



A Silent Summer To Reflect: 50 Years

At a quick glance, Case Western Reserve University's Adelbert gym looks no different. Manicured lawns leading to angular sidewalks, tree-shaded benches beckoning rest, and the university's buildings standing majestic and prestigious as always. But if you stay a moment longer, you'll notice the emptiness. No worn sneakers hitting the lawn, no carefree sounds of children laughing, no whistles or balls. This year-- NYSP's 50th Anniversary Year-- is one of celebration and accomplishment. While the world takes a necessary furlough in light of COVID-19 perhaps this celebration turns inward and quickens our hearts with deeper appreciation for all that NYSP has been through the years. Let this summer of reflection and slower pace bring thankfulness instead of bitterness, remembering all that NYSP means to you.

NYSP Goes Virtual! Let's Move and Groove At Home!

Here are a few of the challenges you can do at home!

- o Make trail mix and get creative with fruit
- o Learn how to garden
- o Dance and exercise
- o Do a free throw basketball challenge
- o Jump rope or hula hoop

To learn more, visit our page at:
facebook.com/NYSP.CWRU



Meet the Director



It was just a dream. Thirty-two years ago, Dennis “Coach” Harris envisioned a campus-based summer program that pairs sport training with academic learning. Driven by a passion to see sport savvy inner-city kids better prepared for college—this former OSU football player set about creating the framework and sharing his passion with others.

As the first in his family to attend college, he understands well that college prep doesn’t always happen in school. His father attended what he calls the greatest university of all time—World War II, where learning about world systems isn’t a classroom course, but a flesh and blood reality. And with a mother who poured into the neighborhood children and welcomed them in her home, he saw how education helps them understand how the world works so they become productive contributors to our society.

In 1996, he took over NYSP and transformed a small sports program into an impressive summer academy that rivals private schools in it’s breadth. From swimming to health and wellness, basketball to business and math, track and field to innovation and computer science, Coach Harris constantly reaches for new opportunities to bring to the program. Coach Harris’ vision now is-- the same as always-- to see continued growth of the program on campus, many more summers that students hope and dream for their future, grasping more opportunities than those who’ve gone before. Now it’s so much more than a dream.



Health & Wellness



Put Down The Controllers And Play A Real Game!

Get outside and get to gaming, the old school way! Exercise is essential to staying healthy—but the best workouts are those that happen in competition. It's no secret that the drive to win boosts interest in the work-out, but did you know it takes your mind off exercis-ing too?

A Time article entitled "Science Says This Is the Best Motivation To Exercise," cites a study comparing competitive to non-competitive exercises.

No surprise, the competitive group ultimately worked out more, pushed themselves harder, and enjoyed the process. You can even compete against yourself with daily sport challenges like shooting free throws or kick-ing goals. Have fun and play a game!

<https://time.com/4553305/workout-competition-exercise-motivation/> *Author Mandy Oaklander

Health & Wellness Tips

Build An Obstacle Course or Climb A Tree

A simple solution for a quick and easy challenge is to build your own obstacle course. Grab a few simple items you probably have lying around your house and set it up. You can jump over basketballs, hop over hula hoops, swing on a spare rope, and jump rope through the finish line. Obstacle courses are a great way to target different muscle groups and stay in shape all while having fun! Post your obstacle course ideas on our Facebook page.



Nutrition Awareness



Staying Home And Healthy

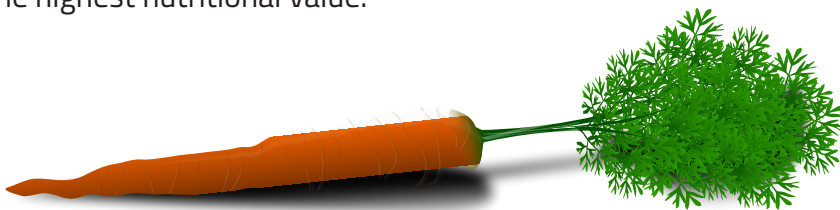
How easy (and cheap!) it is to grab fast food. Now, more than ever, making your own food at home is the best option. Freshly prepared food does not have as many harmful preservatives, and you control what ingredients to add. It's also safer to control how many people touch your food, given the spreading virus. Check out Coach Sheron's virtual snack suggestions for a quick fix.

Staying Connected For A Healthy Mind

Isolation is real, and helping kids who are alone at home during this season is critically important. NYSP Virtual offers helpful tips to give kids daily goals and keep from feeling so alone. While one on one mentoring isn't possible this year, providing support through online resources is a why we can fill in the gap.

Nutrition Tips

Feel great when you eat to live! Crunch a carrot, munch a sweet pep-per, and bite an apple-- eating raw (uncooked) foods gives the highest nutritional value.



Voices of the Youth



CAMERON *"[NYSP] has classes that teach you about cultural diversity, they give life advice, there's art, there's sports, it provides opportunity. I want to go to college and I want to play sports, and I'm not just focusing on sports, I'm also focused on my academics so that I can have a good degree and get a good job..."* Twelve-year-old Cameron loves playing sports all year round, so when her mom asked her if she'd want to do NYSP it was a definite yes. After participating in the program, she enjoyed every aspect, including the academics. She really appreciates the example the staff sets by carrying themselves well and staying positive, and she can't wait to do it again.



KENDALL *"I would definitely recommend [NYSP], because not only does it help you with sports, it also helps with academics, for example civics class it taught us about the justice system and how to cooperate with the police with all that's going on in the world, so we won't have violence. My favorite memory is playing pick-up basketball five on five, it was pretty fun and it helped me work on my sport skills. My dream career is becoming an animator or software engineer at Google, or study at MIT,"* Thirteen-year-old Kendall is a rising freshman planning to attend Orange High School next school year. She discovered NYSP with her sister in 2019, and she enjoys being part of the program.



Where Are They Now?

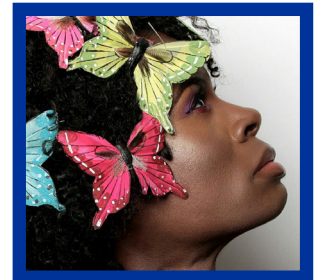


NIKKI MITCHELL (2019) *"One of the many defining moments was in the morning, how they inspired us to have a good day and to try our best at what we were doing."* As a graduate of Cleveland State University and current MBA student at Case Western Reserve University, Nikki Mitchell understands how to work hard and she credits NYSP for inspiring her to be a leader. She works as a manager for the Department of Health and Counseling Services at Case. She especially appreciates learning about the value of higher education and that minorities can be leaders. She hopes to see NYSP continue to educate minority students about health and leadership.

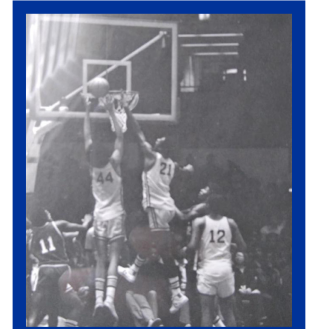
Did You Know?



SHERON HENRY-SMITH (20+ Year Staff Member) Sheron has been modeling for several years. She started in local fashion shows. Later in her career, Sheron expanded her interest into different facets of modeling such as promotional, fitness, print, and commercial. Sheron has held various positions throughout the years and currently works as our social and emotional instructor. Sheron is also the Dean of Culture within the Cleveland Metropolitan School District.



COACH TYRONE AUGHBURNS (20+ Year Staff Member) Coach Aughburns graduated from Cleveland State University in 1983 with a B.A. in Urban Studies and from Case Western Reserve University with a Masters in Social Science and Administration. During college, he played against many NBA stars such as Magic Johnson, Larry Bird, and Reggie Theus. He started working the NYSP program in 1996. This past summer, he traveled from his home in Georgia to Cleveland to work the National Youth Sports Program.



Mental Health



What is stress?

Stress is a way the body responds to a demand or threat. Your nervous system responds by releasing the stress hormones cortisol and adrenaline. As a result, muscles tighten up, hearts beat faster, and breath quickens. These changes help prepare your body to fight, flee, or freeze.

The nervous system cannot distinguish between emotional or physical threats. If the body is stressed, it may react as if it were a life or death situation. If this happens too often, your body will operate in a heightened state of stress and can lead to other health problems.

Some Symptoms of Sadness & Depression

Sadness

- Mixture of good and bad days
- May feel guilt around specific issues
- Sad, but able to smile on some memories
- Want some people interactions
- Able to experience pleasure in several activities
- Self-esteem is mostly intact
- Can mostly maintain daily activities
- Have little hope

Depression

- Hopelessness
- Overwhelming of generalized guilt
- Loss of self-esteem
- Flat affect that persists
- Worthlessness
- Withdraws from friends & family; less talkative
- Cannot or have trouble maintaining daily activities
- Unable to experience pleasure in several activities
- Feels sad, anger, or tearful most of the time
- Reckless behaviors (i.e. drugs & alcohol abuse)
- Suicidal thoughts or/and acts

If you or someone you know are experiencing symptoms of depression, stress, anxiety, and need counseling, call the Cuyahoga County Warmline 24/7 at (440)-886-5950 or text "4hope" to 741741.

If you are in crisis: Please call the 24-hour Suicide Prevention, Mental Health/Addiction Crisis, Information and Referral Hotline at 216-623-6888.

Let's Move and Groove!

A virtual summer offers new opportunities as we move and groove into your home, with zumba dance, basket-ball tips and challenges, sidewalk art ideas, nutrition from the garden, track techniques and more! Check out all our featured virtual camp activities, and move and groove with us as NYSP goes Virtual. You can view all the videos on our facebook page below.

facebook.com/NYSP.CWRU/



Contact Us!

Physical Components:

- Swimming
- Basketball
- Track and Field
- Soccer
- Volleyball
- Flag Football
- Softball
- Dance Aerobics
- Badminton
- Weight Training

Educational Components:

- Math and Science
- Reading and Writing
- Nutrition and Personal Health
- Communication
- Career Opportunities
- Job Responsibilities
- Civics Education

Contact Information:

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