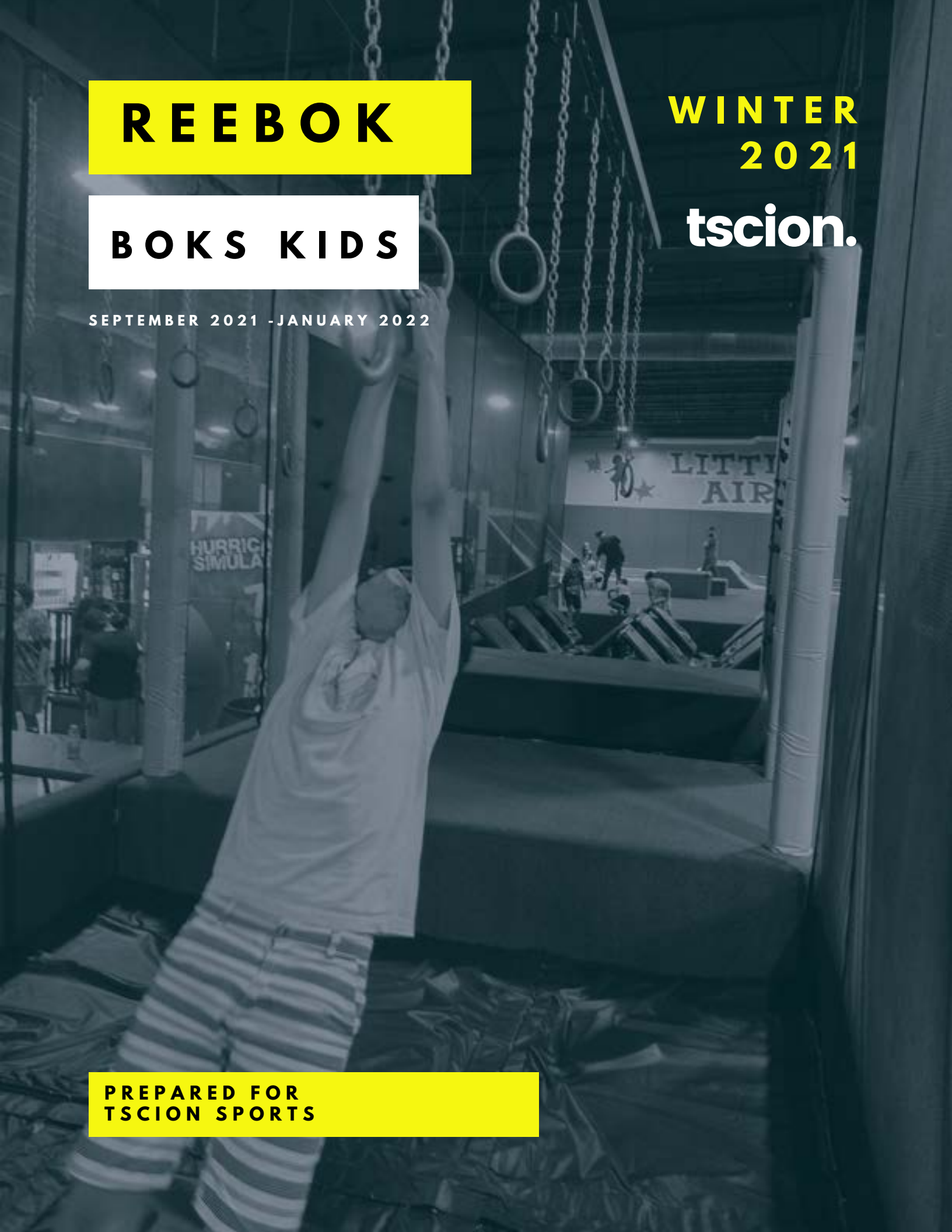


A black and white photograph of a child hanging from rings in a gym. The child is wearing a light-colored t-shirt and striped pants. In the background, there are other people and gym equipment, including a sign that says "LITTLE AIR".

REEBOK

**WINTER
2021**

BOKS KIDS

tscion.

SEPTEMBER 2021 - JANUARY 2022

**PREPARED FOR
TSCION SPORTS**

MORALE DATA RESULTS

PROGRAM NAME

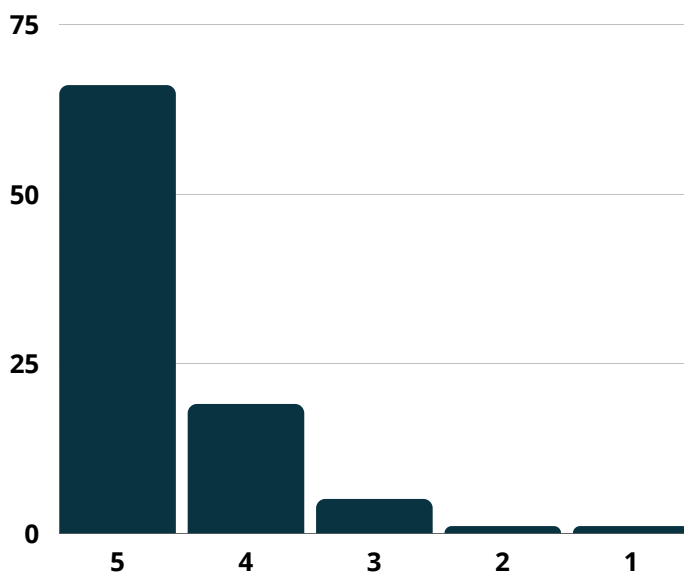


FIGURE 1 | DATA SHOW HOW HAPPY STUDENTS WERE AFTER EACH BOKS KIDS WORKOUT

85%

OF STUDENTS FELT STRONGER, BUT ALSO HUNGRY AFTER WORKOUTS

OVERALL DATA RESULTS

Participating students responded positively to the 2021 Fall BOKS Kids program implementation of fitness enrichment and wellness activities. Participants were provided online surveys to provide data on morale and evaluate stress levels. Surveys inquiring about post-training habits data showed 50% of students identified anxiety post-2020 COVID-19 shutdown; only 6.8% saw unhealthy snacking as something that needed to be corrected.

Nearly 49% of students detailed music as a Pre-Workout motivator. The majority of the students showed an increased interest in improving strength. 85% of students detailed being hungry Post-Workout, showing a healthy post-snack or post-workout meal as a solid recommendation to improve students' energy levels.

BEST PRACTICES

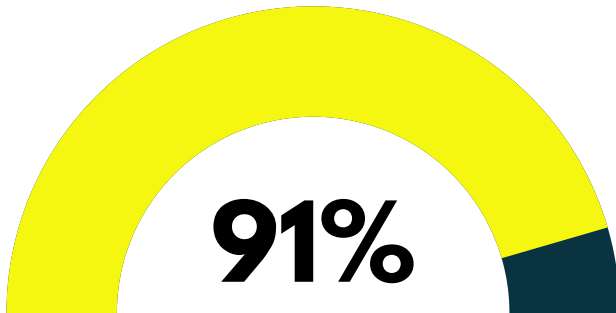
Gym morale and participant evaluations allowed TSCION's BOKS Administrator to provide operational recommendations to the program, making the organization aware of potential training adjustments and other necessary considerations.



2021 REEBOK BOKS KIDS ENRICHMENTS & ACTIVITIES



OVERVIEW



AGES 12 & UP

91% OF PARTICIPANTS EXPERIENCED STRESS DURING THE 2021 PANDEMIC TRANSITION FROM 2020 COVID-19 SHUTDOWN; 62% FELT PHYSICAL ACTIVITY HELPED WITH ANXIETY



2021 TRAINEE VOLUNTEERS

GRISELDA VENTURA-MARIN
PARA PROFESSIONAL, SANTA ANA, CA
STEAM & CLIMBING ENRICHMENTS

DAVID KOSLEY
SOCIAL STUDIES TEACHER, WOODLAND PARK, CO
NAVIGATION & HIKING ENRICHMENTS

FUNDING \$2,000

PARTICIPANTS 5 - 10

PROGRAM TYPE
12-WEEKS, SEPTEMBER 2021 - JANUARY 2022

THE PROGRAM

Unlike 2020, 2021 implemented a more significant volunteer presence with parents. Parents shared trainer responsibilities that included providing transportation to fitness and wellness enrichments, snacks, and hydration. In 2021 Tscion Sports changed its approach by providing diverse forms of fitness enrichments with wellness, culture, and art. Due to 2021 being the first full school year since COVID-19, it was necessary to provide physical activity and other forms of wellness to alleviate stress noted by many participants.

TSCION provided enrichments such as nature hikes, indoor rock climbing, and trampoline park activities in the Woodland Park, Colorado, and Pomona, California areas. Physical wellness activities occurred for six weeks, September 17 - November 13; Physical activities and cultural enrichments occurred six weeks, totaling 12-weeks, during Late Winter-Early Spring of 2022.

Tscion was successful, acquiring \$2,000 in Reebok BOKS Kids funding (November 2021). The Reebok Foundation grant assisted in providing admission and equipment fees for many enrichments, art supplies, healthy snacks, and travel expenses for teacher and parent volunteer.

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