

UP2US SPORTS PROGRAM TRAININGS

Up2Us Sports offers training on sports-based youth development program design, program quality, and evaluation. Intended for program directors and staff, these trainings provide the tools needed to increase the impact of youth sports programs.



SPORTS-BASED YOUTH DEVELOPMENT PROGRAM QUALITY

This session is an introduction to sports-based youth development (SBYD) program quality and the elements that contribute to achieving SBYD outcomes. Learn about program design, evaluation, and coach support and training are all key tenants to building and sustaining SBYD programs that achieve their intended impacts.



TRAUMA-SENSITIVE PROGRAM DESIGN

Rooted in brain development and organizational design research, this training focuses on strategies that help programs provide a safe space for young people who have experienced trauma. Participants will leave with a better understanding of the impact of trauma on behavior and the ability to identify strategies that will work with their own program's culture, program activities, staff and external stakeholders.



CHANGE THE GAME

Sports System Re-Design is an innovative strategy for leaders and administrators of sports-based youth development to modify the sport experience to achieve desired outcomes. Join other programs and leagues that use sport as a way to achieve specific outcomes in youth development - both on and off the field.



MONITORING & EVALUATION

This training will introduce participants to key concepts to consider when designing an evaluation plan for a sports-based youth development organization. The focus will be on practical steps to take to ensure your plan is consistent with program theory and a good fit for the capacity and needs of your organization.