



# GRANT APPLICATION

## Cover Page

Name of Organization City of Gainesville Recreation and Parks Department  
 Contact Name Sheryl Ryan  
 Title Recreation Supervisor  
 Mailing Address Post Office Box 490 - Station 24  
 City Gainesville State FL Zip 32602  
 Telephone (352) 334-5067 E-mail address: Ryansm@ci.gainesville.fl.us  
 Name and address of local newspaper The Gainesville Sun, P.O. Box 14747, Gainesville, FL  
32614-7147  
 Amount Requested \$ 25,000 Sport(s) of this program: Volleyball  
 Program will begin (month/year) April, 2002 and end (month/year) August, 2002  
 Grant Check should be made payable to City of Gainesville  
 Is this a new or existing program?  New  Existing—if yes, number of years in existence: \_\_\_\_\_  
 How many girls will participate in this program? 100  
 What are the ages of program participants?  <10  10-12  13-14  >14  
 How many coaches, program administrators, etc. administer this program? 30  
 Type of Organization (please circle one)  
 Elem./Middle School High School Community Recreation/ AAU  
 Girls & Boys Club Girl Scouts Girls, Inc.  
 Religious Recreation (CYO, JCCA, YWCA, etc.) Other (specify): \_\_\_\_\_

Project Director Signature

Date:

**Mail complete application (3 copies of this cover page and your typewritten proposal) to:**

Women's Sports Foundation, GoGirlGo Project, Eisenhower Park, East Meadow, NY 11554

### For Office use Only

Date received: \_\_\_\_\_ Action taken: \_\_\_\_\_

Reason For decision: \_\_\_\_\_

## A. Summary Statement

We propose to offer volleyball for girl's ages ten to fourteen years old. We are requesting \$25,000 to formulate ten teams, provide uniforms, transportation, staffing, training, and certified coaches. Our long time goal is to create a local travel team and have the girls continue their education through league play with the local organizations. We anticipate holding the program in April and May, for 8 weeks, with a one-week "specialty camp" in August.

Our recreation and parks department provides services to all residents in the City of Gainesville. Many of the residents qualify for free and reduced lunch through the Alachua County School Board. Most of the children included in this qualification receive limited opportunities to participate in after school activities, sports and other self-esteem building programs. The result of their lack of participation, directs them to areas that promote unhealthy physical and mental behaviors. With the formation and a girl's volleyball league and the positive influence of the coaches and University of Florida professionals, we can guide these girls down a healthier path and instill the pride and self-confidence that will lead them to make beneficial decisions for their future.

## B. Plan of Action

How will the sports program address health-risk behaviors through sports among girls ages 10-14?

This sport requires a strong cardiovascular base-conditioning program. This will aid in reducing high blood pressure, high cholesterol and, most importantly, stress. Volleyball requires jumping, diving, running, eye hand coordination, and stamina. This program will reduce obesity, which, in turn will decrease the number of incidents involving eating disorders, a rising epidemic for teenage girls. Normal matches require two sets for a win, three at the college level.

What are the benefits to the girls participating in the sports program?

The girls will benefit in the following areas:

### A. Teamwork

Working together to achieve a positive goal is a lesson that will help them in their adult lives.

### B. Activity

Being part of a team and learning all the necessary skills and rules will keep the girls busy.

Volleyball requires numerous hours to become an average player. The sport requires a total commitment from all the players in order for the team to improve and be successful. We are not currently providing any sports for this specific age and gender.

### C. Pride and Self Worth

Team sports are a deterrent to crime by instilling a sense of pride and self worth. This accomplishment is felt by being accepted by peers as a member and learning and participating as an equal component.

What makes this sports program significant and timely?

Our community enjoys the sport of volleyball, and our community university, The University of Florida has reached the final four in volleyball. Due to financial constraints we currently are not offering this athletic program for girls ages ten through fourteen. Although there is a private volleyball league in our area, the girls we are targeting do not have the financial means to join, nor do they have the transportation to get them to the facility. They have not had the opportunities that have been enjoyed by these other girls through AAU and Travel Tournaments. We have a beautiful multi purpose building that was built in February 1997 with a HUD grant. We have access to two volleyball courts. The grant would enable us to teach these girls the basics of volleyball with the possibility of allowing them to eventually compete in and host tournaments. It can also serve as a feeder program for our high schools throughout the state of Florida. Our plan is to conduct an eight-week program of ten teams, beginning in April 2002. Ms. Mary Wise, coach of the University of Florida Gator Volleyball team is available at that time to organize a clinic for these girls, getting the program off to a dynamic start.

How will the success of the sports program be determined?

We will not have waiting lists. Our intent is to enroll each interested girl. We have faith that this grant will allow any young lady between ten and fourteen an opportunity to learn the game of volleyball and be part of a winning team. The team is guaranteed to win, since the prize will be the integrity each girl takes with them from the experience.

Who are the key people involved? Are they volunteers, employees, paid consultants? What are their qualifications? What are their responsibilities in the program?

The City of Gainesville Recreation and Parks Department Athletic Supervisor will oversee the program. He has been with the City for ten years and has coordinated many sports programs throughout the years. Mary Wise, the coach for the University of Florida Gator Volleyball team will provide professional coaches and players to teach our youth the fundamentals of volleyball. We rely heavily on volunteers to coach our programs. We have never had problems recruiting and training these coaches and most renew their relationship with us each year. The Athletic Supervisor is a chapter Director for the National Youth Coaches Association. The City requires all coaches to be certified before being allowed to coach. The City also conducts background checks on all their volunteers. The Athletic Supervisor will handle the scheduling and drafting of the players. The team concept that has existed for ten years in athletics will continue, with everyone working together to provide a quality positive experience for the children.

## D. Budget

In order to make this the most effective and successful program, we are planning the following:

- Advertising – recruiting participants, coaches, volunteers, parents by advertising in the local papers, mailing out flyers, distributing flyers to schools, recreation centers, local churches. • \$3,200
  - Certification – certify coaches through the National Youth Coaches Association • \$750
  - Training Manuals – provide manuals, videos, rules and participation booklets for each participant. • \$2,000
  - Uniforms – the girls will need proper shoes and shirts in order to participate. • \$7,500
  - Referees – we would contract out 2 referees for each game. • \$1,200
  - Equipment – Porter’s standards, balls, nets • \$3,750
  - Trophies – each participant would receive a trophy at the completion of the season. • \$500
  - Transportation – a 15-passenger van would be leased in order to transport participants from area recreation centers to the volleyball facility. Fuel would also be required. • \$2,000
  - Banquet – recognition of all participants at the end of the season. Each girl is entitled to bring one guest, plus staff and coaches. • \$2,500
  - Volleyball Camp – we are going to hold a specialty camp when school is out. It will run for 5 days, with days 1-4 being training sessions and the final day being tournaments. The girls will spend their days practicing and swimming. • \$2,500
- TOTAL EXPENSE** \$25,900

What other support, in-kind or monetary, has been sought or will be given by others?

A. The City of Gainesville will supply the following in-kind services at a market value of \$7,600.00:

Staff to organize, advertise, promote and coordinate all aspects of the volleyball program; drivers to transport participants on the van; an indoor volleyball facility; lunch for the summer specialty camp.

B. University of Florida to supply the following services:

Coach Wise and assistants to conduct a volleyball clinic at the start of the program.