



**Bienestar**  
Building housing, hope and futures

## ***Basketball Club Outcome Report Summer, 2011***



Girls and boys from Elm Park Apartments had the opportunity to participate in basketball classes this summer. Flyers were sent to all apartments encouraging parents to enroll their children from first to sixth grade to participate in basketball club. A total of fourteen boys and nine girls were registered for the classes. The six classes were held every Tuesday beginning June 7 and finishing on July 12, 2011. The sessions were held in the afternoon from 3:30 to 5:45 PM with the participation of Bienestar staff Javier Urenda, Youth Program Coordinator. The pre test was an important moment to learn about how the kids enjoy basketball as part of their lives as well as learning about their interest in sports.



With consistent attendance during the classes, the children learned about warming up before starting to play basketball. For about fifteen minutes, they would follow instructor's movements, stretching different parts of their body, and teaching them the importance of warming up before playing. They were very interested and participated well while respecting each other's turns through the different exercises like stretching, running around the court, going through the cones while dribbling the ball and shooting to the hoop.

During these activities, they learned different techniques that help them to increase their abilities such:

- How to bounce a basketball.
- Shooting from the two and three point lines.
- How to elude a defender.
- Dribbling without traveling.
- How to pass the ball to a teammate.
- Personal fouls.
- Throwing techniques.
- Player positioning.

After warming up, they drank some water to get fresh for the basketball game and rested for a couple of minutes. Then the children were divided into teams of five including both girls and boys. They played basketball with a referee learning about standard basketball regulations. They were taught to follow rules learning that players can't run with the ball, about free throws, moving the ball by the side of the court, fouls, violations, dangerous play and other basketball regulations. After one of the teams made two shots another team had the opportunity to play against the winner. They were choosing names of their team as well as colors of their jerseys. Each team had a captain who represented the rest of the team during referee conversation and game decisions. During the game they had the opportunity to practice what they had learned, and they were passing the ball to each other dribbling properly while respecting the referee's decisions. They really enjoyed the time playing with their friends. Their attendance was consistent and their abilities increased every week. Accomplishment obtained as a team made them happy and stronger in their relationships with each other.

It was a good opportunity to promote physical activities and create a healthy environment in the community. In the last day of basketball club, we had a healthy food event after practice and we talked about the good moments that happened during the practices.



Respectfully submitted,  
Javier Urenda Camacho

**Pre and Post test bellow**



## BasketballPre-test

1.- Do you like to play basketball?

Elm Park

	YES	NO
9-Girls	7	2
14-Boys	14	0

2.- Have you participated in a basketball club program?

Elm Park

	YES	NO
9-Girls	0	9
14-Boys	0	14

3.- Do you play basketball consistently?

Elm Park

	YES	NO
9-Girls	1	8
14-Boys	5	9

4.- Do you know about basketball rules?

Elm Park

	YES	NO
9-Girls	0	9
14-Boys	1	13

## Basketball Post-test

1.- Do you like to play basketball?

Elm Park

	YES	NO
9-Girls	9	0
14-Boys	14	0

2.- Do you like play basketball consistently?

Elm Park

	YES	NO
9-Girls	9	0
14-Boys	14	0

3.- Did you learn about basketball rules?

Elm Park

	YES	NO
9-Girls	9	0
14-Boys	14	0