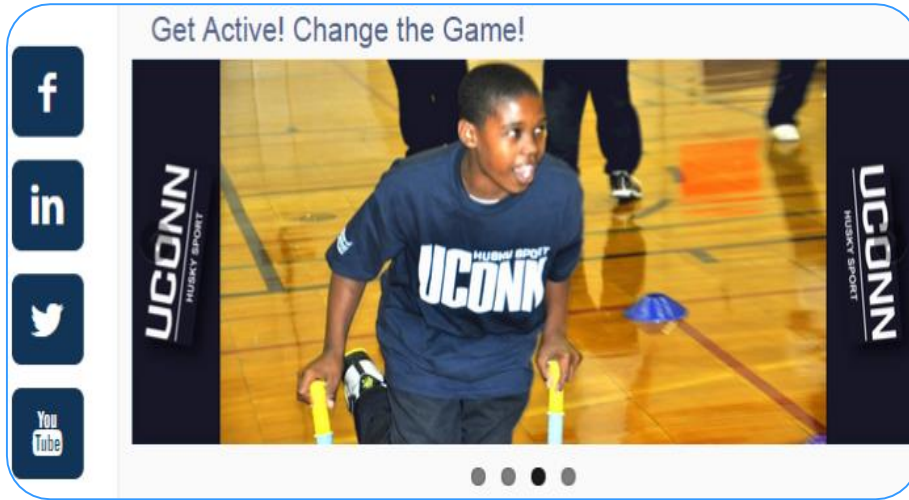




CHANGING THE GAME



ISSUE IX
SEPTEMBER 23, 2014

Greetings1

Staff Showcase2-3

Husky Move4

Staying Connected5

HUSKYSPORT.UCONN.EDU

AN EXCITING NEW LOOK FOR HUSKY SPORT’S WEBSITE!!

GREETINGS FROM MANAGING DIRECTOR

Husky Sport is entering year 11 as a community-campus partnership. Wow!

While we can recite a great number of challenges faced throughout the years, there are easily **10 TIMES** the amount of successful moments and long-term accomplishments. We all can take great pride as contributing people and partners in this rather unique collaborative effort. The school year has just begun and we are already hearing both amazing and symbolic statements from students and staff, young and old;

“Are you going to make fruit smoothies, again?”

“I can’t wait to play at Parker.”

“This is a shared learning process.”

“When is Husky Sport starting up again?”

“Hey, I know you from the Green House.”

“We’re not here to save anyone.”

Our work is not so much recognized on a standardized test, but instead you see it in the people! Thanks for all you’ve done and hope to connect again soon.

Please check out our updated website, meet some of our staff, and learn more about a new collaborative partner/program for which we are all excited about.

Justin Evanovich, PhD - Managing Director, Husky Sport
justin.evanovich@uconn.edu

STAFF SHOWCASE



Name: Amanda Rae Mclean

Position: Graduate Assistant

Favorite Fruit: Grapes

Favorite Veggie: Carrots

Favorite Sport to Play: Basketball

Favorite Subject in 5th Grade: Math

What drew you to work for Husky Sport: Kids and Sports

Impressions of Husky Sport so far: The importance of consistency



Name: Jesse Mala

Position: Graduate Assistant

Favorite Fruit: Mango

Favorite Veggie: Tomato

Favorite Sport to Play: Football

Favorite Subject in 5th Grade: Physical Education

What drew you to work for Husky Sport: Sport, Exercise Science, Community

Impressions of Husky Sport so far: Relationships are highly valued



Name: John Schumacher

Position: Graduate Assistant

Favorite Fruit: Granny Smith Green Apples

Favorite Veggie: Snap Green Beans

Favorite Sport to Play: Soccer

Favorite Subject in 5th Grade: Physical Education

What drew you to work for Husky Sport: Sport and Higher Education

Impressions of Husky Sport so far: Many different, but interconnected, working parts



Name: Michael Corral
Position: Graduate Assistant
Favorite Fruit: Mango
Favorite Veggie: Malanga
Favorite Sport to Play: Football
Favorite Subject in 5th Grade: Physical Education
What drew you to work for Husky Sport: Power of Sport, Educational Leadership
Impressions of Husky Sport so far: Shared learning process (we are not saving the world)



Name: Wura Olusekun
Position: Graduate Assistant
Favorite Fruit: Frozen Grapes
Favorite Veggie: Broccoli
Favorite Sport to Play: Soccer
Favorite Subject in 5th Grade: History
What drew you to work for Husky Sport: Youth Development, Connection to Sport
Impressions of Husky Sport so far: Reciprocity of learning and growth



Name: Patricia Bellamy
Position: Assistant Director
Favorite Fruit: Pineapples
Favorite Veggie: Broccoli
Favorite Sport to Play: Volleyball
Favorite Subject in 5th Grade: Math
What drew you to work for Husky Sport: Volunteerism, University Connections
Impressions of Husky Sport so far: The overall story is unique and cool

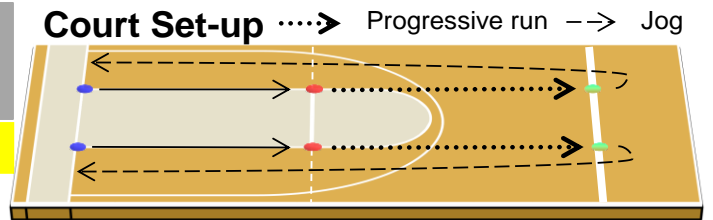
HUSKY MOVE!

PLAYING IN THE GYM WITH A SCIENTIFIC STRATEGY!

HUSKY SPORT – Clark School PE WARM UP

Key Points: Land softly, get low, bend your knees

— Good position — Bad position



FORCE ABSORPTION

Quiet Frog Jumps



- Squat down - bending hips, knees, ankle then jump for maximum height
- Land softly back in the squat position.
- **Cues:** “Land softly” “Land low” “knees over toes” “Toes forward”



Knees in front of toes
Not sitting back

Identified Needs: Youth participation in physical activity is critical for preventing obesity, extending life expectancy, and improving quality of life. Keeping children active provides innumerable benefits that include a preventative approach to the \$150+ billion direct medical and reduced costs associated with obesity/diabetes in adults. Competency in fundamental movement skills (FMS) (i.e. running, balancing) is associated with increased physical activity levels and weight status in children. However, vast numbers of children lack this competency upon entering adolescence especially in low resourced communities.

Specific Aims: 1) To evaluate the effects of Husky Move on FMS performance, neuromuscular injury risk factors, measures of obesity (BMI percentile & % body fat), and physical activity monitoring during the school day in children from low resourced communities compared to an active control group. 2) To evaluate the effectiveness of the integration of Husky Move into Husky Sport initiatives to expand knowledge and change attitudes regarding physical activity.

Program Overview: Husky Move will be implemented at the beginning of P.E. classes for around 33% of the student population at Clark during the 2014-2015 academic year (125 students). Students will be cluster-randomized by class to receive the intervention or continue with their regular P.E. curriculum (active control). The research team will support the physical education teacher using a phased-out implementation strategy to promote program adoption and maintenance.

Program Evaluation: We will perform valid and reliable assessments to evaluate BMI percentile, % body fat, FMS performance (Test of Gross Motor Development 2), balance (Balance Error Scoring System), and landing technique (Landing Error Scoring System) four times during the academic school year. Participants and staff will also inform lesson plans and activities through process and formal feedback (check-ins, surveys, focus groups).

BALANCE

Yoga Trees



- Balance on one leg, knee slightly bent
- Other leg bent, sole of foot resting on opposite leg
- Arms out to the side
- Stand tall
- **Cues:** “Keep knee bent”



Off balance
Straight balance leg



Find us on
YouTube Now!!



More videos soon!
[UConn Husky Sport](#)



www.linkedin.com/in/uconnhuskysport



[UConn Husky Sport](#)



[@UConnHuskySport](#)



Get Active! WWW.HUSKYSPORT.UCONN.EDU Change the Game!

CHANGING THE GAME



UConn
HUSKY SPORT