

## Organization

**Official Name:** BOYS AND GIRLS CLUB OF NORTH COUNTY

**\*Legal Name:** Boys & Girls Clubs of North County

**\*Year Company was Founded:** 1962

**\*Address:** 445 E IVY ST

**Address (2):**

**\*City:** FALLBROOK

**\*State:** California

**\*Zip/Postal Code:** 92028-2122

**\*Main Telephone:** 7607285871

**Main Fax:**

**Website Address:** www.bgcnorthcounty.org

**\*Main Email Address:** allisonb@bgcnorthcounty.org

**\*Mission Statement and History:** The mission of Boys & Girls Clubs of North County is "To inspire and enable all young people, especially those who need us most, to reach their full potential as productive, caring and responsible citizens." Boys & Girls Clubs of North County was established in 1962. In our 58 year history, we have grown and expanded from a single site to now serving over 2,000 youth and their families in the communities of Fallbrook, Bonsall, Rainbow and De Luz. Our original Ingold Clubhouse, located on Ivy Street in Fallbrook, is now joined by sites at five Fallbrook Union Elementary School District Elementary Schools, as well as Potter Junior High. We also opened a new site at Turnagain Arms Apartments in 2019. Boys & Girls Clubs of North County is a member organization of Boys & Girls Clubs of America, which is a federation. BGCA provides general standards for Boys & Girls Club organizations, along with technical assistance and training, program development and other resources. BGCA does not provide direct funding for our Club. Our funding comes from a diverse mix of private dollars, grants, contracts and fees for service and is raised locally each year by our organization.

**\*Board of Directors :**

- Governing Board: Bierbrauer, Chet3M, retired
- 1st Vice President: Bright, RexPharmaceutical CEO, retired
- Governing Board: Catania, ChrisBranch Manager/VP of Mortgage Lending
- Governing Board: Corbett, JeffFounder/CEO Corb7 International
- Governing Board: Grimm, SteveSenior Portfolio Manager, retired
- President: Edelstein, MikeRestaurateur, retired
- Governing Board: Hall, JanineRealtor
- 2nd Vice President: Mitchell, DaleHigh School Superintendent, retired
- Treasurer: Norberg, Paul Tax Accountant, retired
- Governing Board: Quinn, Roy U.S. Bank Branch Manager
- Immediate Past President: Reisbeck-Stoewer, DonnaEducation Administrator, retired
- Governing Board: Short, Jim Software developer, retired
- Governing Board: Small, Louise
- Community volunteer
- Secretary: Stillman, Siegrid FUESD School Board member/Educator, retired
- Governing Board: Tattersall, DaleSDGE
- Executive Committee: Zoller, DeborahAttorney at Law

**Most Recent 990:** 990 2018.pdf

**\*Most recent audited financial statement with management letter:** Audit report.final.pdf

# Proposal

**\*Request Owner:** Rachel Mason  
**Request Source:** External (Submitted 04/10/2020)  
**Proposal Type:** Time Bound

## Agency Capability

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**Briefly describe your organization's history and accomplishments. :**

Our organization was founded in 1962 as the Boys Club of Fallbrook. In 1998 we changed our name to Boys & Girls Clubs of North County to better reflect our population and communities we serve. In 2005 we opened four new sites on school grounds in collaboration with Fallbrook Union Elementary School District. In 2008 we began a capital campaign to renovate our 76 year old facility, raising 1.7 million dollars and completely renovated the interior and grounds of the facility. In 2015 we opened an additional after school site at Maie Ellis Elementary, in 2017 we opened La Paloma Elementary and in 2019 we established a site at Turnagain Arms Apartments, in partnership with Community Housing Works and The Better World Foundation. We now operate eight sites in Fallbrook, serving over 2,000 youth annually. Youth from Fallbrook, Bonsall, Rainbow and DeLuz can access our main clubhouse facility on a year round basis. Boys & Girls Clubs of North County has also been recognized by Boys & Girls Clubs of America with numerous awards for attendance, marketing and board strength.

**List and describe current collaborations with other organizations that enhance your ability to provide services through this program.:**

Boys & Girls Clubs of North County has a long history of strong collaborations within the Fallbrook community. We will continue to work closely with many other organizations to ensure the success of our program.

Rawhide Ranch: provides outdoor experiences for youth

Save Our Forest: assists with youth gardening programming

Fallbrook Public Library: provides educational activities for youth

Cal State San Marcos: provides students from the nursing program to volunteer in health related activities and screenings

Fallbrook Food Pantry: provides service projects for youth and food for families

Palomar Family Health: provides behavioral health services to youth at the Boys & Girls Club site

Fallbrook Chamber of Commerce: collaborates on events, marketing and community needs

Local Sports Teams: provide clinics and tickets for youth

Local organizations that volunteer in and sponsor our programs: Kiwanis, Rotary, Angel Society, Rally for Children, Kohl's, Masonic Lodge, National Charity League, Fallbrook High School, Bonsall Women's Club, Fallbrook Women's Club

## Program Information

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**Is this application being submitted in collaboration with another agency?:** No

**Project Title:** Triple Play Program

**Requested Cash Amount:** \$45,000.00

**Project Start Date:** 08/03/2020

**Project End Date:** 06/04/2021

**Name of the person submitting the grant:** Allison Barclay, 760-728-5871, allisonb@bgcnorthcounty.org

**Name of Program Coordinator:** Lisa Ware, 760-728-5871, lisaw@bgcnorthcounty.org

**Is the Program Coordinator responsible for submitting the final impact report?:** Yes

**Ages Served:** Children (infants to 12): 80%  
Young adults (13-18): 20%

**Gender:** Female: 45%  
Male: 55%

**Select the income limit category of your target population:** Low (80%) Income Limits- ceiling of \$85,600

**Projected number of residents (participant/client) that will directly benefit from this program:** 700

**Projected number of residents that will indirectly benefit from this program:** 100

**How will the program be staffed?:** Paid: 100%

## Statement of Problem/Needs Assessment

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**Discuss the need for the proposed program or service within the District.:**

In the United States nearly 1 in 5 children and adolescents are considered obese. This rate has nearly tripled since the 1970s. In addition, Hispanic youth have rates of obesity more than twice that of their Caucasian counterparts. Studies have shown that children with obesity are at a higher risk for many chronic health conditions and diseases, including type 2 diabetes and heart disease. In addition, children with obesity suffer from social and emotional factors. These children are bullied and teased more than their average weight peers and are more likely to suffer from behavioral health issues, such as depression, anxiety and lower self esteem. Children with obesity are also more likely to have obesity as an adult, which also puts them at risk for even more chronic health conditions and diseases.

Triple Play is a program developed and tested by Boys & Girls Clubs of America and is a comprehensive health and wellness initiative striving to improve the overall health of youth members by increasing their daily physical activity, teaching them good nutrition and helping them develop healthy relationships. Through Triple Play, youth learn how to make smart meal and snack choices. Members receive coaching in sports leagues and fun, physical activities, developing their coordination and leadership skills. Organized social recreation activities strengthen character, increase confidence and enhance the ability to relate well to others.

Triple Play was developed to increase the following among Club members:

- Their knowledge of healthy habits, good nutrition and physical fitness.
- The number of hours per day participating in physical activities; and
- Their ability to interact positively with all youth and engage in healthy relationships.

By participating in the program, youth will decrease their likelihood of diabetes, hypertension, heart disease, obesity and improve their behavioral health. According to results from the California Department of Education's physical fitness testing, nearly half of the 5th graders in Fallbrook Elementary Schools need improvement in aerobic capacity and abdominal and upper body strength. Hispanic students show even more need for improvement in physical fitness. The national recommendation for physical activity for children is 60 minutes per day and 155 instructional minutes per week. California only requires 200 minutes per 10 days of physical education, which averages to only 20 minutes per day. These requirements are well below the recommended standards resulting in less physical activity and physical education for our young people.

**Reference your supporting data below.:**

"Prevention Strategies & Guidelines." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 8 May 2018, [www.cdc.gov/obesity/resources/strategies-guidelines.html](http://www.cdc.gov/obesity/resources/strategies-guidelines.html).

**What other organizations within the community offer similar programs/ services that address this need?:**

We are not aware of any other programs in our community offering daily, low/no cost programs that provide youth with nutrition education, physical activities and positive social interactions.

## Program/Services Description

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The Fallbrook Regional Health District has identified several health disparities that effect the long term health and well being of our community. The following questions address how your program addresses these concerns. :

Which one of the following categories best describes the primary goal and objectives of your program?:

Prevention/Education: Supplies/training of health practices or to prevent/control of disease/injury.

Which of the following health disparities does the program address:

- Behavioral & Mental Health (e.g., Anxiety, Depression, Substance Use, )
- Cardiovascular health (e.g., High Cholesterol, Hypertension)
- General Fitness
- Nutrition & Access to Food (e.g., Meal programs, Food Bank, Healthy Eating, Obesity, Type 2 Diabetes)
- Youth Services (non-school based)
- Youth Services (school based)

Describe how the program provides the service.:

Triple Play is a multi-faceted program designed to help young people become healthy, active and learn new ways to handle stress, maintain a healthy body and form positive relationships. This comprehensive approach includes:

Mind: Healthy Habits provides a wide-ranging approach to addressing nutrition, education and fitness.

Body: These elements promote fun with a purpose and physical fitness year round in a non competitive yet challenging environment.

Soul: Social Recreation utilizes the games room and other group game experiences to teach and reinforce social and ethical skills that young people need to be successful adults.

Each day youth members attending the Boys & Girls Club will participate in at least one component of Triple Play. Youth can gain membership to our Club by simply having a parent or guardian fill out a membership form and paying an annual registration fee of \$30. Scholarships are available to anyone in need. Examples of our daily Triple Play activities include nutrition classes and food experiences; mileage (walking) clubs; outdoors games and play; non-competitive sports and skills clinics; drug, alcohol and tobacco prevention programs; games room recreation; fitness activities such as Zumba; and much more. Each Club site ensures that at least 60 minutes of vigorous physical activity is offered each day to our youth members to encourage long term healthy lifestyles.

What is/are the program goal(s) and what are the objectives for each goal.:

Define goal #1 for this program :

To improve the overall health of the youth members of Boys & Girls Clubs of North County, specifically working to prevent type 2 diabetes, obesity, hypertension and improve behavioral health.

Number of Objectives for this program:

3

Objective 1:

Hire and train staff members to provide daily Triple Play activities at each of the eight Boys & Girls Clubs of North County sites during the 2020-21 school year.

Objective 2:

Provide 60 minutes of vigorous physical activity each day at each Boys & Girls Clubs of North County sites for at least 400 youth per day.

Objective 3:

Provide three family nights each year at each of the eight Boys & Girls Clubs of North County sites for families of Boys & Girls Clubs of North County members.

Measuring Success for Goal #1:

Hiring and training logs will be kept to ensure that each site has staff members that were hired and trained to deliver the Triple Play program.

Participation counts will be kept at each site each day to track the achievement of our goal to reach 400 youth daily.

Participation counts and other documentation will be kept on the family night events held three times each year at each site.

Define goal #2 for this program if applicable.:

Measuring Success for Goal #2:

## Anticipated Acknowledgment

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**Acknowledgment:** The Fallbrook Regional Health District's generous support of our Triple Play program will be acknowledged on our website and in all printed materials regarding Triple Play, including brochures and flyers. In addition, FRHD will be recognized in a post at least quarterly highlighting our Triple Play program.

## Financial Reporting & Budget

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**Has your organization requested funding from FRHD for this program before?:** Yes, requested and funded

**Have grant funds awarded to your organization ever been withdrawn, reduced or discontinued?:** No

**Please list other grant funders that have been approached by your organization in the past 3 years, including FRHD. Include Name, Date, Amount Requested, Declined or Pending.:**

Funder Amount

Office of Justice Programs -- Mentoring \$30,000 (2019); \$35,000 (2018); \$30,000 (2017)

SDG&E \$5,000 (2017, 2018, 2019)

US Bank \$5,000 (2017, 2018, 2019)

Rotary Foundation \$4,000 (2017), \$1,000 (2019)

Bonsall Rotary \$2,000 (2017, 2019)

Cushman Foundation \$5,000 (2017)

Zable Foundation \$20,000 (2017, 2018, 2019)

Copley Foundation \$5,000 (2018, 2019, 2020)

Nordson Corporation \$5,000 (2017, 2018, 2019)

McCarthy Foundation \$5,000 (2017)

Better World Foundation \$10,000 (2019)

Rite Aid Foundation \$5,000 (2020)

Best Buy \$5,000 (2018)

Parker Foundation \$20,000 (2018)

Sammuel H. French & Katherine Weaver French Fund \$5,000 (2019)

Walmart \$1,000 (2017)

Allstate Foundation \$600 (2017)

Touchstone Golf Foundation \$1,200 (2017)

National Charity League \$900 (2017)

FRHD:\$40,000+\$9,240 (2019); \$36,750+\$9,240 (2018); \$40,000+\$10,000 (2017)

Pending

Bravo Foundation \$5,000 (2019)

Bridgestone Americas \$5,000 (2019)

Burch Family Foundation \$5,000 (2019)

Comerica \$5,000 (2019)

Costco \$5,000 (2019)

Elbridge & Evelyn Stuart Foundation \$5,000 (2019)

Farrell Family Foundation \$10,000 (2019)

Hearst Foundation \$20,000 (2019)  
 Julia Richardson Brown Foundation \$5,000 (2019)  
 Kars4Kids \$1,500 (2019)  
 LA84 \$40,000 (2020)  
 Maurice J. Masserini \$5,000 (2019)  
 Noll Foundation \$7,500 (2019)  
 Prospect Creek Foundation \$5,000 (2019)  
 The Brotman Foundation \$5,000 (2019)  
 The Selders Foundation \$2,500 (2019)

Denied

Borchard Foundation \$5,000 (2019)  
 Boys & Girls Foundation \$8,000 (2019)  
 JP Morgan Chase \$5,000 (2018, 2019)  
 Mandell Weiss Charitable Trust \$5,000 (2019)  
 Neighborhood Reinvestment Grant \$20,000 (2018, 2019)  
 Summer Redstone Charitable Trust \$25,000 (2019)  
 Thomas C. Ackerman Foundation \$2,500 (2018, 2019)  
 Wells Fargo Foundation \$5,000 (2019)  
 Walmart \$2,500 (2019)

**Please list the fund raising events conducted by yourself or other organization(s) where proceeds have been designated to your organization as beneficiary of funds raised. Include Name, Date, Amount:**

Annual Dinner and Auction Gala: \$170,249 (2019; 2020 Gala has been cancelled due to COVID-19)  
 Annual Campaign: \$89,622

**Describe what other funding sources will be used to support this program; include fees for services contracts or other revenue sources?:**

Other funding that will support this program will include contracts with Fallbrook Union Elementary School District, Community Housing Works, private donations and fundraising.

**Attestation:** • I certify that all information presented in or attached to this Application is complete and accurate

## Payment

## Scan

No matches were found

## Approval

**Requested Amount:** \$45,000.00  
**\*Recommended Amount:**  
**Prior Approved Grants:**  
**Request Status:** External

## Contact

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**Salutation:** Ms.  
**\*First Name:** Allison  
**Middle Name:**  
**\*Last Name:** Barclay  
**Title:** CEO  
**Address:** 445 E IVY ST  
**Address 2:**  
**City:** FALLBROOK  
**State:** California  
**Province:**  
**Zip/Postal Code:** 92028-2122  
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**Telephone:** 7607285871  
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**Creation Date:** 03/12/2020  
**Last Saved By:** 1000000010605875  
**Last Saved Date:** 12-MAR-20 03.15.18.925548 PM  
**Notes:**  
**\*Internal Use Only?:** N  
**Suffix:**