

2010 ANNUAL REPORT



AGENCY MISSION

To provide activities and services to address the needs of low-income families that reside in the neighborhoods of Baden, Mark Twain, O'Fallon, Penrose, North Pointe, Walnut Park and other communities in the City of St. Louis.

PROGRAMS

MARTIAL ARTS/KARATE (4th- 6th Grade)

The classes were designed to motivate healthy behavior changes and increase daily physical activity and movement. The educational components engaged youth in Math, Science and Social Science. Some of the major benefits to Martial Arts are as follows:

- Increase focus
- Develop self-control and discipline
- Improve self-esteem and confidence
- Improve fitness and coordination
- Help relieve stress
- Cultivate leadership skills
- Reinforce values such as honesty, respect and integrity

DANCE CLASSES (K- 5th Grade)

The classes promoted health, nutrition and fitness through a multi-level approach. It helped raise awareness and motivated healthy behavior changes to increase daily physical activity and movement. Dance promoted discipline, coordination, memory, flexibility, strength, line, grace and stamina. Performing built positive self-esteem and confidence, helped with other sports, and was just great fun? All kids were capable of relating and understanding basic techniques that were shown to them and demonstrated properly. Some of the benefits to dancing are as follows:

- Creativity is fostered
- It is a good form of exercise

- Builds confidence
- Can lead to learning respect
- Helps develop social skills
- Helps with bonding

REDBIRD ROOKIES (5 to 16 years of age; May through August)

Redbird Rookies was fun for all who participated and was a meaningful life-changing experience for the youth. This program incorporated some innovative on-field coaching techniques as well as supported the kids off the field in many ways. The “Redbird Rookies Experience” aimed to be positive and beneficial for every child.

AEROBICS CLASS (Adults 18 and up)

The classes provided low impact aerobics, health awareness and nutrition education that addressed cardiac fitness for young adults and seniors. Aerobics not only helps control a person’s weight but also limits the chances of developing many common illnesses and diseases. Major benefits to aerobics are as follows (info obtained from www.weightlossforall.com):

- Lower blood pressure
- Oxygen is used more efficiently, resulting in increased fat burning during exercise
- Increase endurance
- Reduce risks in developing diabetes and other diseases
- Increase in good cholesterol, decrease in bad cholesterol
- Faster recovery after exercise
- More efficient cardiovascular system
- A positive body composition change, more muscle less fat
- Better chance of maintaining healthy weight later in life
- Help in coping with all other emotional and psychological stress

SUMMER CAMP

The camp was created to occupy children during summer months by empowering, educating and enhancing academics, self-confidence and public speaking. Activities include healthy cooking; gardening; education and history of art, music and poetry.

All After-School Programs sponsored by St. Louis CAN are FREE

Board of Directors

President: Catina Shannon
Vice President: Shirley Washington
Treasurer: Hafiz Nasiruddin

Statistics:

Number of residents served 1,000.00

Number of sites serviced: 1

Number of jobs supported: 14

Finances:

Total income for 2010 : \$121,261

Total program expenses: \$71,118 (73% of total expenses)

Administration expenses: \$25,590 (26% of total expenses)

Fundraiser expenses: \$ 576 (1% of total expenses)

Net Assets: \$14,036

Partners: IMPACT St. Louis; St. Louis Department of Health; The Science Center ;St. Louis Police Department; St. Louis Cardinals; YMCA; Schnucks; St .Louis Public Schools; Community Education Centers; Parks and Recreation Department St. Louis; Herbert Hoover; Missouri Department of Natural Resources

Leverage Dollars: \$14,550.00

In-kind Dollars: Volunteers \$92,512.80 Space: \$177,120.00

Success: Summer Camp at Walbridge CEC had an enrollment of 100 youth; Redbird Rookies had 108 players enrolled; and Martial arts provided improvement in the class room, with a reduction of in- house suspensions, improved focus, and decrease in school absentee.