

Multimedia Component for an After School Boxing Program for Middle School Children

The Sunnyside Police Activities League (PAL) is sponsoring an after school boxing program for at-risk Columbia Middle School students. Columbia Neighborhood Association and Advanced Micro Devices (AMD) are providing the financial support. My multimedia boxing theme component will enable children to build bridges between their sports program and their school program. Columbia Middle School Media Specialists, PAL coaches, and adult supervisors working in the existing After School Study Center at the Columbia Neighborhood Center will participate in delivering the multimedia component.

The objectives of the boxing program are given in Resources. The objectives of the multimedia component are the following.

- To connect the after school boxing program with the children's day school program in the expectation that participants can achieve the same levels of dedication to and success in their school work as in their after school sport.
- To build on student success and enthusiasm with physical activities to include success and enthusiasm with mental activities and greater self-confidence in other areas life.
- To carry over to students' academic work the creativity developed through the media projects themed approach.
- To use reflective writing in journals on a daily or biweekly basis to develop an awareness of ones emotional and physical needs and how to satisfy them by setting goals, recording successes and failures, evaluated skills, knowledge, and experiences in boxing training.
- To enable students to acquire knowledge about the art and science of boxing, the history of the sport, and legendary boxers through books and other media.
- To motivate students to overcome obstacles in their lives by seeing heroes in media change their lives through boxing and by discussing the experiences of these heroes.
- To encourage girls to get involved by discovering girl boxer heroes in movies and youth literature.

Activities

This boxing program runs for the duration of the school year. Children attend the program Monday through Thursday from 4 to 6 pm. The time they spend on their multimedia projects are “time outs” from their athletic training. Each team of 15 students will spend 30

minutes every afternoon during their two hour training sessions working on their multimedia projects. The media consists of books of youth fiction and nonfiction related to boxing, movies with stories about boxing, boxing magazines, catalogues of boxing equipment and clothing, computer word processing, youth boxing Web sites, poster and logo designing, photography, scrapbook design and construction, room decoration, floppy disks. Learning skill acquired and practiced are: reading, writing, listening, drawing, speaking, designing, thinking, word processing, Web surfing and browsing, floppy disk file management.

Each student boxing team will create a team scrapbook that displays their team name, logo, photographs, biographies, skills levels, contests, and personal successes. The purpose of this multimedia project is to develop group awareness, develop leadership and team building skills, develops ability to work cooperatively and to demonstrate all the personalities of the team.

Each student will be responsible for their personal page in the scrapbook, on which they introduce themselves with photos, list books about boxing they've read, give excerpts from their private journals, poetry, descriptions of contests, report on a famous boxer, give short descriptions of the movies they liked best and why, evaluate their boxing skills, the improvements made that year in boxing and in school, how did the club make a difference outside of school, how has their attitudes about themselves changed?

All team scrapbooks must be completed by June for the Awards Ceremony to which the financial sponsors are invited. At this ceremony youth boxers receive awards from PAL and team scrapbooks are on display. People from Advanced Micro Devices will choose the best scrapbook and all members of that team will get a prize, chosen and paid for by AMD (such as AMD t-shirts, backpacks with logos).

Every participating student will keep a training notebook in which he/she will record boxing terminology, vocabulary, new information learned from their trainers, paste in pictures from magazines, photos, drawings, equipment they want or have, what they learned today and want to remember for tomorrow, boxing terms, vocabulary, pictures of positions, places to get the equipment, websites, lists of books. The purpose of the notebooks is to improve short term memory and writing from external sources, develop awareness of the external voices of their coaches, develop thinking skills, develop ability to work independently. They will convert the information in their notebooks into their boxing journals kept on floppy disks as permanent records.

Every participant will keep a boxing journal on floppy disks that they will enter in the word processor daily or biweekly. Boxing journals will be a permanent record of what they bring over from their notebooks. They will reflect on their experiences as boxers, such as their progress, outcomes of their meetings with coaches, statements of future goals, comments, feelings, goals, expressions of like and dislike, thoughts on their readings. The purpose of this project is to develop awareness of the inner, reflective, voice, to develop awareness of ones emotional self, The overseer of the program will cull from these records at the end of the year statements in the students own words of the success of the program and use these when compiling program evaluation information to disseminate to the financial sponsors.

Every participant will read no less than one book from the boxing booklist every two months and write a report on this book that they can illustrate or a group report with another reader. They will turn in the book report to their language arts teachers for extra credit. The goal is to read all the books before graduating from middle school.

Boxing teams will decorate the Boxers Corner in the After School Program Room with posters and pictures of their teams. This area is where boxers carry out their media projects. This area has all the multimedia supplies they will need: books, bookshelves, magazines, catalogues, magazine rack, computers with internet access, printers, drawing materials, poster paper, computers with word processing programs, floppy discs, couches, chairs, tables, desks. It is designed to hold no more than 15 students at any one time. The goal is to have posters on walls that advertise this as the Boxers Corner and to have a bulletin board or mounting board for art work, cartoons, written work, photographs.

One Friday night every other month a movie about boxing will be shown to which participants may invite friends, family, and bring food. As many movies about girl boxers as possible will be shown.

A long-term goal would be for students to create Sunnyvale PAL Boxing Program Web site that links from the Columbia Middle School and the Sunnyvale Public Safety Web sites. This goal may take several years to complete.

Evaluation

The program is still getting off the ground. Getting the media projects component in at the start is an advantage. The size of the current program is small: The case worker for Columbia Middle School has invited about 50 students at Columbia who exhibited signs of gang interest to participate in the program and 10 high school students as assistant trainers. There are three adult coaches from Sunnyvale Public Safety. The success of the program depend on how much it increases in size over the next years and whether it gets continued funding.

The media component could be evaluated by improvement in standardized test scores in reading and writing for the children involved in the boxing program, when compared with

children not involved, with all else factored out. Long term success could be measured by longitudinal studies of future lifestyle choices made by the youth currently in the program, whether or not they enter gangs when in high school, whether they stay with the sport, whether they become teen coaches.

Short-term measurements for evaluating the activities that worked and didn't work.

- Did the boxers fulfill the current list of activities (see Resources)?
- Did boxers' journals include statements that were supportive of the program and good anecdotal evidence for future funding requests?
- How many books did boxers read in total? How many book reports did boxers hand in? Were the grades passing? Did the boxers return the books they withdrew? Are all books accounted for at the end of the year?
- Did each team create the scrapbook? Were all presented at the Awards Ceremony? Were team members motivated by the best scrapbook contest?
- Did boxers decorate the Boxers Corner with team posters, artwork, etc?
- Did boxers attend the movie night? Did students write about the movie and its impact in their journals?
- Did AMD attend the Award Ceremony? Can we count on their future backing?

Budget

Advanced Micro Devices donated \$9,000 to pay for starting equipment, including a 22-foot by 22-foot practice ring and punching bags. The local 24-Hour Fitness facility also donated equipment such as weights and Nautilus machines for training. AMD might be appealed to for an additional \$2000 to fund the multimedia component.

Columbia Middle School Media Specialists are noncertificated District employees and earn about \$15 an hour. A Media Specialist might be persuaded to work four hours at \$60 a week; over a year of 24 weeks being \$1440. \$600 would buy books, notebooks, magazine subscriptions, scrapbooks, and art supplies. A goal would be to buy a digital camera with money raised from bake sales and car washes. Videos are available at Sunnyvale Public Library, but copyright restrictions limit showings to groups outside the library. Even if videos were purchased other copyright restrictions would have to be settled.

Columbia Neighborhood Center, located at the Middle School, is the site of an existing After School Program, which is funded and staffed independently of Sunnyvale Elementary School System and is part of Columbia Neighborhood Medical and Social Services. Sunnyvale Public Safety Officer members of PAL volunteer their time. Former boxers from the area helping with coaching also volunteer.

Marketing

The boxing program is open to children of both genders. Caseworkers at Columbia Middle will send notices home with each of the 50 students they have earmarked. But any other student interested in the program would be able to join. Sunnyvale Public Safety Officers could come to the school to talk to classes about the program. Children who already attend the Columbia Community Center After School program will be notified about the boxing program. Children with weight problems should be encouraged to join. Parents will have to be notified in Spanish, Chinese, Vietnamese, and English, that their permission is required for their children to participate. Radio stations will air interviews with PAL coaches, and feature articles published in the local newspaper, Sunnyvale Sun, and the Columbia Community Center Newsletter. Posters will be made and advertised around the school. Notices and feature articles will go into the Columbia Middle School newspaper. Interested parents and other adults will be encouraged to participate as volunteer coaches or sponsors.

Disseminate results to Advanced Micro Devices and 24-Hour Fitness

Sunnyvale PAL will hold a year-end awards ceremony when sponsors meet participants and awards are presented. All teams scrapbooks will be on display. AMD and 24-Hour Fitness representatives will choose the best scrapbook and present prizes to team members. A Multimedia Projects report will be incorporated in the Boxing Program report and sent to AMD,

24-Hour Fitness, and other sponsoring agencies, which will include a budget and requests for next year's funds. The report will feature excerpts from students' journals describing in their own words their experiences and achievements, which will serve as anecdotal evidence of the project's success. The report will include reports of what the money was spent on and what the coming year's expenses are projected to be.

Resources

The objectives of the boxing program are the following.

- To deter middle school students who exhibit signs of gang interest from getting involved in gangs by supplying the needs that attract students to gangs.
- To build discipline, focus, self-esteem, and leadership skills.
- To achieve physical, mental, and emotional growth through dedicated training and improvement.
- To create mentor and student relationships with trainers, and a bond and support system between students.
- To teach participants to use boxing as an outlet for anger, pain, pressure, frustration.

List of activities for the Boxers Corner

- Read stories, novels, nonfiction books about boxing and boxers.
- Write book reports using the word processor computer.
- Browse the Internet for youth boxing sites via list near computer.
- Rewrite your notebook information into your journal on the word processor.
- Revise your journal on the word processor.
- Read magazine about boxing; find pictures to draw to hang up on walls.
- Look at catalogs featuring boxing equipment and clothing.
- Make sketches in your notebook.
- Design your personal scrapbook page.
- Take digital photographs for your scrapbook page
- Design your team poster for the Boxers Corner
- Design your team name and logo

Books about boxing and youth boxers

Nonfiction:

A year at the fights 796.83H

Boxer's start up: beginner's guide to boxing. 1998 795.83W

Kotz, Cappy. *Boxing for everyone: how to get fit and have fun with boxing.* 1998. 613.711 K

Werner, Doug. *Fighting fit: boxing workouts techniques and sparring.* 796.83 W

Fiction:

Gardner, Leonard. *Fat City* F Gardner
Karr, Kathleen. *The Boxer*. 2000 Y Karr
Kroeger, Mary Kay. *Paperboy*. 1996 JA Kroeger
Lee, Gus. *China Boy*. Y Lee
Lipstyle, Robert. *The Contender*. Y Lipstyle.
Lipstyle, Robert. *Warrior Angel*. 2003. YLipstyle
Lynch, Chris. *Shadow Boxer* 1993. YP L paperback
Samuel, Barbara. *The Goddess of Kitchen Avenue*. F Samuel
Zukas, Markus. *Fighting Ruben Wolfe*. 2000 YP Z paperback

Magazines

The Ring

Boxing equipment and clothing catalogs

“Fight Gear, Boxing headgear and accessories.” www.fightgear.com
“Ringside, Boxing equipment and accessories.” www.ringside.com

Videos

Rocky, 1,2,3,4
Joe & Max (Joe Lewis) 2003
I-spy (Eddie Murphy) 2003
Price of Glory (Jimmy Smits)
Knock-Out (girl boxers)
Girlfight 2001 (girl boxers)
Shadow Boxers (girl boxers)

Appropriate Web sites

“Amateur Boxing Coaches in the USA.” <http://www.usamateurbboxingcoaches.com/>
“Chicago Youth Boxing Club.” <http://www.chicagoyouthboxing.com/>
“Cohoes Youth Boxing Club.” <http://www.cohoesyouthboxingclub.org/CYBC%20Welcome.htm>
“Community Youth Athletic Center in Southeast San Diego.”
<http://www.laprensa-sandiego.org/archieve/january18-02/CENTER.HTM>
“Southeastern Connecticut Youth Coalition.” <http://www.segag.org/yprog.html>
“Three Rounds of Youth Boxing in the UK.” <http://www.geocities.com/bobbo309/BBL-UKYouth.htm>
“Throw some jabs, donations for PAL boxing.”
<http://www.californianonline.com/news/stories/20030402/opinion/40754.html>
“USA Team Sports, The World Wide Web Sports Magazine, Boxing.”
<http://www.usateamsports.com/boxing.htm>
“Yuma County Youth Boxing Association.” <http://www.ycyba.org/>