

Organization Information

Legal Name

Boys Club of Fallbrook

DBA (if Applicable)

Boys & Girls Clubs of North County

Program Name/Title

Triple Play

Brief Program Description

Triple Play is a holistic program approach to our member's wellness. It focuses on the mind, body and soul teaching life skills around physical fitness, nutrition, and social emotional well being. This approach supports all aspects of health literacy in our youth which leads to an overall healthier community.

Service Area

Bonsall

De Luz

Fallbrook

Rainbow

Number of residents that directly benefit (participant/client) from this program.

4299

What language(s) does this program accommodate:

English

Spanish

Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)	95	893
Young Adults (13-17)	5	43
Adults (18-60)	0	0
Seniors (60+)	0	0

	Percent of program participants	Number of participants
We do not collect this data (indicate with 100%)*	0	0

Target Population not collected - Age

na

Target Population - Gender

	Percent of program participants
Female	52
Male	48
Non-binary/other	0
Unknown*	0

*Target Population - Gender

na

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	29
Very Low (50%) Income Limits, ceiling of \$53,500	58
Low (80%) Income Limits, ceiling of \$85,600	13
Higher Than Listed Limits	0
We do not collect this data (indicate with 100%)*	0

*Target Population - Income Level

na

What demographic group does this program predominately serve:

Youth - school based

Youth - other setting

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Program Objectives & Measurable Outcomes

1. Hire and train staff for 8 sites to deliver program. We did our training in August and will do another training in Q3. Hiring and training logs are kept at administrative office. 2. Provide 60 minutes of physical activity for 600 members each day during the school year. Aug- 682, Sept- 750. Counts are kept at the sites and then recorded centrally each month. 3. We will provide 3 family nights per year. Family nights begin in Q2.

Please upload an Impact Story (Word doc or pdf preferred).





Triple Play Grant Narrative hector.docx

FRHD Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

FRHD Acknowledgment

SKM_C450i25100812440.pdf

Program Budget

25.26 Program Budget Form.Triple Play.pdf

Please type the name of the person submitting this report.

Lisa Ware

Triple Play Grant Narrative

This quarter, our Triple Play Grant afforded 3 schools the chance to go on field trips to use the pool for recreational swimming hours at our Clubhouse during the scorching summer months at the beginning of the school year. Youth were welcomed into the program and provided with swimsuits and goggles if they lacked access to this necessary equipment.

During one of the field trips, a group of 6th-grade boys took the Deep End Assessment so that they were allowed to swim in the 10-foot-deep area of the pool. They were all excited to swim away from the younger members and spend time impressing their friends with cool stunts. One of their friends, Hector, stayed back and refused to participate in the assessment. He was the only 6th-grade boy in the shallow end, and instead of swimming and playing, he watched in silence as his friends ran and jumped and dove into the deep end. His friends waved to him and shouted for him to join them, but he remained silent. Hector finally admitted that he had never learned how to swim, and instead of teasing him, they paddled back into the shallow end to give him a peer-mentoring session on swimming. Instead of using their precious time to jump into the deep end, these young men demonstrated patience, compassion, and leadership when they coached Hector through the basics of moving through the water.





Boys & Girls Clubs of North County
Published by Coomby · July 17 ·

Thanks to our partners at **Fallbrook Regional Health District**, Boys & Girls Clubs of North County engages Club members in the Triple Play Program. Triple Play is a dya... See more



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Boost post

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Boys & Girls Clubs of North County
Published by Meredith Anderson · July 15 ·



Fallbrook Regional Health District · Fun in Fallbrook
July 14 ·

Parents—do you know the signs of autoimmune disorders in kids?... See more

...

Sign up online for our next sessions! bgcnorthcounty.org/programs/summer/fallbrook
Regional Health District



BOYS & GIRLS CLUBS
OF NORTH COUNTY

SWIM LESSONS

2 WEEK SESSIONS MORNINGS
Monday - Friday
\$60/session per member

Scan for details

bgcnorthcounty.org

2023 Fallbrook and San Marcos Regional Health District

Fallbrook Regional Health District

Can indicate and ads

Fallbrook Regional Health District



HEALTHY KIDS, STRONG BODIES

Family Health Center

Tuesday, September 18th
English 6:30 PM - 6:30 PM
Spanish 6:30 PM - 7:30 PM

Let's talk about childhood obesity and the steps families can take to promote healthier habits in the home. We'll explore how when parents practice these things can prevent their child from becoming overweight.

Register for the class by scanning the QR code

NIÑOS SALUDABLES, CUERPOS FUERTES

Family Health Center

Martes, 18 de Septiembre
Inglés 6:30 PM - 6:30 PM
Español 6:30 PM - 7:30 PM

¡Hagamos ahora su actividad juntos! Los pasos que los padres pueden tomar para promover hábitos más saludables en el hogar. Cuando los padres practican estas cosas, pueden evitar que sus hijos se vuelvan sobrepeso.

Regístrate para la clase escaneando el código QR

Fallbrook Regional Health District
August 28 at 12:01 PM •

Join us for our Healthy Kids, Strong Bodies workshop! Let's talk about childhood obesity and how families can build healthier habits together. Learn simple lifestyle ... See more

No insights to show

Create ad

Boys & Girls Clubs of North County
Published by Loomly · August 15 at 10:20 AM · 🌟

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OF NORTH COUNTY

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Boys & Girls Clubs of North County
Published by Meredith Anderson · August 1 · 🌟



Fallbrook Regional Health District is with Boys & Girls Clubs of North County.
August 1 · 🌟
We're proud to support **Boys & Girls Clubs of North County** as a 2025-2026 Community Health Contract Grant recipient! 🌟... See more

Min insights in show

Continued

FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name:

Boys & Girls Clubs of North County

PROGRAM NAME:

Triple Play

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$49,322.00	\$0.00				
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	\$161,980.71	\$38,374.71	\$7,873.16			
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$30,000.00	\$3,750.00	\$232.98			
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$241,302.71	\$37,956.79	\$8,106.14	\$0.00	\$0.00	\$0.00

 Total funds expended to date: **\$8,106.14**