



Lay-Up Youth Basketball



Summer Camp 2019

434 Campers

We operated in Jane and Finch, Flemington/Thornccliffe Park, Regent Park, Scarborough (Kingston Road & Dorset Park), Rexdale, and Mt. Dennis.

3900 healthy lunches served

93 off-court sessions

17 off-court partners

30 mins of well-being activity per day

4 hrs of physical activity per day

1.5 hrs of personal development per day



Jane & Finch



113 total unique campers
Ages 6 - 14 years old
6 weeks of summer camp
6th year in neighbourhood





Flemingdon/Thorncliffe Park

67 total unique campers
Ages 6 - 14 years old
3 weeks of summer camp
2nd year in neighbourhood





Regent Park



87 total unique campers
Ages 6 - 14 years old
3 weeks of summer camp
6th year in neighbourhood





Scarborough

68 total unique campers

Ages 6 - 14 years old

3 weeks of summer camp

2nd year in neighbourhood





Mt Dennis

54 total unique campers
Ages 6 - 14 years old
1 week of summer camp
4th year in neighbourhood





Rexdale

45 total unique campers

Ages 6 - 14 years old

2 weeks of summer camp

1st year in neighbourhood





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Personal Development

- Well-being at Lay-Up
- Off-court partners and sessions

Well-being at Lay-Up

At camp we follow

the Lay-Up Way and word of the days. Mindfulness exercises start at the beginning of the day and at the end of the day. We provide healthy lunch and snacks, and also lead stretching, warm-up exercises, and cool down exercises

The Lay-Up Way

Respect yourself
Respect others
Respect the space
Communicate
We move together
Have fun!



Off-court partners

Healthy lifestyle and fitness

Angelica Rao
Mindfulness and yoga



Culture Shock
Hip-Hop dance

CRC – Regent Park Community Center

Healthy cooking and gardening



Toronto Public Health

Nutrition and sun safety, lead by Lay-Up Staff



Off-court partners

Academics

Multicultural Museum

History and innovation



Visions of Science

Science experiments

Story Planet

Creative writing and storytelling



Brainwaves

Brain and nervous system

Off-court partners

Career in sports



Patrick Graham

MLSE – Global Partnerships



theScore

Field trip



Mike Ferriman

MLSE – Event Presentation & Alumni Relations (Toronto Maple Leafs)

Off-court partners

Community and life skills



Youth Speak

Self-love



Vi Sivaloganathan & Sarah Ohana

Zones of regulation



High Resolves

Diversity and inclusion, lead by Lay-Up Staff

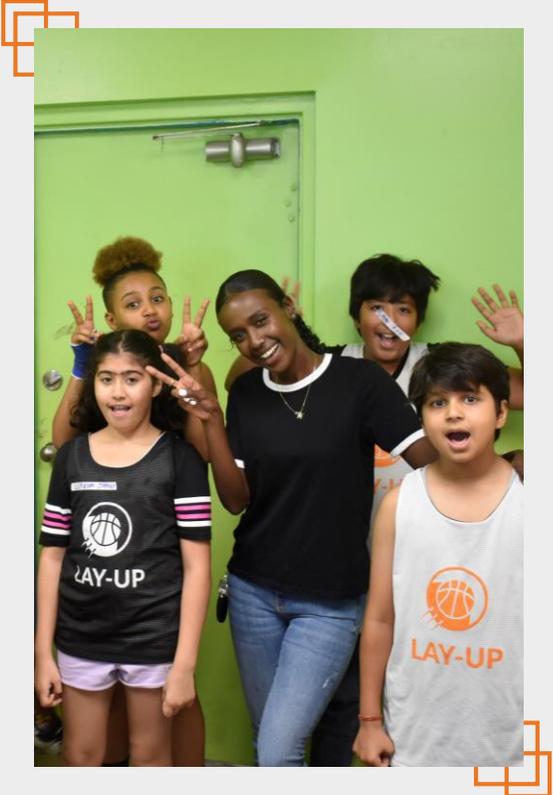
Off-court partners

Community and life skills continued



Enviromentum

Climate change and well-being



West Scarborough Neighbourhood Community Center

Goal setting, conflict resolution, determination, and identity



Mike Stroh (Starts With Me)

Mental Health



Off-court partners

Motivation and basketball drills

Charles Kissi

Raptors 905 Asst. Coach



Jermaine Anderson

Pro-basketball player for Team Canada

York U. Women's Basketball Team

College basketball team



Tamara Tatham & Arsalan Jamil

Raptors 905

Fieldtrips

Scotiabank Arena 



OVO Athletic Center 





Special Guest

Serge Ibaka's Visit

Toronto Raptor NBA Champion

Serge Ibaka visited our Regent Park Summer Camp and shared his story about taking for granted the privileges our campers have, and telling us about his NBA story. He also handed out free t-shirts for the campers promoting his Serge Ibaka Foundation and autographed and took pictures with the campers.



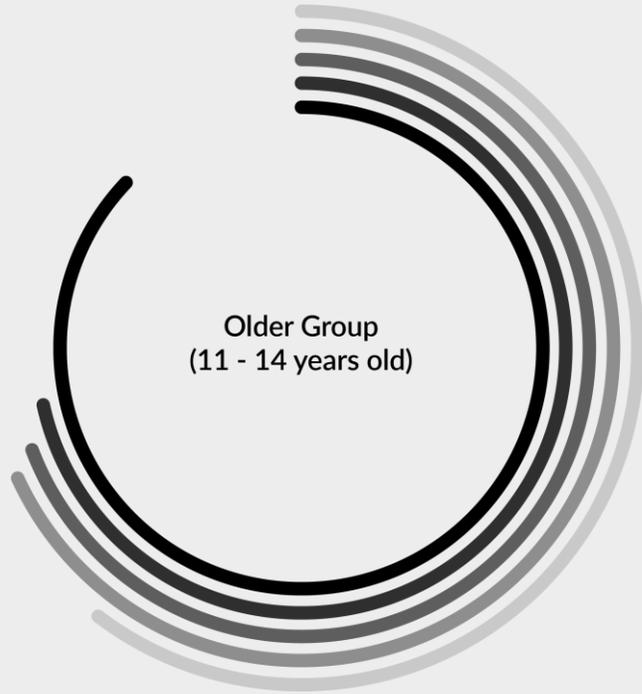


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Results & Impact

- Learnings
- Parent surveys
- Participant stories
- Youth employment participants

Participant learnings



82%

had fun at Lay-Up

69%

Improved their belief that they can stick and accomplish their goals

60%

of kids believe that their ability to consider other peoples' opinions has grown

71%

are prouder of themselves

68%

believed that their ability to solve problems as a team has improved



92%

made new friends

83%

learned something new outside of basketball

77%

are motivated to become a leader in the community

Top 5 Learnings:

Teamwork

Life skills

Listening

Respect

Leadership

Testimonials from our participants



“They're caring and Lay-Up is a free camp that provides everything you possibly need. I'm very grateful for this camp.”

“The coaches all had great relationships like trust, teamwork, support, caring, respect, and leadership. The coaches show and help us do a proper Lay-Up. I know they want us to become leaders of tomorrow.”

“You guys treat us like family, you guys support us a lot.”

Learnings about Mental Health

“I am less negative now”

“It taught me how your mental state affects you”

“It taught me you should never be shy about your feelings and get help if needed”

Learnings about Nutrition

“It made me more aware of the benefits of eating healthy and what junk food does to you overtime ”

“I can bring my A-game and live longer and eat better”

“It helped me make better choices when it came to food”

“We know the new Canadian food guide, I learned the proper % of each food group”

Learnings about Conflict Resolution

“How to use words to resolve a conflict”

“Make friends and include everyone”

“If there is an issue, just communicate, instead of screaming and shouting. Anger won't resolve conflicts”

“Better to the better-person at a problem than say something mean back or do a bad-action to the other person”

“Once someone fouled me when I was going up and I was angry so they pulled me aside and showed me tips on how to cool down. Now I know how to control my anger”



Parent survey results

95%

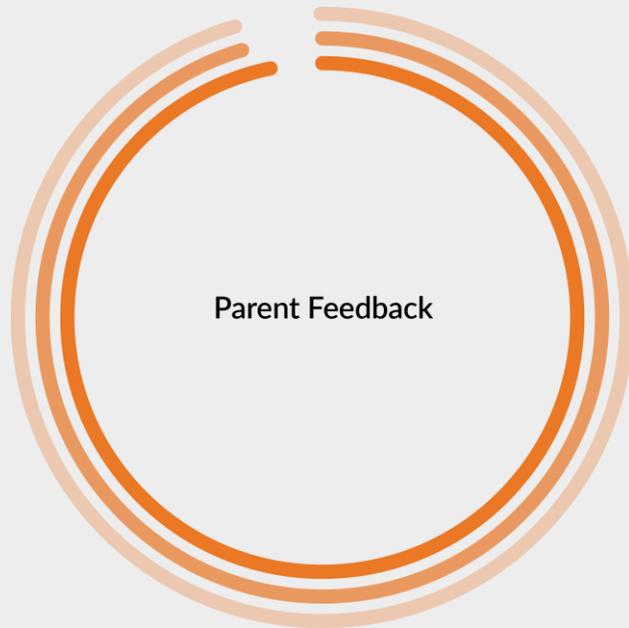
had a positive experience with Lay-Up

92%

Have seen an overall improvement in their child's overall well-being

92%

find that the provision of snacks and lunches at camp is helpful and beneficial for their family.



Parent testimonials

"As a working single-mom, having snacks and lunch provided eased my frazzled mind in the mornings."

"I like that Lay-Up didn't only focus on basketball. They offered a program that will enable, the kids to become well-rounded, respectful individuals."

"This program has been really beneficial to the kids and parents because they are surrounded by positive mentors and they are actively engaged in a sport they love."

"Such an awesome opportunity for our kids. Never see my child happy and excited for a program like this - well myself as well, save me some \$, reality for parents. Thanks a lot for all the efforts. Good luck!"

"You may not realize all the time the impact you make on a child and in their life. You guys made going to this camp easy not only for the children but for their families. Thank you for offering it at the location that was convenient for us, thank you for providing lunch and snacks, thank you for the great gifts that the kids were able to take with them as part of their memories, thank you for not making only about basketball but also incorporating other aspects. My grandson had a great time and I know he will never forget his first experience at and with the Lay-Up organization."

Participant Stories

Natasia “Zoe” P.

12yrs old

Jane and Finch / Mt Dennis program participant

Zoe, who remembers walking to the door, nervous about attending the first day of camp, is now on her second summer with Lay-Up. Recalling what she learned from her first year, “I remember the one (off-court session) with ice cream (Second Harvest). I learned to not waste food and to eat more healthy things in general. I’m trying.” Zoe, who is also determined to become a registered nurse someday, was amazed and inspired by another off-court session this year. “The black history thing (Multicultural Museum), I learned more about my culture, about our culture, and how before it was different than today. And most of the people that I wouldn’t think of actually invented stuff, mostly the girls actually invented stuff. I felt wow, thought it would be all guys who invented something but its girls.”

We are excited to continuously contribute to her development both on and off the court and see more of her persistent character to inspire other participants.



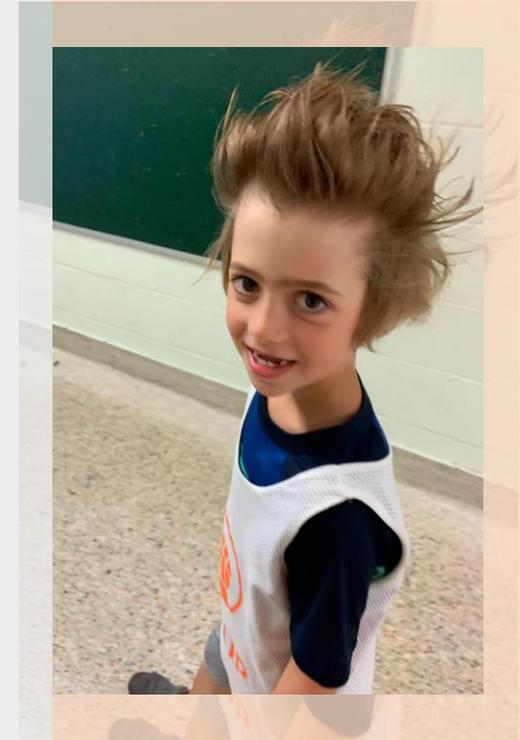
Max P.

6yrs old

Regent Park Program Participant

Debuting on his first Lay-Up camp, Max shared his reason for joining the program - “Because I thought it would be fun and it is! It was really fun!” Max’s favourite part of camp is playing outdoor basketball. He did not only improved his dribbling skills and gained new friends but have also learned about history and innovation from one of our off-court partners. “The one with Francis (Multicultural Museum), that a lot of things can be made even if you don’t work in factory.”

Additionally, he shared his experience meeting Serge Ibaka at camp. (I learned) “how to put it over your head and score, (he) teach me how to dribble with both hands, I also went to Regent Park and saw him cook food.” This sweet little nugget is sure a breath of fresh air, and we are excited to have his pleasant behaviour at our programs.



Participant Stories



Freddy A.

12yrs old

Scarborough program participant

Was introduced to the game of basketball the same year (2018) he started with Lay-Up, Freddy, have sure come a long way in a year of attending both summer and school-year lay-up programs. "I have improved on everything, every single thing, my form, my shot, my defensive stance, every single thing in basketball that you could think of. Because when I first came, I have no clue of basketball, like how to shoot, how to do something. But I have worked hard".

Freddy, who noticeably perseveres every single day at camp, describes to us what gets him out of bed every morning and how he values both sports and education. "The fact that I want to make it to the NBA pushes me, even though I feel so tired that I cannot even get up, when that thought comes, I just get up, I forget the tiredness, I just get up, I just get ready, and I try to be as early as possible, so I don't miss anything. Also, I have to focus on school too. You can't just think of that without adding school. It doesn't make any sense." We are glad to play a part in supporting Freddy's goal of becoming an NBA player like his favourite Zion Williamson and an Aeronautical engineer someday.

We are looking forward to having him return for another Lay-Up program as much as he (seemingly) is too. "I am soooo excited! (will you be joining again?) Of course, I am! Of course, I am! Of course, I am!"

For more participant stories

visit our Lay-Up Alumni Page

<https://www.layup.ca/our-impact/#alumni>

Youth employment program participants



Abdi Ibrahim

18 years old
2nd year with Lay-Up

Billal Ismail

18 years old
3rd year with Lay-Up



**Fareed
Mohammed**

17 years old
1st year with Lay-Up

Haroun Omar

18 years old
1st year with Lay-Up



Youth employment program participants



Jason Danso

19 years old
2nd year with Lay-Up

Kirushan Sivamohan

15 years old
1st year with Lay-Up



Nadia Kalifa

15 years old
1st year with Lay-Up

Paul Gover

15 years old
2nd year with Lay-Up



Youth employment program participants



Priscilla Ware

18 years old
2nd year with Lay-Up

Prince Dankyi

18 years old
2nd year with Lay-Up





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Our Partners

- City partners
- Community partners
- Program partners



Thank You for the support!

City partners

THE RADCLIFFE
FOUNDATION

Service
Canada



Theresa and
Seth Merksy

Community partners

Bloomberg



RBC Future Launch



RIO CAN

Theresa and
Seth Merksy

Dan Daviau &
Karine Krieger

Lis Wigmore &
Chris Guthrie

Jeff
Rosenthal
& Lori
Mathews

Corina
Reynolds

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Peter
Friedenthal

Joe and Alma
Daviau

Mark &
Susan Davis

Joan Gold

Chris Harris



Summer 2019 Team



*“Lay-Up made
me happy”* - Lay-Up
participant

