



UDC/4-H

Healthy Living

Program



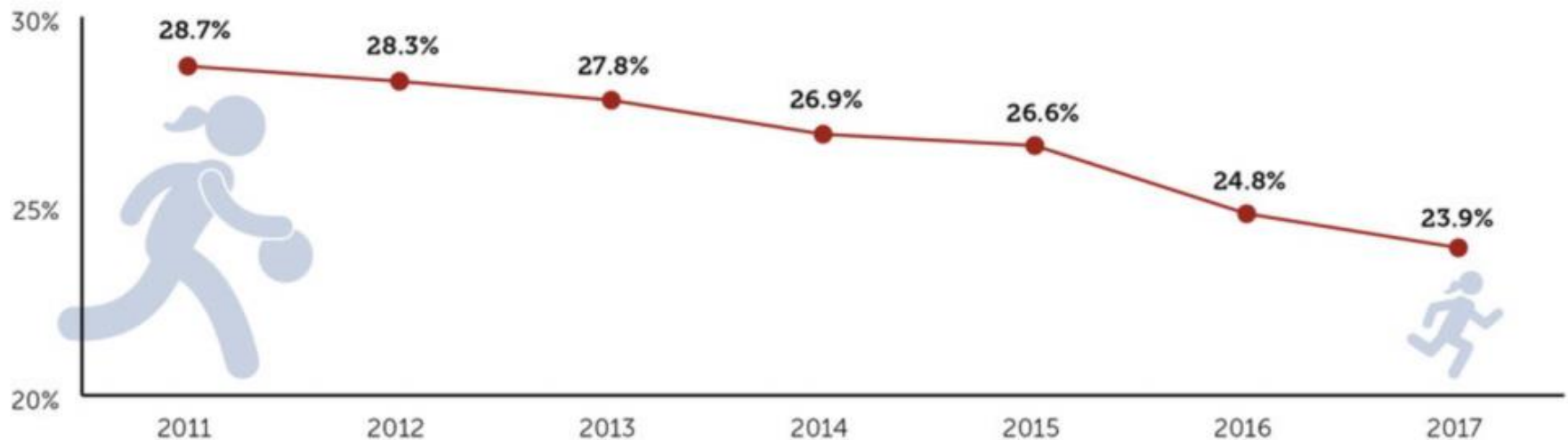


Youth Participation in Sports

Sports & Fitness Industry Association (SFIA)

ACTIVE TO A HEALTHY LEVEL

Percentage of kids who regularly participated in high-calorie-burning sports



Sports considered by SFIA to be high-calorie-burning include: bicycling (BMX, mountain, road), running/jogging, basketball, field hockey, football (tackle, touch), ice hockey, roller hockey, lacrosse, rugby, soccer (indoor, outdoor), swimming (on a team or for fitness), track and field, badminton, racquetball, squash, tennis, cross-country skiing, martial arts, wrestling, stand-up paddling, climbing (sport, traditional), trail running, triathlon, snowshoeing, boxing, dance, step and other choreographed exercise to music. The list also includes several activities more associated with teens and adults, including high impact/intensity training, cardio kickboxing, stationary cycling, rowing machine, stair-climbing machine, treadmill, aquatic exercise, bodyweight exercise, cross-training-style workouts, Pilates training, adventure racing, cardio tennis, pickleball, MMA and other combat training.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

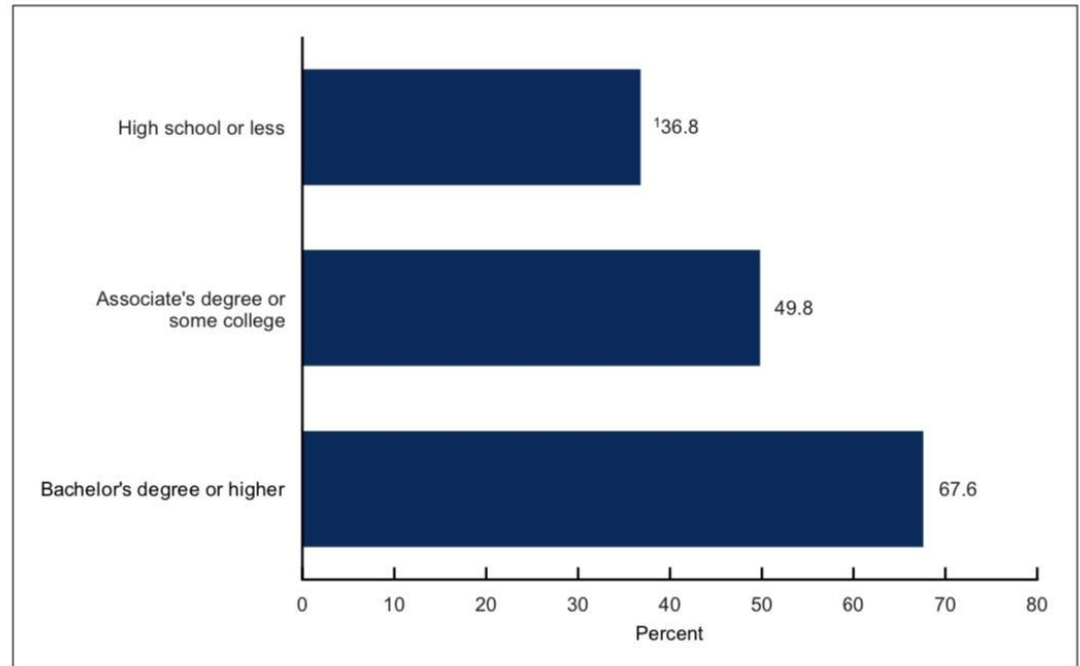
- *August 2022
- In 2020, 54.1% of children aged 6–17 years participated in sports during the past 12 months.
- The higher the level of parents' education, the more likely children and adolescents were to participate in sports.
- As family income increased the more likely children and adolescents were to participate in sports.



Participation in sports varied by parental education.

The percentage of children and adolescents that participated in sports increased with increasing parental education, from 36.8% of children who lived in households with parents who had a high school education or less to 67.6% of children who lived in households with parents who had a bachelor's degree or higher (Figure 2).

Figure 2. Percentage of children aged 6–17 years that participated in sports in the past 12 months, by parental education: United States, 2020



¹Significant linear trend by parent's highest education ($p < 0.05$).

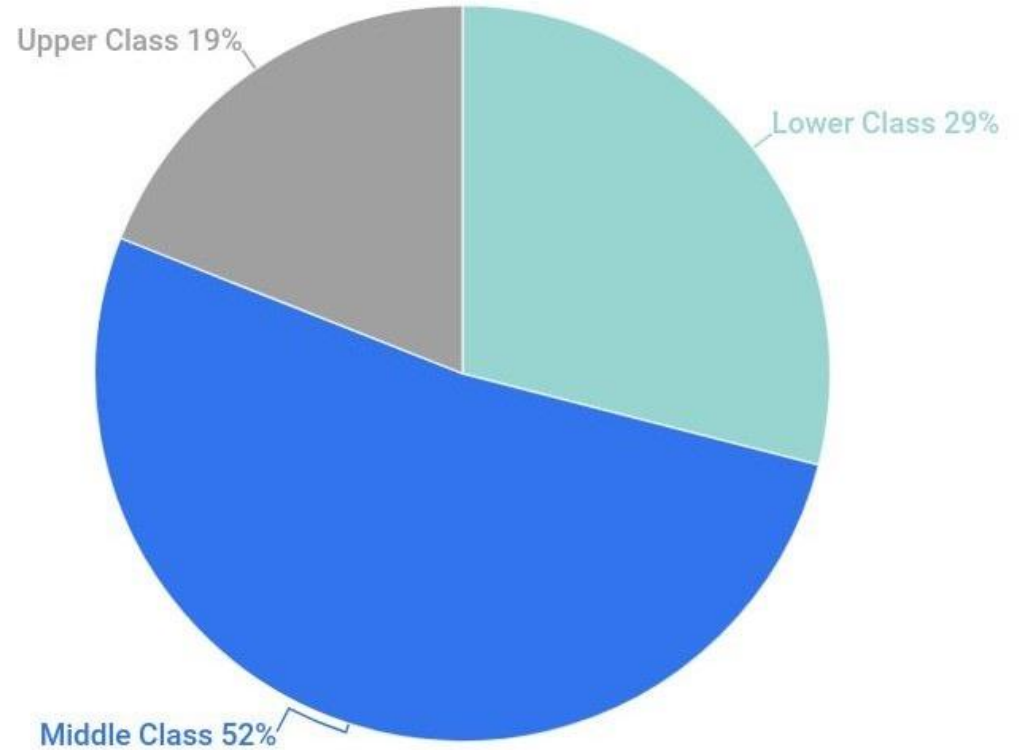
NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Access data table for Figure 2 at: <https://www.cdc.gov/nchs/data/databriefs/db441-tables.pdf#2>.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.



AMERICAN INCOME BRACKET STATISTICS

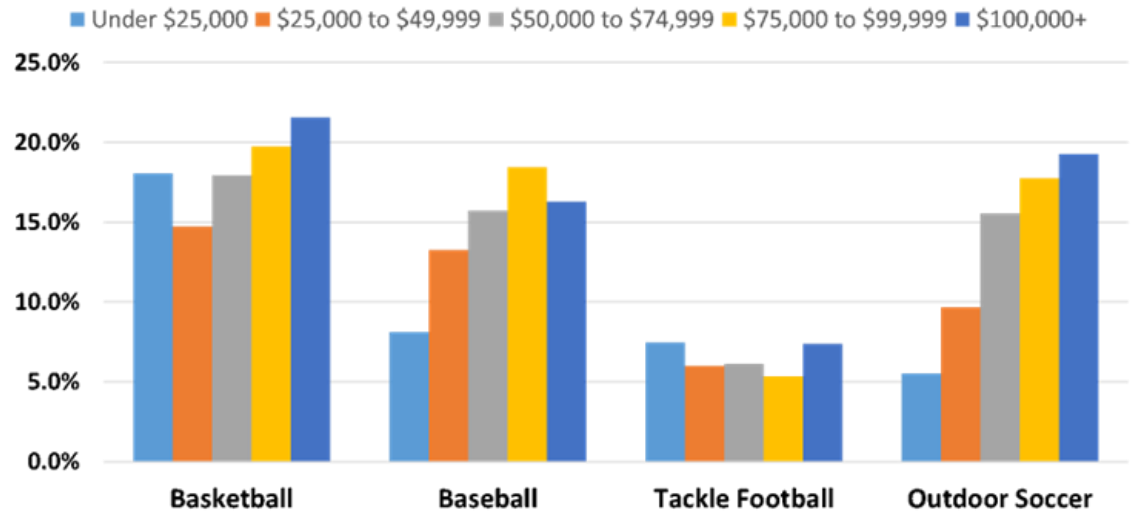
AMERICANS BY INCOME BRACKET





Participation by income

Participation Rates by Income - Comparison to Other Sports





- **Why Soccer?**

- **US Soccer Facts:**

- There are 11,924,000 Soccer (Outdoor) Participants in the U.S.
- 71% of all Soccer (Outdoor) participants are between ages of 6 and 24.(8.5M)
- There are 4,420,000 children participating in Soccer (Outdoor) between the ages of 6–12.
- There are 2,454,000 Soccer (Outdoor) participants between the ages of 13–17.





UDC/4-H Healthy Living Program



Join
 **in**
~~**Pay**~~ **to Play**



4-H Clubs and NIFA Goals

- **Childhood obesity**
- Climate change
- **Food safety**
- **Improve food security**
- Improve water safety
- Sustainable energy solutions

Mission statement

- The UDC 4-H Healthy Living Program is dedicated to the promotion and organization of youth soccer at both the recreational and competitive level.

- The program is devoted to the development of its players and coaches in order to allow them to reach their fullest potential and to instill sportsmanship and friendship while developing a healthy living, community and leadership spirit among all its members.





Strategic programs



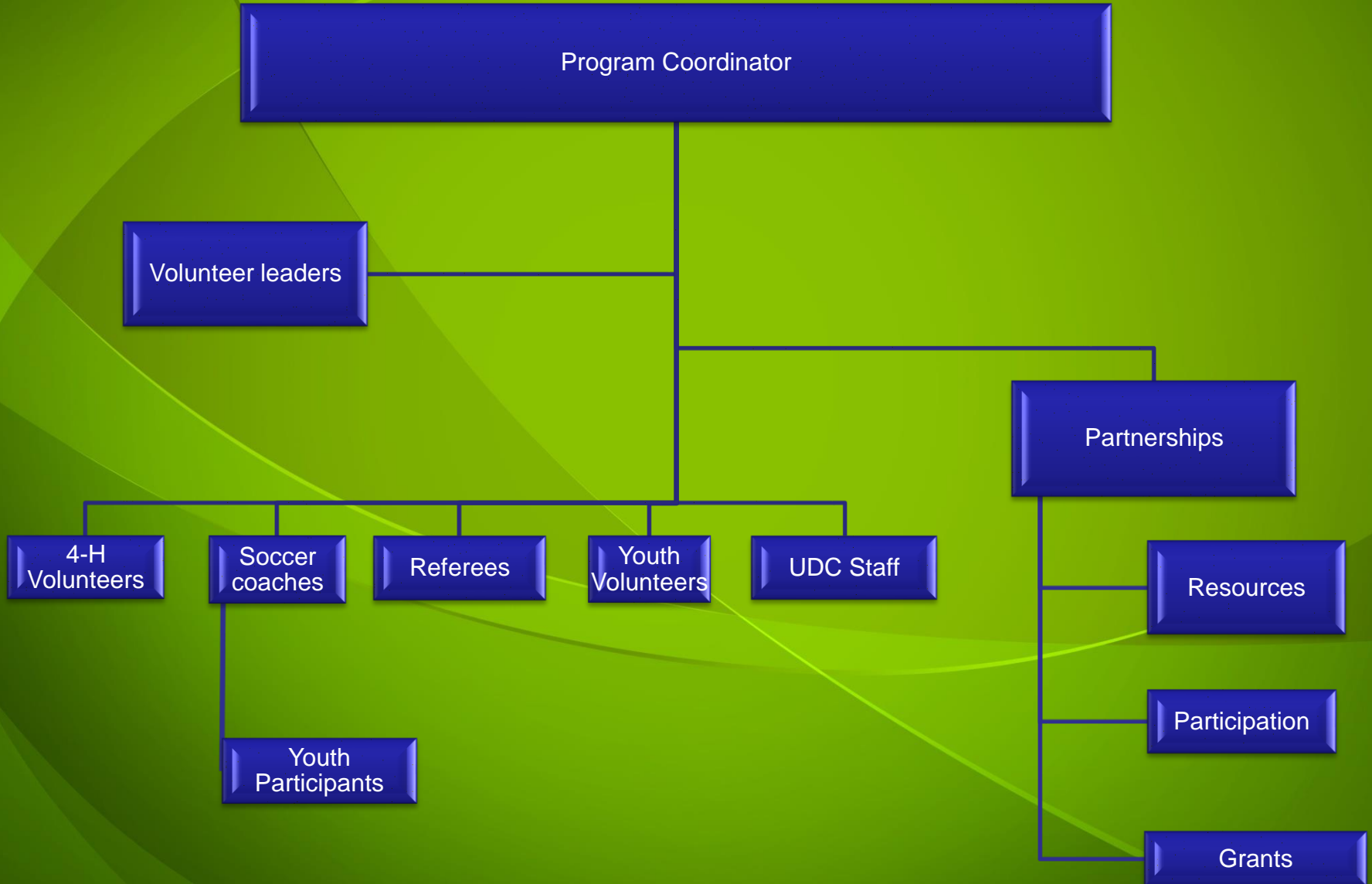


OUTCOMES



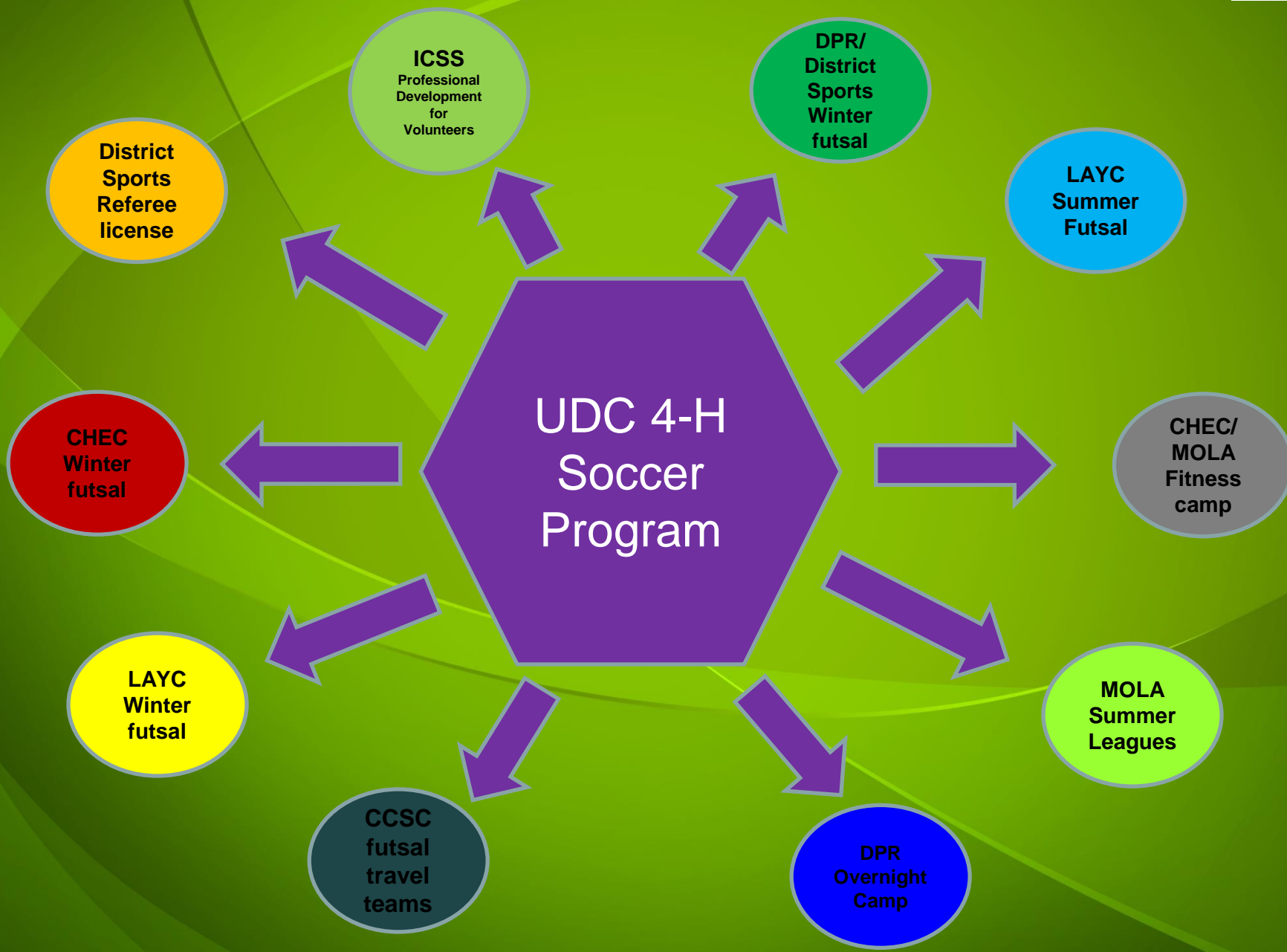


Program flow chart





Strategic partnership plan





Partnerships



2021

2022



4-H/LAYC Winter soccer league
Tuesdays/Wednesdays// 4 leagues

11/18/2021



5/05/2022

UDC/ 4-H U19Boys & Girls FUTSAL LEAGUE: Mon/Wed./Thurs

1/08/2022



3/09/2022

CHEC/4-H Intramural Boys & Girls Indoor Soccer Program: Tournament Wed./Thurs.

2/21/2022



5/22/2022

4-H TRAVEL TEAMS

4/1/2022



4/30/2022

Seminar for coaches

5/21/2022



5/23/2022

Fitness 4-H Summer Camp

6/3/2022



8/7/2022

4-H Summer Soccer League
Mon/Tue/Wed/Thus/Fri

6/24/2022



8/16/2022

4-H Overnight Fitness and Leadership Camp

8/7/2022



8/9/2022

4-H Soccer Award Ceremony

8/28/2022



Activities



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Coaches' seminars

- The 4-H Coaches Seminars are designed with flexibility to provide an organized and progressive methodology of coaching needs. The seminars include sessions on youth development training, psychological skills, brainstorming ideas to improve the league, training basic technical and tactical knowledge, and laws of the game.





Soccer clinics

These soccer clinics are conducted by university soccer players from different universities around the area. They teach the youth different soccer topics such as passing, shooting, heading, dribbling, defending, warmups and team talk motivation.



4-H Summer Soccer Program



- The 4-H Summer Soccer Program is the largest part of 4-H Soccer Program. It goes from June until August and consists in three parts. **Fitness Camp, the Summer Soccer League, and the Overnight Camp**

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Fitness Camp



4-H Summer Soccer League

- The 4-H Summer Soccer League consists in three tournaments U19 boys, U19 girls, and U 15 boys. The games are playing from end of June until end of August at Columbia Heights Educational Campus. More than 400 youth participate in this league



2021 summer league flyer

MAYOR MURIEL BOWSER PRESENTS:

#KICKCOVID

NOT ALL HEROES WEAR CAPES. AS A TEAM, WE CAN DEFEAT COVID-19

KICK OFF ON WEDNESDAY, JULY 7TH
AT 3101 16TH STREET NW WASH. DC 20010 STARTING AT 1:00PM

FREE COVID-19 IMMUNIZATIONS AND TESTING. NO APPOINTMENT NEEDED. AGES 12+

COME SUPPORT THE LEAGUE AND #KICKCOVID FOLLOW US ON FACEBOOK, TWITTER AND IG @DLADCGOV FOR MORE INFORMATION CALL 202 274 5674 AND 202 671 2825

LA ALCALDESA MURIEL BOWSER PRESENTA:

TAKE THE SHOT COPA DE FÚTBOL DE VERANO

#KICKCOVID

NO TODOS LOS HÉROES USAN CÁPA. COMO EQUIPO, PODEMOS DERROTAR AL COVID-19

INICIO EL MIÉRCOLES 7 DE JULIO
EN 3101 16TH STREET NW WASH. DC 20010 A LA 1:00PM

VACUNAS Y PRUEBAS GRATUITAS DE COVID-19. NO SE NECESITA CITA. MAYORES DE 12 AÑOS SOPORTE DE APLICACIONES STAY DC

VEN A APOYAR LA LIGA Y #KICKCOVID SÍGUENOS EN FACEBOOK, TWITTER AND IG @DLADCGOV PARA MÁS INFORMACIÓN LLAMAR 202 361 8017 AND 202 671 2825





“Crime Prevention Day”

7/22/2022

- MPDC (Metropolitan Police Department), Department of Liaison Special Branch, joined us in our 4-H Soccer program.









Overnight Camp

- This camp is specifically designed to provide an enriching leadership opportunity while balancing fun with a chance to demonstrate responsibility. Between the activities you can find leadership trainings, multicultural night, nutrition activities, day and night field trips, and our campfire where youth open themselves and talk about their experience through the year.





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Overnight Camp



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Referees





UDC 4-H Selective teams/ Travel teams

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Qatar embassy and
Leveling the Playing Field
event/UDC Soccer team
soccer clinic



D.C. United's Raise a Toast
presented by Moët Hennessey



2023 4-H NE Region Cup

Copa América 2024



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2026 FIFA WORLD CUP™ IS COMING!



Flexible program





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