



# TITAN SUMMER ACADEMY

## THE PROGRAM

In partnership with a variety of best-in-class partners, the Titans have created a premier, affordable, summer camp program combining intensive academic instruction with a rigorous athletic program. The academic curriculum has an emphasis on math and English, and the athletic program will introduce youth to a combination of sound nutritional fundamentals, science-based performance enhancement techniques, and the basics of three sports: golf, basketball and lacrosse.

## Camp Structure

The camp will operate for 6 weeks, 5 days per week between the hours of 8:30am and 3:30pm. The typical camp day (see chart below) will offer: (i) 3 hours of intensive academic training covering Math, English & Public Speaking, and (ii) 2.5 hours per day of intense physical training and instruction on sports nutrition.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 12:00pm	Sylvan Math/English	Sylvan Math/English	Sylvan Math/English	Sylvan Math/English	Public Speaking
12:00 – 1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 2:00pm	Nutrition	Sports	Sports Training & Conditioning	Sports	Sports Training & Conditioning
2:00 – 2:30pm	Sports Training & Conditioning			Swimming	
2:30 – 3:30pm					

Individual 3-week sessions will be similar in structure, but offer different content in the key areas of emphasis (see chart below).

SESSIONS	Session I	Session II
Date	7/6—7/24	7/27—8/14
Academic Curriculum	Math	Writing & English
Public Speaking	Skits & Famous Speeches	Extemporaneous Speaking
Health & Nutrition	Sports Nutrition Strength & Conditioning	Sports Nutrition Strength & Conditioning
Sport	Golf & Basketball	Lacrosse

## **Our Partners**

In delivering our program TYDC will partner with Poly Prep, Sylvan Learning Center, E3 Sports and Registered Dietician, Mary Ellen Bingham.

### ***Poly Prep***

The camp will be physically located on the campus of Poly Prep. Located in the Bay Ridge section of Brooklyn at 9216 7<sup>th</sup> Avenue, Poly Prep is one of the preeminent educational institutions in the city, boasting an outstanding academic and athletic curriculum. As the program host, Poly Prep faculty will provide instruction in swimming, public speaking, lacrosse, & basketball. For the public speaking course, prior to the start of each session, students will be videotaped delivering a speech to determine baseline competency and specific areas for improvement. Then at the end of the session, students will be taped again to evaluate their level of improvement.

Basketball and swimming will be more recreational in nature, with limited actual instruction. Conversely, lacrosse is intended to be a more rigorous program preparing the youth for moderate level of competition. It is TYDC's plan to use the summer camp as the starting point to developing a competitive lacrosse program.

### ***Sylvan Learning Center***

Sylvan Learning center is a recognized leader among private tutoring companies with a proven methodology for achieving meaningful results. Sylvan will develop and deliver the academic curriculum of the camp. Students will be tested prior to the beginning of each session to determine baseline proficiency in the subject area to be covered in the session. As part of the program, Sylvan will provide its standard guarantee of 1 grade level improvement in the given subject area by the end of the session. As currently contemplated, the first session will cover math, and the second session will focus on English.

### ***E3 Sports***

E3 sports is a recognized expert in sports performance training with an emphasis on working with youth. E3 will provide instruction in speed, strength and conditioning. Prior to the start of each session, E3 will measure students' performance across a range of metrics. During the session, using its proven methodology, E3 will work with the students to improve each student's performance emphasizing strength, form and flexibility. At the end of each session, students will be retested to measure improvement over the baseline.

### ***Mary Ellen Bingham MS, RD, CSSD, CDN***

Ms. Bingham is a registered dietician with an specialty in sports nutrition. Ms. Bingham has written several articles on sports and nutrition and is one of only 8 Board Certified Specialists in Sports Dietetics (CSSD) in the state of New York. Ms. Bingham is the nutritionist for a Division 1 university and is an athlete herself. Ms. Bingham will be providing instruction in "eating for performance", explaining in sports and athletic terms the importance of a proper diet, and outlining a variety of diet strategies for achieving maximum performance.

## **Projected Program Population**

The program will serve 20 youth per session comprised of 15 rising 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders and 5 rising 9<sup>th</sup> graders. All of the participants will be hand-picked from the 300+ youth in TYDC's programs, and chosen based on a combination of academic and athletic criteria.

## **Program Goals**

The program will have as its goals: 1) to achieve measurable and meaningful improvement in students' academic proficiency, 2) to achieve measurable and meaningful improvement in students' athletic competency, 3) to provide youth with important information on nutrition in a way that connects with their motivations (e.g. appearance and performance), and 4) to build skills in a variety of sports. The efficacy of the program will be determined based on objective evaluations of each student's competency in each area of emphasis:

1. Academic improvement will be judged based on Sylvan's pre and post session testing and on scores achieved by each student during his/her first marking period.
2. Athletic improvement will be evaluated based on pre and post session testing in 6 to 12 standard areas (i.e. 40 yard dash time, push ups, shuttle run, mile run, etc...).
3. Student's "nutrition IQ", measuring knowledge of healthy eating habits will be tested pre and post session, and then again after 3 months. During the program, students will also be asked to keep a journal of eating habits, to determine improvements over the 3 week session based on better knowledge.
4. Student's competency in the various sports will be evaluated by the coach at the start of the session and after completion of each session. Students will also be given a list of specific core competencies to achieve for each sport by the end of the program.