum at the beginning of each annual after-school program
- Students will be responsible for bringing homework to after-school sessions so that they can receive tutoring on subjects that are challenging
- Students will be entered in a book club with age appropriate books

#### **Measures of success:**

- We will track the number of homework help hours of each child
- Student's GPA will improve
- Parents will report that the program is of assistance to their child
- Students will build a portfolio which details the Life Skill's Practice Activities that the children accomplish during their homework sessions
- MTEF will track the number of books read by each child

### **1c. Arthur Ashe Essay Contest**

**Rubric:** MTEF believes that each child enrolled in its tennis programs will exhibit a respect for the history of the game by learning about individual players, documenting research about the game and major players of the game, and writing an informed annual essay about the game of tennis.

#### **Desired outcomes:**

- All the children will enter the Arthur Ashe Essay & Art Contest
- Each child will receive a rubric writing score, which will be graded by the following terminology: minimal, basic, proficient, and advanced. Staff members will be committed to raising each child at least one rubric level before the essay or art piece is submitted.

#### **Measures of success:**

- All the children will commit to entering the contest as a mandatory component of MTEF's after school program and summer Tennis & Reading program.
- Depending on the learning/reading level of the child, he or she will be measured on his/her response to the contest in the following ways:
  - Minimal level—Writing or a work of art exhibits no central idea or there is a disconnect between ideas and supporting

- evidence, or insufficient supporting evidence or the art piece is not coherent.
- Basic level—Writing or artwork demonstrates an awareness of the audience but does not fully capture the writer’s purpose or the artist’s conception in a way that the voice or piece of art is authentic and/or is inappropriate as demonstrated by tone, diction, vocabulary or fails to capture the artist’s concept.
  - Proficient—Writing shows a basic sense of beginning, middle, and end; a functional introduction, body, and conclusion; and, for the most part, focused and orderly paragraphs. In the use of multi-media, the artist attempts to capture the essence of the game on canvas or in different media, but the piece lacks coherence
  - Advanced—Writing demonstrates a logical and clear structure, incorporating graceful transitions and unified paragraphs with a clearly written essay that incorporates a love for the game of tennis. The artist clearly captures the grace and artistry of tennis and represents the beauty of the game.
- MTEF will track the total number of entries submitted by MTEF with an overall goal of 85% compliance

## **GOAL #2: TENNIS**

**Rubric:** MTEF believes that its coaching staff and instructional techniques will improve the tennis skills of all the tennis players enrolled in the program, which will lead to competitive play and, for the younger children, high school team play

### **2a. Instruction**

#### **Desired Outcomes:**

- An on-court pre and post program tennis skills test will be administered to each child enrolled in the program. The test will grade forehand and backhand ground strokes, volleys, overhead, serve and return of serve
- Each player will be assigned an NJRP rating after the skill test is completed. Levels will be adjusted at the end of each semester and at the end of the summer
- A classroom pre and post test, Tennis Knowledge Test, will be administered to level entry players
- All level entry players will study Unit 3 in the Life Skills Curriculum
- Players with good grades and attitudes will have the opportunity for private lesson instruction
- Children will focus on improving their skills through practice

**Measures of success:**

- MTEF will develop a portfolio of each child's skill tests, tournaments, and document their levels of play
- Players will improve their play annually by one level
- Each player will be able to pass a written test on the rules of tennis and etiquette appropriate to their level

**2b. Competition**

**Desired outcomes:**

- The ultimate determination of a player's level will be derived from competition—children will play in annual tournaments
- Children will take part in tourneys as ball runners and court monitors
- Each child will document their interest in tennis by attending a professional or college level tourney
- Parents will encourage their children to watch tennis on T.V.
- Players will showcase positive court etiquette and a thorough knowledge of the rules of tennis when playing in tourneys
- Children who go on to try out and play high school tennis
- The teens on the high school teams will improve their level of play
- Teens will work with children enrolled in the summer program
- Children in First Serve will participate in the Student-Athlete Competition and do their best to be ranked in the top 25 in the country. MTEF will document the number of students that achieve this goal.

**Measures of success:**

- Children will work towards playing in the following competitive events
  - A) Jr. Team Tennis & traveling team matches
  - B) Rookie, Elite and Major's Cup non-sanctioned Tournaments
  - C) Sanctioned USTA Jr. tournaments
- MTEF will document the number of children that compete in competitive events
- MTEF will track the number of matches won in these events
- MTEF will track the number of children who achieve a USTA ranking
- Each child will document their competitive events in their portfolio
- No MTEF trained player will display poor court etiquette or a lack of the basic knowledge of the game of tennis
- 50% of MTEF's children will play tennis on a high school team
- Seventy-five percent of the teens enrolled in the after-school program will work in the summer leagues

### **GOAL #3: FITNESS AND HEALTHY LIVING**

**Rubric:** In order to address obesity, which has become a national epidemic, MTEF will educate children on the advantages of healthy living, proper eating habits and the benefits of regular physical exercise

#### **3a. Physical Fitness**

##### **Desired outcomes:**

- All the children will be introduced to Unit 7 of the Life Skills Curriculum
- Children will be able to discuss the benefits of physical fitness
- All the children will be tested on the following activities: hexagon, spider run, sideways shuffle, 50 yd. dash, sit and reach, mile run, and standing vertical jump at the beginning of each annual after-school program and at the end of the program
- Each child's Body Mass Index (BMI) will be measured at the start of the program, then measured one year later and documented in their personal portfolio

##### **Measures of success:**

- Children will show improvement on the following activities: hexagon, spider run, sideways shuffle, 50 yd. dash, sit and reach, mile run, and standing vertical jump at the end of each session
- Measure each child's Body Mass Index (BMI) at the start of the program, then measure and compare at the end of the program.

#### **3b. Healthy Living**

##### **Desired Outcomes:**

- MTEF will invite doctors from Wheaton Franciscan Healthcare - St. Joseph and the Medical College to review our proposed Obesity Project and garner support for the program so that MTEF can start to approach local funders and introduce the program to the parents and caregivers of the children in the summer leagues
- Staff at both institutions will attend all meetings during which the nutrition program is discussed and designed for the families.
- A Physical Therapist from St. Joseph will continue to provide on-court demonstrations and workshops
- All the children will be introduced to Unit 8 of the Life Skills Curriculum Meals and snacks served to the children in the summer leagues will be healthy and nutritious
- Meals planned for the children will be reviewed by nutrition staff from the healthcare agencies listed above
- Parents of the children will receive a copy of the menu for the week which stresses the calories, fat content of the servings and a review of healthy food content, size of serving, and nutritious choices

- Families of the children will be invited to attend seminars on healthy living and preparing nutritious meals in their homes
- MTEF will purchase books for the children that are age appropriate and stress the need for positive choices when preparing to purchase snacks and beverages and/or choose food in their cafeteria food lines
- One reading session a week will be devoted to reading about good nutrition
- All the children will be introduced to the practice activities in Unit 8 of the Life Skills Curriculum
- 100% of the children will be exposed to the process of making good choices about the food they ingest on a daily basis
- MTEF will partner with Will Allen's Growing Power/ Nutrition Program to increase knowledge of participants in nutritional foods and drinks and collaborate with Boys & Girls Club to implement the Healthy Start Program Initiative for nutritional counseling and cooking and UW-Milwaukee to set-up an exercise program for each child which continues the lessons learned in the summer leagues.

**Measures of Success:**

- All the families will join the program after personnel from both institutions answer their questions during family meetings
- All the children will study Unit 8 of the Life Skills Curriculum and include the practice activities in their portfolio
- 50% of the parents and caregivers will be able to document successes in making changes in their family's eating habits
- Families will be able to document changes in their eating habits
- All the families will attend at least one of the seminars
- 100% of the children will be given a pre-test and post-test about their understanding of health issues related to food they consume
- 75% of the children in a post-survey after the summer leagues will be able to recount stories about making changes in their buying habits when purchasing snacks
- 100% of the children will write an essay on changes that they have made in their eating habits and making positive choices in the foods they consume at home
- All the children will document that they have completed the practice activities in Unit 8 of the Life Skills Curriculum
- 100% of the children in the post-survey mentioned above will be able to explain how to choose a snack and healthy drinks that are nutritious and healthy in a post test at the end of each two week camp
- 100% of the parents and caregivers will be contacted and asked to respond to a post-survey will be able to recount how their child (ren) is/are more aware of what they are choosing when they shop for snacks and healthy drinks Growing Power staff will meet with

all the families to explain the nutritional value of organically grown of fruits and vegetables

- The families will be offered the opportunity of receiving food and vegetables from Growing Power on a weekly basis
- Organic food will be supplied by Growing Power on a weekly basis for families that join the program
- The families will tour the Growing Power greenhouses and gardens
- 100% of the selected children in the pilot project will be enrolled in the Healthy Start Program.
- Each family will be given their child's (ren's) profile(s) and encouraged to encourage their child (ren) to perform exercise at home on a daily basis.

## **GOAL #4: ATTITUDE & ATTENDANCE**

**Rubric:** MTEF recognizes that it is hard to quantify attitude and motivation, which are key skills in determining success, but there is a commitment on the part of all the coaches, staff and players to create a positive atmosphere within the program while attending and practicing on a consistent basis.

### **Desired outcomes:**

- When first entering the after-school program, all the participants will study Units 1-3 and include their Practice Activities in their portfolio
- All the summer league players will be introduced to the basics of Units 1-3 as part of their daily tutorial program
- All participants will be introduced to the rules and expectations of the MTEF Tennis program
- All the participants will set social goals for themselves which helps them learn to interact with fellow players, coaches and tutors, and tourney officials
- The number of children enrolled in the program will grow each year and 50% of the summer league players will enroll in the after-school program
- The First Serve program will increase the number of children who enroll in the summer leagues and competitive events
- The children enrolled in the First Serve program will display an advanced understanding of the rules of tennis

### **Measures of success:**

- In tests, children will show their understanding of the first three chapters of the Life Skills Curriculum
- All participants will achieve 80% daily attendance
- All participants will be judged by MTEF staff and coaches on their attitude using the following rubrics:

- The individual player **sometimes** works well with others on the tennis court and in activities
- The individual **often** works well with others toward the achievement of tasks during lessons
- Individual player **works consistently** well with others towards the achievement of daily goals and tasks
- Monthly assessments will be made by MTEF staff and coaches and shared with players and summer staff
- All the players and staff will be able to show a consistently positive attitude toward the game and others in the program